Sacred Heart Catholic Primary School

Progression of Knowledge and Skills: Key Stage 1

Life to the Full
Progression of Knowledge and Skills

KS1
Year 1 / Year 2

Module 1

Unit/Topic	Learning Objectives	Progress Markers	Notes
Religious Understanding	Children will learn that: • We are created individually by God • God wants us to talk to Him often through the day and treat Him as our best friend • God has created us, His children, to know, love and serve Him in this life and forever – this is our purpose and goal and will bring us true happiness • We are created as a unity of body, mind and spirit: who we are matters and what we do matters • We can give thanks to God in different ways	• **All children will** know that they are created and loved by God. • **Most children will** know that this means they are uniquely created individuals who Jesus wants to be friends with. • **Some children will** demonstrate an understanding of personal faith and articulate how this makes them feel.	
Me, My Body, My Health	Children will learn: • That we are unique, with individual gifts, talents and skills • That girls and boys have been created by God to be both similar and different and together make up the richness of the human family • That our bodies are good and we need to look after them • About what constitutes a healthy lifestyle, including physical	• **All children will** know that we are unique; that their bodies, created by God, are good; and that they need to take good care of their bodies. • **Most children will** understand that part of being unique means we each have individual gifts, talents and skills; will be able to name taught body parts and describe how they can be used; and will be able to articulate various ways of keeping healthy and maintaining personal hygiene.	

	activity, dental health and healthy eating • The importance of sleep, rest and recreation for our health • How to maintain personal hygiene	• **Some children will** be able to articulate what makes themselves and others unique in terms of their individual gifts, talents and skills as well as their physicality; will demonstrate foreknowledge of body parts and confidently offer opinions around gender stereotypes; and will be able to confidently reflect on aspects of their own lifestyle that are healthy/could be healthier.	
Emotional Well-being	Children will learn: • That it is natural for us to relate to and trust one another • That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) • About language to describe our feelings • In a simple way, that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character • Simple strategies for managing feelings and for good behaviour • That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do • That Jesus died on the cross so that we would be forgiven	• **All children will** have a basic understanding of their own feelings, likes and dislikes; will understand that feelings and actions are two different things; and will understand that choices have consequences. • **Most children will** show respect for the likes/dislikes of others, and understand that people might experience feelings differently; will understand what it means to have choice over their actions, in spite of their feelings; and will be able to describe some simple strategies for managing feelings and maintaining good behaviour, including a basic understanding of the concept of forgiveness. • **Some children will** demonstrate high emotional awareness through confident discussion of feelings, likes, dislikes and the needs of themselves and others; will demonstrate a nuanced understanding of the range of intensity with which feelings can be experienced and share personal examples of times when they have chosen to act differently to how they felt; will demonstrate empathy when discussing the feelings/actions of others and have a deeper level of understanding about how we can forgive others because God forgives us.	

Life Cycles	Children will learn: • That there are natural life stages from birth to death, and what these are - typically naming baby, child, teenager, adult, old age adult • What 'death' means • About some feelings often connected with grief • What the Christian faith says about death and eternal life • Some ways to support themselves and others when they are grieving	• **All children will** understand that there are different stages of life and what these are; understand what death is. • **Most children will** understand that these life stages from birth to death are part of God's plan for us, and be able to describe what different life stages are like; demonstrate an understanding of what the Christian faith says about death and eternal life. • **Some children will** be able to confidently reflect back on their own journey of growth and look forward to future changes; demonstrate resilience and empathy when discussing death and grief..	
Module 2			
Religious Understanding	Children will learn that: • We are part of God's family • Saying sorry is important and can mend friendships • Jesus cared for others and had expectations of them and how they should act • We should love other people in the same way God loves us	• **All children will** understand that we are always welcome as part of God's family. • **Most children will** understand that saying sorry is important and can mend friendships - both with those around us and with God. • **Some children will** confidently offer ideas about how they can love other people in the same way God loves us.	

Personal Relationships	Children will learn: • About 'special people' (their parents, carers, friends, parish priest) and what makes them special • The importance of nuclear and wider family • The importance of being close to and trusting special people and telling them if something is troubling them • How their behaviour affects other people, and that there is appropriate and inappropriate behaviour • About the characteristics of positive and negative relationships • About different types of teasing and that all bullying is wrong and unacceptable • To recognise when they have been unkind and say sorry • That when people are being unkind to them and others and how to respond • That when we are unkind to others, we hurt God also and should say sorry to Him as well • That we should forgive like Jesus forgives	• **All children will** understand the concept of 'special people' and identify their own; will gain a basic understanding of what is appropriate and inappropriate behaviour; and will understand the importance of saying sorry and seeking forgiveness to mend friendships. • **Most children will** understand that their 'special people' are special to them in different ways, and be able to identify who they would go to if something was troubling them; will be able to describe and strive to practise the qualities of being a good friend; will understand that when we are unkind to others, we hurt God too and so should say sorry to Him; and be able to identify times when they have been unkind. • **Some children will** demonstrate deep emotional understanding of their own and Super Susie's 'special people', and confidently articulate what makes each of them so special; will show a more nuanced understanding of good/bad relationships (friendships) and how this relates to teasing and bullying; and will demonstrate further self- awareness about their own treatment of others and how they should forgive like Jesus forgives us.	

Life Online	Children will learn: • That the internet connects us to others and helps us in lots of ways. • Our feelings matter – both online and offline. • That Jesus cares about our feelings and gives us peace. • To understand what situations are safe and unsafe, including online. • To ask for adult help with anything that worries them or makes them feel unsafe.	• **All children will** understand what the internet is and be able to describe ways in which they like to use it; understand that they should ask an adult about anything they encounter online that they are not sure about, or which makes them feel worried or unsafe. • **Most children will** understand and be able to describe feelings which might arise on and offline; understand that the internet can be used safely if we know some rules to keep us safe. • **Some children will** understand that our online activity is also 'real life', and have a growing understanding of how this means we should behave online; demonstrate prior knowledge about how to stay safe online, and have a sense of the peace that God gives to us.	
Keeping Safe	Children will learn: • The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them • How to resist pressure when feeling unsafe • That they are entitled to bodily privacy • That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest • That medicines are drugs, but not all drugs are good for us • That alcohol and tobacco are harmful substances • That our bodies are created by God, so we should take care of them and be careful about what we consume • About what is and isn't an emergency • That in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade • That if they require medical help but it is not an emergency, basic first aid should be used instead of calling 999 • Some basic principles of First Aid	• **All children will** understand that there are good secrets and bad secrets; understand that privates are private; that medicines are drugs, but not all drugs are good for us; understand what is and isn't an emergency; and will have a sense about what is and isn't a medical emergency, and how to call 999 for help. • **Most children will** be able to describe and give examples of good/bad secrets, and understand that they should be open and honest with 'special people' if anything troubles them; demonstrate an emerging understanding about different kinds of touch, and when these are appropriate or inappropriate; will understand that alcohol and tobacco are harmful substances that are illegal for children to access; will understand that in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade; and will understand that First Aid can be used in many situations where an ambulance is	

		not required, and demonstrate understanding of basic First Aid. • **Some children will** demonstrate deeper empathy and understanding of the feelings involved with good/bad secrets, and how to resist pressure when feeling unsafe; demonstrate a more nuanced understanding or personal belief that their body is a gift from God which deserves respect; will show a nuanced understanding that, because our bodies are created by God, we should take care of them and be careful about what we consume; will demonstrate confidence, emotional maturity and strong communication skills when role playing 999 phone calls; and will confidently demonstrate knowledge of First Aid, and be curious about First Aid that can be used whilst waiting for an ambulance.	

Module 3			
Religious Understanding	Children will learn: • That God is love: Father, Son and Holy Spirit • That being made in His image means being called to be loved and to love others • What a community is, and that God calls us to live in community with one another • A scripture illustrating the importance of living in community as a consequence of this • Jesus' teaching on who is my neighbour	• **All children will** understand that God loves us and wants us to love others; and will understand that everyone is our neighbour. • **Most children will** understand that God is three in one: Father, Son and Holy Spirit; and will understand that Jesus calls us to love our neighbour even if we've never met them/don't like them. • **Some children will** demonstrate a more nuanced understanding of the Holy Trinity and what it means for us to be made in God's image - to love and be loved; and show a deeper understanding of the Holy Trinity as a community of love, and how being made in God's image means we are made to live in community too.	
Living in the Wider World	Children will learn: • That they belong to various communities such as home, school, parish, the wider local community, nation and global community • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc • That we have a duty of care for others and for the world we live in (charity work, recycling etc.) • What harms and what improves the world in which we live in simple terms	• **All children will** understand that they belong to different communities. • **Most children will** understand that their actions/inactions can help/harm the communities they are part of. • **Some children will** demonstrate a deeper understanding of their roles and responsibilities in different communities, and show a duty of care for the world in which we live.	