

Shobnall Primary & Nursery School PSHE/ RSE Long Term Plan



Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Nursery	<p>Help others to feel welcome Try to make our Nursery/Pre-school community a better place Care about other people's feelings Work well with others Learning what being responsible means</p> <p><u>N- Oral Hygiene link</u> When do we clean our teeth?</p> <p><u>Commando Joe</u> Link Tanisha Teamwork</p> <p><u>HOOK WITH A BOOK</u> What I like about me</p>	<p>Accept that everyone is different Include others when working and playing. Know how to help if someone is being bullied. Try to solve problems. Use kind words Know how to give and receive compliments.</p> <p><u>Oral Hygiene link</u> Send toothpaste home and discuss how it is used effectively. How do we clean our teeth?</p> <p><u>Commando Joe</u> Charlie Communication</p> <p><u>HOOK WITH A BOOK</u> Elmer</p>	<p>Stay motivated when doing something challenging. Keep trying even when it is difficult. Have a positive attitude. Help others to achieve their goals. Feel proud when I achieve a goal.</p> <p><u>Oral Hygiene link</u> Visit from Dentist</p> <p><u>Commando Joe – Romeo</u> Resilience</p> <p><u>HOOK WITH A BOOK</u> Zoom Rocket Zoom</p>	<p>Making a healthy choice Why to eat a healthy, balanced diet Being physically active Sleep Keeping myself clean Safe adults</p> <p><u>Oral Hygiene link</u> To understand some foods are better than others</p> <p><u>Commando Joe</u> Sophie- Self awareness</p> <p><u>HOOK WITH A BOOK</u> Ten seeds</p>	<p>Know how to make friends. Try to solve friendship problems when they occur. Help others to feel part of a group. Show respect in how they treat others. Falling out and bullying. Being the best friend possible.</p> <p><u>Oral Hygiene link</u> Egg experiment- What happens to our teeth if we eat unhealthily.</p> <p><u>Commando Joe</u> Eddie empathy</p> <p><u>HOOK WITH A BOOK</u> Dear Zoo</p>	<p>My body Respecting my body Growth and change Fears and fun Celebrations</p> <p><u>Oral Hygiene link</u> How do we clean our teeth well- Role play dentists?</p> <p><u>Commando Joe</u> Elliot Excellence Praveen</p> <p><u>HOOK WITH A BOOK</u> Super Tato</p>
Reception	<p>Understanding feelings Being in a classroom Being gentle Rights and responsibilities Self-identity</p> <p><u>Oral Hygiene link</u> When do we clean our teeth?</p> <p><u>Commando Joe</u> Link Tanisha Teamwork</p> <p><u>HOOK WITH A BOOK</u> The Three Little Pigs</p>	<p>Being special Families Where we live Making friends Standing up for yourself Identifying talents</p> <p><u>Oral Hygiene link</u> Send toothpaste home and discuss how it is used effectively. How do we clean our teeth?</p> <p><u>Commando Joe</u> Charlie Communication</p> <p><u>HOOK WITH A BOOK</u> Whatever next</p>	<p>Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Challenges Achieving goals</p> <p><u>Oral Hygiene link</u> Visit from Dentist</p> <p><u>Commando Joe – Romeo</u> Resilience</p> <p><u>HOOK WITH A BOOK</u> Mr Grumpy' s Outing</p>	<p>Physical activity Healthy food Sleep Keeping clean Safety Exercising bodies</p> <p><u>Oral Hygiene link</u> To understand some foods are better than others</p> <p><u>Commando Joe</u> Sophie- Self awareness</p> <p><u>HOOK WITH A BOOK</u> The Magic Porridge Pot</p>	<p>Friendships Breaking friendships Falling out Dealing with bullying Being a good friend Family life</p> <p><u>Oral Hygiene link</u> Egg experiment- What happens to our teeth if we eat unhealthily.</p> <p><u>Commando Joe</u> Eddie empathy</p> <p><u>HOOK WITH A BOOK</u> The very hungry caterpillar</p>	<p>Respecting my body Growing up Growth and change Fun and fears Celebrations Bodies</p> <p><u>MONEY MATTERS</u> What does money look like? Where should I keep my money? Links to role play area.</p> <p><u>Oral Hygiene link</u> How do we clean our teeth well- Role play dentists?</p> <p><u>Commando Joe</u> Elliot Excellence Praveen</p>

						HOOK WITH A BOOK What the Ladybird heard on holiday.
Key Vocabulary	Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns	Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family	Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage	Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scare	Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing	Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited
Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Linking growing and learning Coping with change Transition MONEY MATTERS Where should we keep coins and notes? What is the difference between needs and wants?
Key Vocabulary	Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration	Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique	Proud, Success, Treasure, Coins, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve	Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait	Belong, Same, Different, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate	Changes, Life cycles, Adulthood, Mature, Male, Female
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Assertiveness Preparing for transition MONEY MATTERS Where does money come from? Concept of Money: Where Does Money Come From? MoneySense (mymoneysense.com) How do we earn money? Why is it important to save money? What's the Importance of Saving Money? MoneySense (mymoneysense.com)

Key Vocabulary	Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, Co-Operate, Problem-Solving	Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Differences, Bully, Purpose, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Unique, Value	Realistic, Achievement, Goal, Strength, Persevere, Difficult, Easy, Learning Together, Partner, Product	Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Dangerous, Medicines, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious	Similarities, Special, Important, Co-operate, Physical contact, Communication, Hugs, Acceptable, Not acceptable, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate,	Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Nervous, Happy
Year 3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving Compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family	How babies grow Understanding a baby's needs Family stereotypes Challenging my ideas Preparing for transition MONEY MATTERS What are the links between jobs and money? What are the Links Between Jobs and Money? MoneySense (mymoneysense.com) How can I pay for things? Payment Methods: How Can I Pay for Things? MoneySense (mymoneysense.com)
Key vocabulary	Welcome, Valued, Achievements, Pleased, Personal Goal, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Fairness, Group Dynamics, Team Work, View Point, Ideal School, Belong	Loving, Caring, Safe, Connected, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Feelings, Tell, Consequences, Hurtful, Compliment,	Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Enterprise, Design, Co-operation, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Evaluate	Oxygen, Calories/kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice	Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey,	Birth, Animals, Babies, Mother, Grow Stereotypes, Task, Roles, Challenge

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 4	<p>Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour</p>	<p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p>	<p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p>	<p>Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p>	<p>Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals</p>	<p>Being unique Confidence in change Accepting change Preparing for transition Environmental change</p> <p>MONEY MATTERS How can I plan a simple budget?How Do I Plan a Budget? Create a Budget MoneySense (mymoneysense.com) Why is it important to keep your money safe? How to Keep Money Safe Teaching Resources MoneySense (mymoneysense.com)</p>
Key vocabulary	<p>Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)</p>	<p>Character, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Secret, Deliberate, On purpose, Bystander, Witness, Problem-solve, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Change</p>	<p>Hope, Determination, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise</p>	<p>Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong</p>	<p>Relationship, Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love.</p>	<p>Personal, Unique, Characteristics Circle, Seasons, Change, Control, Emotions, Acceptance</p>
Year 5	<p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, Participating</p> <p>Puberty- What are the changes that take place during puberty in boys and girls?</p>	<p>Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and Happiness Enjoying and respecting other cultures</p>	<p>Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p>	<p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p>Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules</p>	<p>Self- and body image Influence of online and media on body image Coping with change Preparing for transition</p> <p>MONEY MATTERS MoneySense (mymoneysense.com) How do I understand information about money from around the world? International Money and Foreign Currencies MoneySense (mymoneysense.com)</p>

Key vocabulary	Challenge, Goal, Attitude, Citizen, Views, Opinion, Collective	Culture, Conflict, Similarity, Belong, Culture Wheel, Racism, Colour, Race, Discrimination, Ribbon, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem solving, Indirect, Direct, Happiness, Developing World, Celebration, Artefacts, Display, Presentation	Feeling, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Motivation, Culture, Country, Sponsorship, Communication, Support, Rallying, Team Work, Co-operation, Difference	Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation	Personal attributes, Qualities, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Online, Community, Positive, Negative, Safe, Unsafe, Rights, Social network, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Physical health, Mental health, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARTT rules	Body image, Self-image, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights
Year 6	<p>Identifying goals for the year Global citizenship Children’s universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling</p> <p>Puberty- What are the changes that take place during puberty in boys and girls?</p>	<p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>	<p>Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p>	<p>Taking personal responsibility How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health Managing stress</p>	<p>Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use</p>	<p>Self-image Body image Puberty and feelings Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p> <p>MONEY MATTERS</p> <p>Children to take part in the Enterprise project for school. The children will work in partners to organise a stall for the school summer fair.</p>
Key Vocabulary	Ghana, West Africa, Cocoa Plantation, Cocoa Pods, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Empathise, Obstacles, Co-operation, Collaboration, Legal, Illegal, Lawful, Laws, Participation, Motivation, Decision	Male, Female, Biological sex, Stereotype, Individuality, Diverse, Different, Equality, Fairness, Identity, Gender Identity, Transgender, Non-binary, Courage, Fairness, Rights	Learning, Stretch, Personal, Realistic, Unrealistic, Success, Criteria, Learning steps, Global issue, Suffering, Concern, Hardship, Sponsorship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution	Responsibility, Immunisation, Prevention, Drugs, Effects, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, ‘Legal highs’, Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress.	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Bereavement, Coping strategies, Power, Control, Authority,	Negative body-talk, mental health, , opportunities, freedoms, attraction, relationship, transition, secondary, journey, worries, anxiety, excitement