# Marsh Green Primary School

RSE & PSHE



	<u>Long Term O</u>	verview - including vocabulary progress	<u>sion</u>		
	Early Years				
	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>		
Young Explorers	All about me Light and Dark		People and communities All creatures great and small		
	<ul> <li>Identify me as me</li> <li>Look at immediate family, who lives in my house?</li> <li>Introduce rules and routines         <ul> <li>Follow and embed rules</li> <li>Find ways to calm themselves</li> <li>Find ways of managing transitions</li> </ul> </li> <li>Make connections between their family and others         <ul> <li>Look at ourselves and identify body parts</li> <li>Timeline of life</li> </ul> </li> <li>Festivals celebrated – children in need</li> </ul>	It's cold outside Traditional tales  - Who looks after us at home and at school - Explore who lives in our house – look at extended families – different types of houses - flats, bungalows etc - Similarities and differences - Express a range of emotions - Show effortful control – turn taking, waiting - Timeline of parent's life  Festivals celebrated – red nose day	<ul> <li>Our local community</li> <li>Look at ourselves and how we've changed</li> <li>Caring for animals – linked to families and who cares for us</li> <li>Notice, appreciate and celebrate differences within our community</li> <li>Talk about and manage emotions</li> <li>Safely explore emotions through play and stories</li> <li>Talk about feelings</li> <li>Develop friendships</li> <li>Notice differences – skin colour, disabilty etc</li> <li>Identify areas in our local community</li> <li>Family tree/ looking at how we've changed</li> <li>Festivals celebrated – mental health awareness</li> </ul>		
Nursery	Marvellous me Winter wonderland	If we go down to the woods  Take a look back	People who help us Our world		
	<ul> <li>Explore our new nursery family, differences and similarities</li> <li>Explore and talk about feelings</li> <li>Exploring ourselves and our families</li> <li>New routines, rules and expectations</li> <li>Describing feelings</li> <li>Manage transitions</li> </ul>	<ul> <li>Growing friendships</li> <li>Explore how we may all be different but need love and a sense of belonging</li> <li>Know about the responsibility of looking after a pet and myself</li> <li>Who cares for us? Look at extended family</li> <li>Develop friendships</li> </ul>	<ul> <li>Significant people, history of family</li> <li>Places special to us, memories</li> <li>Looking at making friends</li> <li>Appreciate the differences and celebrate those</li> <li>Changes in ourselves over the year</li> <li>What are we proud of and why?</li> <li>Waiting turns, sharing</li> <li>Exploring emotions</li> </ul>		

# RSE and PSHE Overview – Marsh Green 2023/2024

	<ul> <li>Attempt to do by themselves</li> <li>Follow routines and boundaries         <ul> <li>Sharing</li> </ul> </li> <li>Key vocab: happy, sad, calm, angry, me, myself, I, mummy, daddy, brother, sister</li> <li>Festivals celebrated – children in need</li> </ul>	<ul> <li>Key vocab: Kindness, life, care, feelings, friendship, care, shelter, warmth, love, family, mum, dad, brother, sister, grandmother, grandfather, uncle, auntie</li> <li>Festivals celebrated – red nose day</li> </ul>	- Understand others feelings Importance of keeping our teeth healthy Key vocab: Family, extended family, friends, special, differences, celebrate, achievements  Festivals celebrated – mental health awareness
Reception	Wonderful me Changes  To know features of myself, my family and where I belong  To understand were all unique  To know all families aren't all the same but we have similarities and differences  Creating family trees  Importance of exercise  Oral health Sleep routines  Key vocab: Siblings, parents, grandparents, family tree, similar and different  Favourite 5 books link to PSED emotions (Super duper me, its ok to be different, colour monster goes to school, Ruby's worries, Elephant needs to share)  Festivals celebrated — children in need	Ship ahoy A tale as old as time  - Use paint to express ideas and feelings  Festivals celebrated — red nose day	Kings and Queens New life  - Kings, Queens, family trees  Festivals celebrated — mental health awareness
	resultais celebrated — children in need	Key Stage One	<u>I</u>
	Autumn	Spring	Summer
1	Autumn 1 – Introduction – Setting ground rules for RSE & PSHE	Spring 1 – Safety and the changing body  1. adult, job, manners, polite, visitor	Summer 1 – Economic wellbeing  1. coins, earn, money, pocket money, value

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	1. PSHE, Safe, Learn, Rule, Unsafe, Unhappy  Autumn 1 — Family and relationships	2. adult, manners, stranger, worry, polite, hurt	2. cash, coins, money, moneybox, notes, purse,
	<ol> <li>Autumn 1 – Family and relationships</li> <li>Family, relation, mum, dad, parent, brother, sister, grandad, grandma, grandparent, uncle, aunty, cousin, respect, considerate, love, care</li> <li>Friend, kind, trust, generous, share, listen, fun, helpful, truth, relationship, listen</li> <li>Feeling, sad, worried, help, care, listen, emotion</li> <li>Challenge, co-operate, work together, team, include</li> <li>Friend, falling out, problem, solution, communication, talk</li> <li>Friend, friendly, feeling, welcome, included, trust</li> <li>Stereotype, favourite, boy, girl</li> <li>Autumn 2 – Health and Wellbeing</li> <li>Feeling, emotion, help, happy, sad, angry, worried, strategy</li> <li>Skill, qualities, strengths, better</li> <li>Sleep, routine, rest, relaxation</li> <li>Relax, relaxation, sleep, rest</li> <li>Dirt, hands, germs, wash, soap, water, scrub, clean</li> <li>Sun, safe, burn, slip, slop, slap, hat, sunscreen, sunglasses</li> </ol>	<ol> <li>adult, manners, stranger, worry, pointe, nurt</li> <li>lost, safe, adult</li> <li>police, fire, ambulance, emergency, 999</li> <li>physical, contact, dislike, like, kind, unkind, hurt, stop, permission, acceptable, unacceptable</li> <li>into, onto, adult, danger, ill, damage, medicine</li> <li>safe, unsafe, accident, hazard, danger</li> <li>job, safe, help</li> <li>rule, different</li> <li>animal, care, pet, need</li> <li>need, baby, child, care</li> <li>same, different, unique</li> <li>different, group, same</li> <li>fair, unfair, choice, vote, democracy</li> </ol>	<ol> <li>cash, coins, money, moneybox, notes, purse, safe, wallet</li> <li>bank, bank account, building society, interest, safe</li> <li>choice, save, spend</li> <li>job, skill</li> <li>Career, enjoyment, responsibility, workplace, dream, remote, skills</li> </ol> Summer 2 – Transition <ol> <li>strengths, skills, move</li> </ol>
	7. Allergy, allergen, food allergy, allergic reaction		
	8. Dentist, healthy, job, optician, doctor, help, nurse, paramedic		
2	Autumn 1 – Setting ground rules for RSE& PSHE	Spring 1 – Safety and the changing body	Summer 1 – Economic well being
	1. PSHE, safe, learn, rule, unsafe, unhappy	<ol> <li>World wide web, streaming, website, internet, wifi</li> </ol>	<ol> <li>Money, wages, earn, benefits, prizes, presents, coins, notes</li> </ol>
	Autumn 1- Families and relationships		

### RSE and PSHE Overview - Marsh Green 2023/2024

- 1. Family, love, support, care, relation
- 2. Family, love, care, different, same, similar
- 3. Feeling, emotion, choice, report, understanding
- 4. Unhappy, happy, healthy friendships, unhealthy friendships, relationship
- 5. Manners, behaviour, please, thank you, taking turns, table manners, quiet, respect, considerate
- 6. Change, remember, happy, sad, upset, death
- 7. Male, female, stereotype, career, job, gender, judge, appearance

## Autumn 2 – Health and Wellbeing

- 1. Feeling, emotion, different, communicate, frustrated, self- awareness
- 2. Sport, activity, physical, exercise, health, feeling
- 3. Exercise, relax, relaxation, breath
- 4. Goal, skills, achieve, steps
- 5. Try, frustrating, fail, challenge, growth mindset
- 6. Immune system, healthy diet, balanced meal, portion, nutrients, weight, tooth decay
- 7. Tooth, teeth, sugary drink, health, brush

- 2. Internet, online, danger, safe, kind, unkind, bullying
- 3. Excited, good, happy, surprise, secret, unhappy, worried
- 4. Penis, vulva, arm, leg, hand, wrist, neck, head, knee, foot, ankle, elbow, private parts, report
- 5. Surprise, safe touch, unsafe touch, PANTS rule, private parts, vulva, penis, testicles, secret, report
- 6. Boundary, contact, permission, uncomfortable, choice, decision, personal
- 7. Pedestrian, road, safe, walking, pavement, holding hands, car park, traffic
- 8. Pedestrian, road, safe, walking, pavement, holding hands, car park, traffic, stop, look, listen, think
- 9. Temperature, sneeze, doctor, nurse, pharmacist, prescription, medicine, drug

# Spring 2 – Citizenship

- 1. Rule, reason, different
- 2. Environment. Responsibility, problems
- 3. Environment, pleasant, job, volunteer, look after
- 4. Job, role, community
- 5. Identity, same, similar, different, community
- 6. School council, representative, meeting, democracy, vote, election
- 7. Opinion, idea, improve, school council, respect, agree, disagree

- 2. Need, want, survive
- 3. Want, need, essential, save, priority
- 4. Bank, building society, saving account, regular saver, interest, online banking
- 5. Job, skill, earn, money
- 6. Career, enjoyment, responsibility, dream, remote, workplace

## Summer 2 - Transition

1. Change, feelings

# **Key Stage Two**

	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
3	Autumn 1- setting ground rules for RSE & PSHE	Spring 1- Health and Wellbeing	Summer 1 – Citizenship
	<ol> <li>PSHE, safe, learn, rule, unsafe, unhappy</li> <li>Autumn 1- Family and relationships</li> <li>Family, different, support, care, love, problem, help</li> <li>Friend, problem, talking, listening, calm, forgive, apologise</li> <li>Bullying, repeated, physical, emotional, report</li> <li>Communicate, communication, listen, empathy, sympathy, open questions</li> <li>Trust, reliable, issues, resolve, breaking trust, let down</li> <li>Same, different, similar, respect</li> <li>Gender, female, male, stereotype, online, influencer, communicate, report</li> <li>Stereotype, discrimination, equality act</li> </ol>	<ol> <li>Exercise, balance, diet, energy, intake</li> <li>Feeling, balance, relax, stretch</li> <li>Group, identity, belonging, alone, lonely</li> <li>Hero, power, strengths</li> <li>Barriers, strategy</li> <li>Boundary, consent, express, feelings, permission, respect</li> <li>Teeth, healthy, balanced, food group</li> <li>Spring 2- Safety and the changing body</li> <li>Emergency, hazard, 999/112, emergency services, emergency operator, location, injuries</li> <li>Anaphylaxis, allergic, airways, breathing, reddening, puncture, swelling, infection, venom, reaction, auto injector</li> <li>Positive, email, kind, identity</li> <li>Password, intended, cyberbullying, content, report, influencer, gaming</li> <li>Phishing, fake, real</li> <li>Decision, rather, choice</li> <li>Influence, choice, decision</li> <li>Distraction, rules, safety</li> </ol>	<ol> <li>UN/United Nations, Convention on Rights, rights, benefit</li> <li>Rights, UN/United Nations, Convention on Rights, benefit, responsibility</li> <li>Materials, recycle, rubbish, environment</li> <li>Building, community, purpose, support, together</li> <li>Community, care, charity, support, volunteer, fundraise, donations</li> <li>Democracy, council, councilor, county council, district council, unitary authority, budget, priority</li> <li>Rule, break, fair, consequence</li> <li>Payment, debit, credit, cheque, bank transfer</li> <li>Budget, plan, spend, save, expense, needs</li> <li>Anger, feeling, happiness, jealousy, surprise, money, situation, negative</li> <li>Clarity, environment, impact, negative, positive, spending choice</li> <li>Job, career, skills, interests</li> <li>Stereotype, jobs, gender, qualifications</li> <li>Opportunity, responsibility, change, cope, strategies</li> </ol>
4	Autumn 1- setting ground rules for RSE & PSHE  1. PSHE, safe, learn, rule, unsafe, unhappy	Spring 1- Health and Wellbeing  1. Exercise, balance, diet, energy, intake	Summer 1 – Citizenship  1. Human rights, United Nations, protect, MP,
	Autumn 2 – Families and relationships	2. Feeling, balance, relax, stretch	judges, politicians

1. Good manners, bad manners, rude, respect, 3. Group, identity, belonging, alone, lonely 2. Environment, benefit, waste hierarchy, different situations, authority, position of recycling, reusing 4. Hero, power, strengths authority 3. Community, group 5. Barriers, strategy 2. Respect, permission, boundary, expectations, 4. Community group, volunteer, making a 6. Boundary, consent, express, feelings, consent difference permission, respect 3. Happiness, impact, act of kindness, helping, 5. Benefit, community, group, diversity, 7. Teeth, healthy, balanced, food group kind difference, same 4. Bullying, witness, bystander, involved Spring 2- Safety and the changing body 6. Local government, council, councillor, 5. Gender, stereotype, reinforce, character, surgery, resident negative 1. Social media, age restriction, law, legal, point Summer 2 - Economic wellbeing 6. Disability, stereotype, discrimination of view, reason, for, against, debate, digital age of consent 1. Job, career, skills, interests 7. Similarity, difference, same, respect, culture 2. Share aware, sharing, internet, social media 2. Debit card, bank account, track, bank 8. Unhelpful, death, loss, bereavement, statement sympathy, helpful 3. Airways, trachea, triggers, inhaler, lungs, medicine, larynx, inhale, exhale, inflate, 3. Debit card, bank account, track, bank deflate statement 4. Influence, choice, positive, negative 4. Private, public, surprise, secret, uncomfortable, worried 5. Change, career 5. Sorting, search engine 6. Activist, challenge, fairness, respect, 6. Child, adult, change, grow, develop, physical stereotype, advocate, disability, kindness, role model changes Summer 2 - Transition 7. Change, exciting, worries, physical, height, breasts, genitals, penis, testicles, hips, waist, 1. Goal, achievement, change shoulders, chest hair, puberty, hygiene 8. Non-smoker, tobacco, smoke, choice, risks Autumn 1- setting ground rules for RSE & PSHE Spring 1- Health and Wellbeing Summer 1 – Citizenship 5 1. PSHE, safe, learn, rule, unsafe, unhappy 1. Yoga, relaxation, meditation, thoughts 1. Rule, consequence, law, magistrates' court. Crown court, police, trial, fair, judge, jury, 2. Quantity, sleep, rest, relax, quality Autumn 2 – Families and relationships prosecution lawyer, defense lawyer, 3. Fail, failure, succeed, try, overcome, defendant 1. Friend, friendship, skills, good friend experience 2. Freedom of expression, right, responsibility 2. Friendship, problem, ups and downs, solution, 4. Goal, achieve, plan, steps 3. Reduce, environment, energy, materials, strengthened 5. Destiny, choice, feeling, emotion, assertive

3. Wedding, marriage, choice, religion, legal,

government, company, businesses

#### lifelong 6. Calories, healthy diet, food groups, 4. Contribution, community, society, 4. Attributes, proud, skill, self-respect, assertive, recommended daily intake (RDI), serving, recognition, media self-talk. self-care portion, obesity 5. Pressure group, change, charity, campaign, 5. Family, positive, problem, help, support 7. Responsibility, risk, weather, UV rays, celebrities sunburn, skin cancer, slip, slop, slap 6. Bullying, victim, bystander, cyberbullying, 6. Parliament, monarch, government, house of unkind, report commons, house of lords, prime minister, Spring 2- Safety and the changing body opposition, speaker 7. Gender, stereotype, equality, change, 1. Online, friend, acquaintance, trust, consent, protected characteristic, discrimination Summer 2 - Economic wellbeing share 8. Race, religion, stereotype, discrimination, 1. Lend, borrow, interest, repayment 2. Appropriate, sharing, risk, danger, private, racism, protected characteristics consent 2. Income, expenditure, earn, save, spend 3. Puberty, change, cervix, ovary, fallopian tube, 3. Lose, stolen, risk, chance uterus, vagina, vulva, clitoris, urethra, 4. Want, need, income opening, vaginal opening, labia, penis, 5. Stereotype, assumption bladder, testicle, sperm, duct, scrotum, 6. Align, hypothetical, optional, selection, breasts, nipples, menstruation essential, interest, prioritise, skill 4. Menstruation/period, egg, ova, ovaries, Summer 2 - Transition fallopian tube, uterus, womb, bleeding, lining, sanitary products, towels, tampons, reusable 1. Skill, responsibility, role achievement products (period pants, cups), voice breaking, erections, wet dreams, ejaculation 5. Attraction, puberty, change, feelings 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 7. Influence, choice, for, against, decision, pressure, peer pressure, peer acceptance Autumn 1- setting ground rules for RSE & PSHE Summer 1 - Citizenship 6 Spring 1- Health and Wellbeing 1. PSHE, safe, learn, rule, unsafe, unhappy, 1. Future, skills, values 1. Education, human rights suggestion 2. Yoga, stress, worry, relaxation, technique, 2. Environmental issues, food miles, seasonality progressive muscle, stretches, visualisation 3. Care, responsibility, concern, issue, cause Autumn 2 – Families and relationships 3. Responsibility, health, physical, mental 4. Prejudice, discrimination, segregation,

## RSE and PSHE Overview – Marsh Green 2023/2024

- 1. Respect, earn, lose, courtesy
- 2. Respect, demonstrate, peers, online, disrespect, consent, personal boundaries
- 3. Stereotype, gender, challenge, change
- 4. Stereotype, message
- 5. Conflict, argument, disagreement, solve, resolve, apology
- 6. Feelings, grief, grieving, change, loss, death, emotions

- 4. Restrictions, pressure, persuasive design, physical health, mental health
- 5. Assertive, overcome, resilient, resilience, try, growth mindset
- 6. Immunisation, vaccine, illness, disease, World Health Organisation, NHS
- 7. Habit, good, bad, consequence, positive, negative
- 8. Puberty, healthy, well, unwell, illness, change, doctor

# Spring 2- Safety and the changing body

- 1. Excessive, alcohol, choice, risk, short term, long term, responsible
- 2. Fake news, reliable sources
- 3. Internet trolling, bullying, cyberbullying, negative, anonymous, identity, respect
- 4. Puberty, change, cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, vaginal opening, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples
- 5. Sperm, egg, erection, fertilise, conception, sexual intercourse, relationship
- 6. Sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, development, commitment, baby, love, care
- 7. Airway, inhale, breathing, obstruction, trachea, windpipe, epiglottis, stomach, back blows, abdomen, rib cage, exhale, lungs, oesophagus
- 8. Unresponsive, alert, primary survey, respiratory rate, heart rate, pule, DRsABC, C.P.R (cardiopulmonary resuscitation), recovery position, monitor, resuscitate,

- tackling, overcoming, homosexual/gay
- 5. Equality act, protected characteristics, achievements, recognition, role model
- 6. Government, cabinet, prime minister, minister, MP, elected, tax

## Summer 1 – Economic wellbeing

- 1. Spend, save, attitude
- 2. PIN Personal identification number, safe, password
- 3. Gambling, risk, loss, gain, win, luck, chance, likely, unlikely
- 4. Job, job seeker, career
- 5. College, university, work experience, apprenticeships, qualifications

# Summer 2 - Identity

- 1. Identity, respect, assertive
- 2. Manipulation, media, images, change

#### Summer 2 – transition

1. Change, worry, stress, anxious, opportunity

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conduct, airway, breathing, circulation,	
compressions, rescue breaths	