



Succeeding together - fostering a love of learning, within a nurturing Christian community, to bring out 'the best in everyone'.

How can I say "I can't" when the Bible says: I can do everything through Him who gives me strength.' Philippians 4:13

MGS PSHE Long Term Overview

Age Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Being me in my world	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1	Being me in my world	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 2	Being me in my world	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 3	Being me in my world	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 4	Being me in my world	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 5	Being me in my world	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 6	Being me in my world	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me

MGS Religious Education Progression Document

Age Group	Autumn 1 Being me in my world	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Knowledge EYFS	<ul style="list-style-type: none"> I know my rights and responsibilities within our Learning Charter 	<ul style="list-style-type: none"> I know that not everyone is the same and we all have different likes and dislikes. 	<ul style="list-style-type: none"> I know that when I try hard, I can meet my goals. 	<ul style="list-style-type: none"> I know some ways to stay healthy and safe. 	<ul style="list-style-type: none"> I know how to be a good friend and what to do if I need a friend to help me play and/or learn. 	<ul style="list-style-type: none"> I know the names of my body parts. I know who to speak to and how to talk about things that might be worrying or sad as well as the things that I want to know more about.
Skills	<ul style="list-style-type: none"> I can talk freely about the things and people that make me happy in class and at home I can take turns and share with everyone in my class. I can be a good listener. 	<ul style="list-style-type: none"> I can talk about the things I like and am interested in, as well as what I don't like and why. I can be kind to others and can use words to stand up for myself. 	<ul style="list-style-type: none"> I can persevere with things that are a bit difficult. I can talk about what makes me proud. 	<ul style="list-style-type: none"> I can talk about what I do to stay healthy and safe and I know why these things are important. I can talk about these things with my friends in class. 	<ul style="list-style-type: none"> I can co-operate with others in my class. I can use my words to help friends to understand me. 	<ul style="list-style-type: none"> I can describe and ask questions about things that feel or look different about me now and about the things that will happen around me soon. I can use strategies I've been taught to stay calm and to behave kindly towards others. I can describe to others how I thought about a problem or feeling and how I dealt with it.
KEY VOCABULARY	different, responsibilities, taking turns, sharing, nervous, feelings, similarity, kind, friend, rights, excited, gentle, similar, angry, happy	different, special, friends, similar, family, frightened, unique, proud, same, kind, happy, sad, angry	encourage, achievement, challenge, persevere, job, goal, dream, happy, kind, proud	healthy, exercise, shoulders, stranger, head, toes, knees, sleep, wash, clean, scared, trust, heart, active, safe, adult	family, friends, relationships, lonely, feelings, calm me, jobs, argue, angry, upset	eyebrow, forehead, tongue, finger, stomach, grown-up, change, worry, excited, memories, healthy, grow child, eye, foot, ear, mouth, arm, leg, chest, knee, nose, toe, hand, baby

	Autumn 1 Being me in my world	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Knowledge YEAR 1	<ul style="list-style-type: none"> I know my rights and responsibilities within our Learning Charter 	<ul style="list-style-type: none"> I know some ways that I am different from my friends 	<ul style="list-style-type: none"> I know why my internal treasure chest is an important place to store positive feelings. I can tell you how I felt when I succeeded in a new challenge and how I celebrated it 	<ul style="list-style-type: none"> I know why I think my body is amazing and know some ways to keep it safe and healthy. 	<ul style="list-style-type: none"> I know people who are special to me and why. 	<ul style="list-style-type: none"> I know the parts of the body that make boys different to girls and I know the correct names for these: penis, testicles, vagina
Skills	<ul style="list-style-type: none"> I can explain why my class is a happy and safe place to learn. I can give different examples where I or others make my class happy and safe. 	<ul style="list-style-type: none"> I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special. I can explain what bullying is and how being bullied might make somebody feel. 	<ul style="list-style-type: none"> I can explain how I feel when I am successful and how this can be celebrated positively. 	<ul style="list-style-type: none"> I can give examples of when being healthy can help me feel happy. 	<ul style="list-style-type: none"> I can explain how I feel about people who are special to me 	<ul style="list-style-type: none"> I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.
KEY VOCABULARY	learning charter, responsibility, disappointed, belonging, rewards, consequences, safe, rights, proud, calm, special, upset	similarity, same as, different from, difference, bullying, deliberate, on purpose, included, bullied, celebrations, unfair, bully, special, unique	success, internal treasure chest, stretchy learning, stepping stones, process, working together, teamwork, celebrate, challenge, obstacle, overcome, achieve, dreams, goal, proud	healthy, unhealthy, balanced, exercise, sleep, green cross code, choices, medicines, body parts, hygienic, safe, clean, safety, eyes, body, ears, look, listen, wait	family, belong, friendship, caring, self-belief, special, feelings, kind, like, dislike, proud	changes, life cycles, growing up, private, learn, feelings, anxious, worried, coping, testicles, baby, adult, new, grow, male, female, vagina, penis, vulva, anus

	Autumn 1 Being me in my world	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Knowledge YEAR 2	<ul style="list-style-type: none"> I know the choices I make will have either positive or negative consequences. 	<ul style="list-style-type: none"> I know some ways in which my friend is different from me. 	<ul style="list-style-type: none"> I know some of the ways I worked cooperatively in my group to create an end product. 	<ul style="list-style-type: none"> I know why foods and medicines can be good for my body, comparing my ideas with less healthy/ unsafe choices. 	<ul style="list-style-type: none"> I know some of the things that cause conflict between me and my friends. 	<ul style="list-style-type: none"> I know the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private
Skills	<ul style="list-style-type: none"> I can explain why my behaviour can impact on other people in my class. I can compare my own and my friends' choices and can express why some choices are better than others. 	<ul style="list-style-type: none"> I can explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends. 	<ul style="list-style-type: none"> I can explain how our skills complemented each other. I can explain how it felt to be part of a group and can identify a range of feelings about group work. 	<ul style="list-style-type: none"> I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices. 	<ul style="list-style-type: none"> I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. I can give examples of some different problemsolving techniques and explain how I might use them in certain situations in my relationships. 	<ul style="list-style-type: none"> I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't. I can tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me.
KEY VOCABULARY	positive, problem, worries, co-operate, negative, choices, responsible, problem-solving, actions, praise, fears, hopes	similarities, assumptions, stereotypes, differences, unkind, on purpose, feelings, lonely, stand up for, diversity, female, fairness, kindness, boys, girls, bully, sad, help, male, value	realistic, strengths, persevere, challenge, difficult, learning together, partner, product, problem-solve, easy	healthy choices, lifestyle, motivation, relaxation, dangerous, balanced diet, portion, proportion, nutritious, relax, tense, calm, energy, fuel	similarities, differences, communication, conflict, good secret, worry secret, telling, honesty, compliments, touch, trust	control, fully grown, life cycle, respect, appearance, toddler, teenage, independent, freedom, responsibilities, acceptable, unacceptable, comfortable, uncomfortable, nervous, excited, old, young, child, public, touch, private, like, dislike
Knowledge YEAR 3	<ul style="list-style-type: none"> I know how my actions affect others and try to see things from their points of view 	<ul style="list-style-type: none"> I know that conflicts happen in families or in friendship groups. I know that words can be used in hurtful or kind ways when conflict happens. 	<ul style="list-style-type: none"> I know different ways that help me to learn and what I need to do to help myself improve. 	<ul style="list-style-type: none"> I know how to keep myself safe and who to go to for some help. 	<ul style="list-style-type: none"> I know how some of the actions and work of people around the world help and influence my life. 	<ul style="list-style-type: none"> I know how boys' and girls' bodies change on the inside during the growing up process. I know why these changes are necessary so that their bodies can

						make babies when they grow up.
Skills	<ul style="list-style-type: none"> I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued. 	<ul style="list-style-type: none"> I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It Together or asking for help. 	<ul style="list-style-type: none"> I can explain the different ways that help me learn and what I need to do to improve. I can explain how these feelings can be stored in my internal treasure chest and why this is important. 	<ul style="list-style-type: none"> I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help. I can express how being anxious/ scared and unwell feels. 	<ul style="list-style-type: none"> I can explain how my life is influenced positively by people I know and also by people from other countries. I can explain why my choices might affect my family, friendships and people around the world who I don't know. 	<ul style="list-style-type: none"> I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.
KEY VOCABULARY	achievement, personal goal, acknowledge, pleased, welcome, emotions, feelings, solutions, support, fairness, group dynamic, viewpoint, teamwork, nightmare, challenge, behaviour, belong, valued, affirm, ideal, dream	connected, conflict, solve it together, solutions, resolve, witness, bystander, consequences, hurtful, compliment, loving, caring, safe, gay, tell	co-operation, motivated, enthusiastic, excited, efficient, responsible, frustration, evaluate, respect, solutions, review, admire, ambition, 'solve it together' technique	oxygen, calories, kilojoules, heartbeat, fitness, saturated fats, attitude, anxious, strategy, advice, harmful, complex, appreciate, emergency, ambulance, fire engine, coastguard, helicopter, energy, heart, lungs, lables, sugar, fat, drugs, risk	stereotype, career, responsibilities, social media, interconnected, appreciation, equality, male, female, online, global, rights	animals, babies, mother, nutrients, affection, puberty, breasts, ovaries, ovum/ova, stereotypes, challenge, birth, uterus, womb, love, care, cope, sperm, egg, task, roles

	Autumn 1 Being me in my world	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Knowledge YEAR 4	<ul style="list-style-type: none"> I understand how democracy and having a voice benefits the school community. 	<ul style="list-style-type: none"> I know why bullying might be difficult to spot. I know that first impressions might change how you feel about someone. 	<ul style="list-style-type: none"> I know how to make a new plan and set new goals even if I have been disappointed. 	<ul style="list-style-type: none"> I know that feelings of anxiety and fear are associated with peer pressure. 	<ul style="list-style-type: none"> I understand that people have different points of view on animal rights issue. 	<ul style="list-style-type: none"> I know that there are changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.
Skills	<ul style="list-style-type: none"> I can explain why being listened to and listening to others is important in my school community. I can explain why being democratic is important and can help me and others feel valued. 	<ul style="list-style-type: none"> I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure. I can explain why it is good to accept myself and others for who we are. 	<ul style="list-style-type: none"> I can plan and set new goals even after a disappointment. I can explain what it means to be resilient and to have a positive attitude. 	<ul style="list-style-type: none"> I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. I can identify feelings of anxiety and fear associated with peer pressure. 	<ul style="list-style-type: none"> I can recognise how people are feeling when they miss a special person or animal. I can give ways that might help me manage my feelings when missing a special person or animal. 	<ul style="list-style-type: none"> I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.
KEY VOCABULARY	excluded, included, description, democracy, school community, democratic, decisions, voting, authority, contribution, observer, empathise, role, job, United Nations Convention on the Rights of the Child (UNCRC)	character, judgement, different, appearance, influence, opinion, attitude, deliberate, bystander, witness, problem-solve, cyber-bullying, text message, website, impression, accept, role, troll, secret	determination, resilience, positive attitude, disappointment, positive experiences, self-belief, commitment, hope, fears, plans, cope, help	friendship, emotions, relationships, friendship groups, follower, assertive, smoking, pressure, alcohol, evaluate, disagree, opinion, right, wrong, vaping, value, leader, peers, advice, disease, fear, roles, agree, guilt, liver, anxiety, believe	jealousy, acceptance, relief, negotiate, compromise, attraction, despair, loss, shock, numb, love	personal, unique, characteristics, conception, menstruation, fallopian tube, menstrual cycle, periods, change, emotions, acceptance, fertilise, gene, pads, circle, love

	Autumn 1 Being me in my world	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Knowledge YEAR 5	<ul style="list-style-type: none"> I know and understand how democracy and having a voice benefits the school community and know how to participate in this. 	<ul style="list-style-type: none"> I know the differences between direct and indirect types of bullying. 	<ul style="list-style-type: none"> I know that the dreams and goals of a young person in different cultures might be different from mine. 	<ul style="list-style-type: none"> I know the different roles food can play in people's lives. I know how people can develop eating problems (disorders) relating to body image pressures 	<ul style="list-style-type: none"> I know how to stay safe when using technology to communicate with my friends. 	<ul style="list-style-type: none"> I know how boys' and girls' bodies change during puberty.
Skills	<ul style="list-style-type: none"> I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context. 	<ul style="list-style-type: none"> I can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour. 	<ul style="list-style-type: none"> I can compare my hopes and dreams with those of young people from different cultures. I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel. 	<ul style="list-style-type: none"> I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy. I can summarise different ways that I respect and value my body. 	<ul style="list-style-type: none"> I can compare different types of friendships and the feelings associated with them. I can explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others. 	<ul style="list-style-type: none"> I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can summarise the process of conception. I can express how I feel about the changes that will happen to me during puberty.
KEY VOCABULARY	opportunities, motivation, appreciation, refugee, prejudice, participation, empathise, persecution, conflict, migrant, challenges, wealthy, privilege, deprive, cooperation, collaboration, attitude, denied, asylum, vision, citizen, views, opinio, collective decision	conflict, homophobic, ethnicity, discrimination, rumour, name calling, cyber bullying, texting, indirect, developing, celebration, continuum, belong, racism, colour, culture, race, direct, banter	lifestyle, career, profession, salary, contribution, society, culture, sponsorship, aspiration, communication, support, rallying, difference, job	healthier behaviour, less healthy behaviour, informed decision, pressure, influence, emergency procedure, recovery position, level-headed, body image, social media, celebrity, self-respect, comparison, media, altered, respect, debate, fact	personal qualities, characteristics, self-esteem, online community, age restrictions, grooming, trustworthy, peer pressure, influences, privacy, settings, troll, risky	body image, self-image, personality, perception, self-esteem, affirmation, comparison, oestrogen, develops, Adam's apple, genitals, broader, ejaculation, urethra, wet dream, growth spurt, facial hair, testosterone, circumcised, uncircumcised, foreskin, epididymis, rights, laws, foetus, legal, IVF, semen, cervix, hips, conception, perceptions, milestones, consent, hygiene, embryo, umbilical cord

	Autumn 1 Being me in my world	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Knowledge YEAR 6	<ul style="list-style-type: none"> I know how democracy and having a voice benefits the school community 	<ul style="list-style-type: none"> I know ways in which difference can be a source of conflict or a cause for celebration. 	<ul style="list-style-type: none"> I know ways in which I can work with other people to help make the world a better place. 	<ul style="list-style-type: none"> I can evaluate when alcohol is being used responsibly, antisocially or being misused 	<ul style="list-style-type: none"> I can recognise when people are trying to gain power or control 	<ul style="list-style-type: none"> I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born and
Skills	<ul style="list-style-type: none"> I can explain how my choices can have an impact on people in my immediate community and globally. I can empathise with others in my community and globally and explain how this can influence the choices I make. 	<ul style="list-style-type: none"> I can explain ways in which difference can be a source of conflict or a cause for celebration. I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration. 	<ul style="list-style-type: none"> I can explain different ways to work with others to help make the world a better place. I can explain what motivates me to make the world a better place. 	<ul style="list-style-type: none"> I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure. 	<ul style="list-style-type: none"> I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations. 	<ul style="list-style-type: none"> I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. I recognise how I feel when I reflect on becoming a teenager.
KEY VOCABULARY	community, education, Maslow, empathy, comparison, opportunities, empathise, obstacles, motivation, participation, lawful, wants, needs, legal, illegal	individuality, diverse, equality, identity, courage, disability, visual, empathy, perception, imbalance, harassment, achievement, perseverance, admiration, stamina, conflict, rights, banter, ability, vision, power	personal, realistic, unrealistic, criteria, learning steps, global issue, suffering, concern, hardship, empathy, compliment, recognition, praise	responsibility, immunisation, prevention, prescribed, unrestricted, over-the-counter, volatile substances, legal highs, exploited, vulnerable, criminal, pressure, strategies, reputation, anti-social, mental health, emotional health, mental illness, symptoms, triggers, managing stress, synthetic highs	mental health, stress, anxiety, support, self care, coping, power, control, assertive, self control, judgement, cyber bullying, grief	real self, negative body-talk, pregnancy, placenta, contraceptions, midwife, mental health, opportunities, freedoms, relationships, transition, secondary, journey, worries, assertive, anxiety, adolescent, labour, cervix, love, sexting

