

# Marsh Green Primary School

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RSE & PSHE      2023 – 2024



Long Term Overview - including vocabulary progression

**Early Years – 36 hours across the year**

	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
Young Explorers	All about me/Surprise New Life <b>Enrichment: Windmill Farm</b>	New Life/Frosty <b>Enrichment: Wacky Warehouse</b>	Growing/Down on the farm <b>Enrichment: Walton Gardens</b>
Nursery	I spy around me/Sparkle <b>Enrichment: Santa Visit</b>	Ready, steady, red/Blooming Lovely <b>Enrichment: Smythills Farm</b>	Dear Zoo/My Circle <b>Enrichment: Wigan Park</b>
Reception	Changes - Wonderful Me/Changes – Seasons <b>Enrichment: Haigh Hall</b>	Where we live and people who look after it/Yummy, yummy in my tummy <b>Enrichment: Theatre</b>	New Life/Places <b>Enrichment: Blackpool Zoo</b>

**Key Stage One –**

	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
1	<p><b>Autumn 1 – Introduction – Setting ground rules for RSE &amp; PSHE</b></p> <p>1. PSHE, Safe, Learn, Rule, Unsafe, Unhappy</p> <p><b>Autumn 1 – Family and relationships</b></p> <p>1. Family, relation, mum, dad, parent, brother, sister, grandad, grandma, grandparent, uncle, aunty, cousin, respect, considerate, love, care</p> <p>2. Friend, kind, trust, generous, share, listen, fun, helpful, truth, relationship, listen</p> <p>3. Feeling, sad, worried, help, care, listen, emotion</p> <p>4. Challenge, co-operate, work together, team, include</p> <p>5. Friend, falling out, problem, solution,</p>	<p><b>Spring 1 – Safety and the changing body</b></p> <p>1. adult, job, manners, polite, visitor</p> <p>2. adult, manners, stranger, worry, polite, hurt</p> <p>3. lost, safe, adult</p> <p>4. police, fire, ambulance, emergency, 999</p> <p>5. physical, contact, dislike, like, kind, unkind, hurt, stop, permission, acceptable, unacceptable</p> <p>6. into, onto, adult, danger, ill, damage, medicine</p> <p>7. safe, unsafe, accident, hazard, danger</p> <p>8. job, safe, help</p> <p><b>Spring 2 – Citizenship</b></p> <p>1. rule, different</p>	<p><b>Summer 1 – Economic wellbeing</b></p> <p>1. coins, earn, money, pocket money, value</p> <p>2. cash, coins, money, moneybox, notes, purse, safe, wallet</p> <p>3. bank, bank account, building society, interest, safe</p> <p>4. choice, save, spend</p> <p>5. job, skill</p> <p><b>Summer 2 – Transition</b></p> <p>1. strengths, skills, move</p>

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	<p>communication, talk</p> <p>6. Friend, friendly, feeling, welcome, included, trust</p> <p>7. Stereotype, favourite, boy, girl</p> <p><b>Autumn 2 – Health and Wellbeing</b></p> <p>1. Feeling, emotion, help, happy, sad, angry, worried, strategy</p> <p>2. Skill, qualities, strengths, better</p> <p>3. Sleep, routine, rest, relaxation</p> <p>4. Relax, relaxation, sleep, rest</p> <p>5. Dirt, hands, germs, wash, soap, water, scrub, clean</p> <p>6. Sun, safe, burn, slip, slop, slap, hat, sunscreen, sunglasses</p> <p>7. Allergy, allergen, food allergy, allergic reaction</p>	<p>2. animal, care, pet, need</p> <p>3. need, baby, child, care</p> <p>4. same, different, unique</p> <p>5. different, group, same</p> <p>6. fair, unfair, choice, vote, democracy</p>	
2	<p><b>Autumn 1 – Setting ground rules for RSE&amp; PSHE</b></p> <p>1. PSHE, safe, learn, rule, unsafe, unhappy</p> <p><b>Autumn 1- Families and relationships</b></p> <p>1. Family, love, support, care, relation</p> <p>2. Family, love, care, different, same, similar</p> <p>3. Feeling, emotion, choice, report, understanding</p> <p>4. Unhappy, happy, healthy friendships, unhealthy friendships, relationship</p> <p>5. Manners, behaviour, please, thank you, taking turns, table manners, quiet, respect, considerate</p> <p>6. Change, remember, happy, sad, upset, death</p> <p>7. Male, female, stereotype, career, job, gender, judge, appearance</p> <p><b>Autumn 2 – Health and Wellbeing</b></p>	<p><b>Spring 1 – Safety and the changing body</b></p> <p>1. World wide web, streaming, website, internet, wifi</p> <p>2. Internet, online, danger, safe, kind, unkind, bullying</p> <p>3. Excited, good, happy, surprise, secret, unhappy, worried</p> <p>4. Penis, vulva, arm, leg, hand, wrist, neck, head, knee, foot, ankle, elbow, private parts, report</p> <p>5. Surprise, safe touch, unsafe touch, PANTS rule, private parts, vulva, penis, testicles, secret, report</p> <p>6. Boundary, choice, contact, decision, permission, personal, uncomfortable</p> <p>7. Pedestrian, road, safe, walking, pavement, holding hands, car park, traffic</p> <p>8. Pedestrian, road, safe, walking, pavement,</p>	<p><b>Summer 1 – Economic well being</b></p> <p>1. Money, wages, earn, benefits, prizes, presents, coins, notes</p> <p>2. Need, want, survive</p> <p>3. Want, need, essential, save, priority</p> <p>4. Bank, building society, saving account, regular saver, interest, online banking</p> <p>5. Job, skill, earn, money</p> <p><b>Summer 2 – Transition</b></p> <p>1. Change, feelings</p>

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	<ol style="list-style-type: none"> <li>1. Feeling, emotion, different, communicate, frustrated, self- awareness</li> <li>2. Sport, activity, physical, exercise, health, feeling</li> <li>3. Exercise, relax, relaxation, breath</li> <li>4. Goal, skills, achieve, steps</li> <li>5. Try, frustrating, fail, challenge, growth mindset</li> <li>6. Immune system, healthy diet, balanced meal, portion, nutrients, weight, tooth decay</li> <li>7. Tooth, teeth, sugary drink, health, brush</li> </ol>	<p>holding hands, car park, traffic, stop, look, listen, think</p> <p>9. Temperature, sneeze, doctor, nurse, pharmacist, prescription, medicine, drug</p> <p><b>Spring 2 – Citizenship</b></p> <ol style="list-style-type: none"> <li>1. Rule, reason, different</li> <li>2. Environment. Responsibility, problems</li> <li>3. Environment, pleasant, job, volunteer, look after</li> <li>4. Job, role, community</li> <li>5. Identity, same, similar, different, community</li> <li>6. School council, representative, meeting, democracy, vote, election</li> <li>7. Opinion, idea, improve, school council, respect, agree, disagree</li> </ol>	
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**Key Stage Two –**

	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
3	<p><b>Autumn 1- setting ground rules for RSE &amp; PSHE</b></p> <ol style="list-style-type: none"> <li>1. PSHE, safe, learn, rule, unsafe, unhappy</li> </ol> <p><b>Autumn 1- Family and relationships</b></p> <ol style="list-style-type: none"> <li>1. Family, different, support, care, love, problem, help</li> <li>2. Friend, problem, talking, listening, calm, forgive, apologise</li> <li>3. Bullying, repeated, physical, emotional, report</li> <li>4. Communicate, communication, listen, empathy, sympathy, open questions</li> <li>5. Trust, reliable, issues, resolve, breaking trust, let down</li> <li>6. Same, different, similar, respect</li> </ol>	<p><b>Spring 1- Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>1. Exercise, balance, diet, energy, intake</li> <li>2. Feeling, balance, relax, stretch</li> <li>3. Group, identity, belonging, alone, lonely</li> <li>4. Hero, power, strengths</li> <li>5. Barriers, strategy</li> <li>6. Boundary, consent, express, feelings, permission, respect</li> <li>7. Teeth, healthy, balanced, food group</li> </ol> <p><b>Spring 2- Safety and the changing body</b></p> <ol style="list-style-type: none"> <li>1. Emergency, hazard, 999/112, emergency services, emergency operator, location, injuries</li> </ol>	<p><b>Summer 1 – Citizenship</b></p> <ol style="list-style-type: none"> <li>1. UN/United Nations, Convention on Rights, rights, benefit</li> <li>2. Rights, UN/United Nations, Convention on Rights, benefit, responsibility</li> <li>3. Materials, recycle, rubbish, environment</li> <li>4. Building, community, purpose, support, together</li> <li>5. Community, care, charity, support, volunteer, fundraise, donations</li> <li>6. Democracy, council, councilor, county council, district council, unitary authority, budget, priority</li> <li>7. Rule, break, fair, consequence</li> </ol>

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	<ul style="list-style-type: none"> <li>7. Gender, female, male, stereotype, online, influencer, communicate, report</li> <li>8. Stereotype, discrimination, equality act</li> </ul>	<ul style="list-style-type: none"> <li>2. Anaphylaxis, allergic, airways, breathing, reddening, puncture, swelling, infection, venom, reaction, auto injector</li> <li>3. Positive, email, kind, identity</li> <li>4. Password, intended, cyberbullying, content, report, influencer, gaming</li> <li>5. Phishing, fake, real</li> <li>6. Decision, rather, choice</li> <li>7. Influence, choice, decision</li> <li>8. Distraction, rules, safety</li> </ul>	<p><b>Summer 2 – Economic wellbeing</b></p> <ul style="list-style-type: none"> <li>1. Payment, debit, credit, cheque, bank transfer</li> <li>2. Budget, plan, spend, save, expense, needs</li> <li>3. Anger, feeling, happiness, jealousy, surprise, money, situation, negative</li> <li>4. Clarity, environment, impact, negative, positive, spending choice</li> <li>5. Job, career, skills, interests</li> <li>6. Stereotype, jobs, gender, qualifications</li> </ul> <p><b>Summer 2 – Transition</b></p> <ul style="list-style-type: none"> <li>1. Opportunity, responsibility, change, cope, strategies</li> </ul>
<p align="center">4</p>	<p><b>Autumn 1- setting ground rules for RSE &amp; PSHE</b></p> <ul style="list-style-type: none"> <li>1. PSHE, safe, learn, rule, unsafe, unhappy</li> </ul> <p><b>Autumn 2 – Families and relationships</b></p> <ul style="list-style-type: none"> <li>1. Good manners, bad manners, rude, respect, different situations, authority, position of authority</li> <li>2. Respect, permission, boundary, expectations, consent</li> <li>3. Happiness, impact, act of kindness, helping, kind</li> <li>4. Bullying, witness, bystander, involved</li> <li>5. Gender, stereotype, reinforce, character, negative</li> <li>6. Disability, stereotype, discrimination</li> <li>7. Similarity, difference, same, respect, culture</li> <li>8. Unhelpful, death, loss, bereavement, sympathy, helpful</li> </ul>	<p><b>Spring 1- Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>1. Exercise, balance, diet, energy, intake</li> <li>2. Feeling, balance, relax, stretch</li> <li>3. Group, identity, belonging, alone, lonely</li> <li>4. Hero, power, strengths</li> <li>5. Barriers, strategy</li> <li>6. Boundary, consent, express, feelings, permission, respect</li> <li>7. Teeth, healthy, balanced, food group</li> </ul> <p><b>Spring 2- Safety and the changing body</b></p> <ul style="list-style-type: none"> <li>1. Social media, age restriction, law, legal, point of view, reason, for, against, debate, digital age of consent</li> <li>2. Share aware, sharing, internet, social media</li> <li>3. Airways, trachea, triggers, inhaler, lungs, medicine, larynx, inhale, exhale, inflate, deflate</li> </ul>	<p><b>Summer 1 – Citizenship</b></p> <ul style="list-style-type: none"> <li>1. Human rights, United Nations, protect, MP, judges, politicians</li> <li>2. Environment, benefit, waste hierarchy, recycling, reusing</li> <li>3. Community, group</li> <li>4. Community group, volunteer, making a difference</li> <li>5. Benefit, community, group, diversity, difference, same</li> <li>6. Local government, council, councillor, surgery, resident</li> </ul> <p><b>Summer 2 – Economic wellbeing</b></p> <ul style="list-style-type: none"> <li>1. Job, career, skills, interests</li> <li>2. Debit card, bank account, track, bank statement</li> <li>3. Debit card, bank account, track, bank statement</li> </ul>

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		<ol style="list-style-type: none"> <li>4. Private, public, surprise, secret, uncomfortable, worried</li> <li>5. Sorting, search engine</li> <li>6. Child, adult, change, grow, develop, physical changes</li> <li>7. Change, exciting, worries, physical, height, breasts, genitals, penis, testicles, hips, waist, shoulders, chest hair, puberty, hygiene</li> <li>8. Non-smoker, tobacco, smoke, choice, risks</li> </ol>	<ol style="list-style-type: none"> <li>4. Influence, choice, positive, negative</li> <li>5. Change, career</li> </ol> <p><b>Summer 2 – Transition</b></p> <ol style="list-style-type: none"> <li>1. Goal, achievement, change</li> </ol>
5	<p><b>Autumn 1- setting ground rules for RSE &amp; PSHE</b></p> <ol style="list-style-type: none"> <li>1. PSHE, safe, learn, rule, unsafe, unhappy</li> </ol> <p><b>Autumn 2 – Families and relationships</b></p> <ol style="list-style-type: none"> <li>1. Friend, friendship, skills, good friend</li> <li>2. Friendship, problem, ups and downs, solution, strengthened</li> <li>3. Wedding, marriage, choice, religion, legal, lifelong</li> <li>4. Attributes, proud, skill, self- respect, assertive, self-talk, self-care</li> <li>5. Family, positive, problem, help, support</li> <li>6. Bullying, victim, bystander, cyberbullying, unkind, report</li> <li>7. Gender, stereotype, equality, change, protected characteristic, discrimination</li> <li>8. Race, religion, stereotype, discrimination, racism, protected characteristics</li> </ol>	<p><b>Spring 1- Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>1. Yoga, relaxation, meditation, thoughts</li> <li>2. Quantity, sleep, rest, relax, quality</li> <li>3. Fail, failure, succeed, try, overcome, experience</li> <li>4. Goal, achieve, plan, steps</li> <li>5. Destiny, choice, feeling, emotion, assertive</li> <li>6. Calories, healthy diet, food groups, recommended daily intake (RDI), serving, portion, obesity</li> <li>7. Responsibility, risk, weather, UV rays, sunburn, skin cancer, slip, slop, slap</li> </ol> <p><b>Spring 2- Safety and the changing body</b></p> <ol style="list-style-type: none"> <li>1. Online, friend, acquaintance, trust, consent, share</li> <li>2. Appropriate, sharing, risk, danger, private, consent</li> <li>3. Puberty, change, cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, opening, vaginal opening, labia, penis, bladder, testicle, sperm, duct, scrotum, breasts, nipples, menstruation</li> <li>4. Menstruation/period, egg, ova, ovaries,</li> </ol>	<p><b>Summer 1 – Citizenship</b></p> <ol style="list-style-type: none"> <li>1. Rule, consequence, law, magistrates’ court. Crown court, police, trial, fair, judge, jury, prosecution lawyer, defense lawyer, defendant</li> <li>2. Freedom of expression, right, responsibility</li> <li>3. Reduce, environment, energy, materials, government, company, businesses</li> <li>4. Contribution, community, society, recognition, media</li> <li>5. Pressure group, change, charity, campaign, celebrities</li> <li>6. Parliament, monarch, government, house of commons, house of lords, prime minister, opposition, speaker</li> </ol> <p><b>Summer 2 – Economic wellbeing</b></p> <ol style="list-style-type: none"> <li>1. Lend, borrow, interest, repayment</li> <li>2. Income, expenditure, earn, save, spend</li> <li>3. Lose, stolen, risk, chance</li> <li>4. Want, need, income</li> <li>5. Stereotype, assumption</li> </ol> <p><b>Summer 2 – Transition</b></p> <ol style="list-style-type: none"> <li>1. Skill, responsibility, role achievement</li> </ol>

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		<p>fallopian tube, uterus, womb, bleeding, lining, sanitary products, towels, tampons, reusable products (period pants, cups), voice breaking, erections, wet dreams, ejaculation</p> <p>5. Attraction, puberty, change, feelings</p> <p>6. Arteries, heart, severe, minor, veins, positioning, shock, oxygen, red blood cells, reassuring, circulating, white blood cells, infection, bandaging, safety, head injury, concussion, calm, report, emergency</p> <p>7. Influence, choice, for, against, decision, pressure, peer pressure, peer acceptance</p>	
6	<p><b>Autumn 1- setting ground rules for RSE &amp; PSHE</b></p> <p>1. PSHE, safe, learn, rule, unsafe, unhappy, suggestion</p> <p><b>Autumn 2 – Families and relationships</b></p> <p>1. Respect, earn, lose, courtesy</p> <p>2. Respect, demonstrate, peers, online, disrespect, consent, personal boundaries</p> <p>3. Stereotype, gender, challenge, change</p> <p>4. Stereotype, message</p> <p>5. Conflict, argument, disagreement, solve, resolve, apology</p> <p>6. Feelings, grief, grieving, change, loss, death, emotions</p>	<p><b>Spring 1- Health and Wellbeing</b></p> <p>1. Future, skills, values</p> <p>2. Yoga, stress, worry, relaxation, technique, progressive muscle, stretches, visualisation</p> <p>3. Responsibility, health, physical, mental</p> <p>4. Restrictions, pressure, persuasive design, physical health, mental health</p> <p>5. Assertive, overcome, resilient, resilience, try, growth mindset</p> <p>6. Immunisation, vaccine, illness, disease, World Health Organisation, NHS</p> <p>7. Habit, good, bad, consequence, positive, negative</p> <p>8. Puberty, healthy, well, unwell, illness, change, doctor</p> <p><b>Spring 2- Safety and the changing body</b></p> <p>1. Excessive, alcohol, choice, risk, short term, long term, responsible</p> <p>2. Fake news, reliable sources</p> <p>3. Internet trolling, bullying, cyberbullying,</p>	<p><b>Summer 1 – Citizenship</b></p> <p>1. Education, human rights</p> <p>2. Environmental issues, food miles, seasonality</p> <p>3. Care, responsibility, concern, issue, cause</p> <p>4. Prejudice, discrimination, segregation, tackling, overcoming, homosexual/gay</p> <p>5. Equality act, protected characteristics, achievements, recognition, role model</p> <p>6. Government, cabinet, prime minister, minister, MP, elected, tax</p> <p><b>Summer 1 – Economic wellbeing</b></p> <p>1. Spend, save, attitude</p> <p>2. PIN – Personal identification number, safe, password</p> <p>3. Gambling, risk, loss, gain, win, luck, chance, likely, unlikely</p> <p>4. Job, job seeker, career</p> <p>5. College, university, work experience, apprenticeships, qualifications</p>

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		<p>negative, anonymous, identity, respect</p> <p>4. Puberty, change, cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, vaginal opening, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples</p> <p>5. Sperm, egg, erection, fertilise, conception, sexual intercourse, relationship</p> <p>6. Sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, development, commitment, baby, love, care</p> <p>7. Airway, inhale, breathing, obstruction, trachea, windpipe, epiglottis, stomach, back blows, abdomen, rib cage, exhale, lungs, oesophagus</p> <p>8. Unresponsive, alert, primary survey, respiratory rate, heart rate, pulse, DRsABC, C.P.R (cardiopulmonary resuscitation), recovery position, monitor, resuscitate, conduct, airway, breathing, circulation, compressions, rescue breaths</p>	<p><b>Summer 2 – Identity</b></p> <ol style="list-style-type: none"> <li>1. Identity, respect, assertive</li> <li>2. Manipulation, media, images, change</li> </ol> <p><b>Summer 2 – transition</b></p> <ol style="list-style-type: none"> <li>1. Change, worry, stress, anxious, opportunity</li> </ol>
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