

## RIVERSIDE PSHE THEMES EACH TERM

We use the JIGSAW Scheme to support our PSHE.

TERM	THEME
1	Being Me in My World
2	Celebrating Difference
3	Dreams and Goals
4	Healthy Me
5	Relationships
6	Changing Me

## PSHE Overview

Nursery

Term	Focus / Activities / Resources	Knowledge, Skills, Understanding	Key Vocab
1	Being Me in My World	<ul style="list-style-type: none"> <li>➤ Understand how it feels to belong and that we are similar and different</li> <li>➤ Understands how feeling happy and sad can be expressed</li> <li>➤ Understand how to work together and consider other people's feelings</li> <li>➤ Use gentle hands and understand that it is good to be kind to people</li> <li>➤ Start to understand children's rights to learn and play</li> <li>➤ Know what it means to be responsible</li> </ul>	Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Sad, Emotions.
2	Celebrating Difference	<ul style="list-style-type: none"> <li>➤ Know how it feels to be proud of something we are good at</li> <li>➤ Discuss one way in which we are special and unique</li> <li>➤ Know that all families are different</li> <li>➤ Know there are lots of houses and homes</li> </ul>	Special, Proud, Unique, Learn, Family, House, Home, Discussion.

		<ul style="list-style-type: none"> <li>➤ Discuss how we can make new friends</li> <li>➤ Use words to stand up for myself</li> </ul>	
3	Dreams and Goals	<ul style="list-style-type: none"> <li>➤ Understand what a challenge means</li> <li>➤ Understand that we should keep on trying till we can do something</li> <li>➤ Set a goal and work towards it</li> <li>➤ Understand some kind words to encourage others</li> <li>➤ Consider jobs that I might like to do when I am older</li> <li>➤ Understand that I feel proud when I achieve a goal</li> </ul>	Challenge, Resilience, Goal, Encourage, Believe, Older, Proud, Achieve.
4	Healthy Me	<ul style="list-style-type: none"> <li>➤ Know the names of some body parts and start to understand that we need to be active to be healthy</li> <li>➤ Understand some things that we need to do to be healthy</li> <li>➤ Know what the word 'healthy' means and that some foods are healthier than others</li> <li>➤ Know how to help myself go to sleep and that sleep is good for me</li> <li>➤ Know the importance of washing our hands before we eat and after we go to the toilet</li> <li>➤ Know what to do if I get lost and how to say NO to strangers</li> </ul>	Active, Healthy, Body, Healthier, Important, Hygiene, Strangers, Safety, Safe.
5	Relationships	<ul style="list-style-type: none"> <li>➤ Explain about our families</li> <li>➤ Understand how to make friends if we feel lonely</li> <li>➤ Explain some things that we like about our friends</li> <li>➤ Know what to say and do if somebody is mean to us</li> <li>➤ Use Calm Me time to manage our feelings</li> <li>➤ Know how to work together and enjoy being with our friends</li> </ul>	Lonely, Emotions, Feelings, Calm, Enjoy, Respect, Manage, Control.
6	Changing Me	<ul style="list-style-type: none"> <li>➤ Name some body parts and show respect for ourselves</li> <li>➤ Discuss some things we can do and some food that we can eat to be healthy</li> <li>➤ Understand that we all start as babies and grow into children and then adults</li> <li>➤ Know that we grow and change</li> <li>➤ Talk about how I feel moving to School from Nursery</li> <li>➤ Remember some fun things about Nursery this year</li> </ul>	Respect, Grow, Change, Develop, Transition, Moving On.

# PSHE Overview

Reception

Term	Focus / Activities / Resources	Knowledge, Skills, Understanding	Key Vocab
1	Being Me in My World	<ul style="list-style-type: none"> <li>➤ Understand how it feels to belong and that we are similar and different</li> <li>➤ Start to recognise and manage our own feelings</li> <li>➤ Enjoy working with others to make school a better place to be</li> <li>➤ Understand why it is good to be kind and use gentle hands</li> <li>➤ Start to understand children’s rights and this means we should all be allowed to learn and play</li> <li>➤ Understand what being responsible means</li> </ul>	Similar, Different, Feelings, Kind hands, Gentle hands, Rights, Responsibilities, Responsible.
2	Celebrating Difference	<ul style="list-style-type: none"> <li>➤ Know what being proud means and people can be proud of different things</li> <li>➤ Know that people can be good at different things</li> <li>➤ Know what being unique means</li> <li>➤ Know that families can be different</li> <li>➤ Know that people have different homes and why they are important to them</li> <li>➤ Know different ways of making friends</li> <li>➤ Know different ways to stand up for myself</li> <li>➤ Know the names of some emotions such as happy, sad, frightened, angry</li> <li>➤ Know that they don’t have to be ‘the same as’ to be a friend</li> <li>➤ Know why having friends is important</li> <li>➤ Know some qualities of a positive friendship</li> </ul>	Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family.
3	Dreams and Goals	<ul style="list-style-type: none"> <li>➤ Know what a challenge is</li> <li>➤ Know that it is important to keep trying</li> <li>➤ Know what a goal is</li> <li>➤ Know how to set goals and work towards them</li> <li>➤ Know which words are kind</li> <li>➤ Know some jobs that they might like to do when they are older</li> <li>➤ Know that they must work hard now in order to be able to achieve the job they want when they are older</li> <li>➤ Know when they have achieved a goal</li> </ul>	Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage.
4	Healthy Me	<ul style="list-style-type: none"> <li>➤ Know the names for some parts of their body</li> <li>➤ Know what the word ‘healthy’ means</li> <li>➤ Know some things that they need to do to keep healthy</li> <li>➤ Know that they need to exercise to keep healthy</li> <li>➤ Know how to help themselves go to sleep and that sleep is good for them</li> <li>➤ Know when and how to wash their hands properly</li> </ul>	Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scared, Trust.

		<ul style="list-style-type: none"> <li>➤ Know what to do if they get lost</li> <li>➤ Know how to say No to strangers</li> </ul>	
5	Relationships	<ul style="list-style-type: none"> <li>➤ Know what a family is</li> <li>➤ Know that different people in a family have different responsibilities (jobs)</li> <li>➤ Know some of the characteristics of healthy and safe friendship</li> <li>➤ Know that friends sometimes fall out</li> <li>➤ Know some ways to mend a friendship</li> <li>➤ Know that unkind words can never be taken back and they can hurt</li> <li>➤ Know how to use Jigsaw's Calm Me to help when feeling angry</li> <li>➤ Know some reasons why others get angry</li> </ul>	Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing.
6	Changing Me	<ul style="list-style-type: none"> <li>➤ Know the names and functions of some parts of the body (see vocabulary list)</li> <li>➤ Know that we grow from baby to adult</li> <li>➤ Know who to talk to if they are feeling worried</li> <li>➤ Know that sharing how they feel can help solve a worry</li> <li>➤ Know that remembering happy times can help us move on</li> </ul>	Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories.

# PSHE Overview

Year 1

Term	Focus / Activities / Resources	Knowledge, Skills, Understanding	Key Vocab
1	Being Me in My World	<ul style="list-style-type: none"> <li>➤ Understand the rights and responsibilities of a member of a class</li> <li>➤ Understand that their views are important</li> <li>➤ Understand that their choices have consequences</li> <li>➤ Understand their own rights and responsibilities with their classroom</li> </ul>	Safe, Special, Calm, Belonging, Special, Rights, Responsibilities, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration.
2	Celebrating Difference	<ul style="list-style-type: none"> <li>➤ Know that people have differences and similarities</li> <li>➤ Know what bullying means</li> <li>➤ Know who to tell if they or someone else is being bullied or is feeling unhappy</li> <li>➤ Know skills to make friendships</li> <li>➤ Know that people are unique and that it is OK to be different</li> </ul>	Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique.
3	Dreams and Goals	<ul style="list-style-type: none"> <li>➤ Know how to set simple goals</li> <li>➤ Know how to achieve a goal</li> <li>➤ Know how to work well with a partner</li> <li>➤ Know that tackling a challenge can stretch their learning</li> <li>➤ Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them</li> <li>➤ Know when a goal has been achieved</li> </ul>	Proud, Success, Achievement, Goal, Treasure, Coins, Goal, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve, Dreams, Goals.
4	Healthy Me	<ul style="list-style-type: none"> <li>➤ Know the difference between being healthy and unhealthy</li> <li>➤ Know some ways to keep healthy</li> <li>➤ Know how to make healthy lifestyle choices</li> <li>➤ Know how to keep themselves clean and healthy</li> </ul>	Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping

		<ul style="list-style-type: none"> <li>➤ Know that germs cause disease / illness</li> <li>➤ Know that all household products, including medicines, can be harmful if not used properly</li> <li>➤ Know that medicines can help them if they feel poorly</li> <li>➤ Know how to keep safe when crossing the road</li> <li>➤ Know about people who can keep them safe</li> </ul>	<p>clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Trust, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait.</p>
5	Relationships	<ul style="list-style-type: none"> <li>➤ Know that everyone's family is different</li> <li>➤ Know that there are lots of different types of families</li> <li>➤ Know that families are founded on belonging, love and care</li> <li>➤ Know how to make a friend</li> <li>➤ Know the characteristics of healthy and safe friends</li> <li>➤ Know that physical contact can be used as a greeting</li> <li>➤ Know about the different people in the school community and how they help</li> <li>➤ Know who to ask for help in the school community</li> </ul>	<p>Family, Belong, Same, Different, Friends, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Feelings, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate.</p>
6	Changing Me	<ul style="list-style-type: none"> <li>➤ Understand the life cycles of animals and humans.</li> <li>➤ Discuss some things about me that have changed and some things about me that have stayed the same.</li> <li>➤ Discuss how my body has changed since I was a baby.</li> <li>➤ Identify the parts of the body that make boys different to girls and can use the correct names for these.</li> <li>➤ Understand that every time we learn something new we change a little bit.</li> <li>➤ Describe changes that have happened in our lives.</li> </ul>	<p>Life cycle, Baby, Adulthood, Mature, Change, Penis, Testicles, Vagina, Love, Relationships, Family, Marriage, Community, Male, Female, Feelings, Emotions.</p>

# PSHE Overview

Year 2

Term	Focus / Activities / Resources	Knowledge, Skills, Understanding	Key Vocab
1	Being Me in My World	<ul style="list-style-type: none"> <li>➤ Identifying hopes and fears for the year ahead</li> <li>➤ Understand the rights and responsibilities of class members</li> <li>➤ Know that it is important to listen to other people</li> <li>➤ Understand that their own views are valuable</li> <li>➤ Know about rewards and consequences and that these stem from choices</li> <li>➤ Know that positive choices impact positively on self-learning and the learning of others</li> </ul>	Worries, Hopes, Fears, Belonging, Rights, Responsibilities, Responsible, Actions, Praise, Reward, Consequence, Positive, Negative, Choices, Co-Operate, Learning Charter, Problem-Solving.
2	Celebrating Difference	<ul style="list-style-type: none"> <li>➤ Know there are stereotypes about boys and girls</li> <li>➤ Know that it is OK not to conform to gender stereotypes</li> <li>➤ Know it is good to be yourself</li> <li>➤ Know that sometimes people get bullied because of difference</li> <li>➤ Know the difference between right and wrong and the role that choice has to play in this</li> <li>➤ Know that friends can be different and still be friends</li> <li>➤ Know where to get help if being bullied</li> <li>➤ Know the difference between an one-off incident and bullying</li> </ul>	Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Differences, Bully, Purpose, Kind, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Friends, Unique, Value.
3	Dreams and Goals	<ul style="list-style-type: none"> <li>➤ Know how to choose a realistic goal and think about how to achieve it</li> <li>➤ Know that it is important to persevere</li> <li>➤ Know how to recognise what working together well looks like</li> <li>➤ Know what good group working looks like</li> <li>➤ Know how to share success with other people</li> </ul>	Realistic, Proud, Success, Celebrate, Achievement, Goal, Strength, Persevere, Challenge, Difficult, Easy, Learning Together, Partner, Team work, Product.
4	Healthy Me	<ul style="list-style-type: none"> <li>➤ Know what their body needs to stay healthy</li> <li>➤ Know what relaxed means</li> <li>➤ Know what makes them feel relaxed / stressed</li> <li>➤ Know how medicines work in their bodies</li> <li>➤ Know that it is important to use medicines safely</li> </ul>	Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous,

		<ul style="list-style-type: none"> <li>➤ Know how to make some healthy snacks</li> <li>➤ Know why healthy snacks are good for their bodies</li> <li>➤ Know which foods give their bodies energy</li> </ul>	Medicines, Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious.
5	Relationships	<ul style="list-style-type: none"> <li>➤ Know that everyone's family is different</li> <li>➤ Know that families function well when there is trust, respect, care, love and co-operation</li> <li>➤ Know that there are lots of forms of physical contact within a family</li> <li>➤ Know how to stay stop if someone is hurting them</li> <li>➤ Know some reasons why friends have conflicts</li> <li>➤ Know that friendships have ups and downs and sometimes change with time</li> <li>➤ Know how to use the Mending Friendships or Solve-it-together problem-solving methods</li> <li>➤ Know there are good secrets and worry secrets and why it is important to share worry secrets</li> <li>➤ Know what trust is</li> </ul>	Family, Different, Similarities, Special, Relationship, Important, Co-operate, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, Not acceptable, Friends, 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, Appreciate.
6	Changing Me	<ul style="list-style-type: none"> <li>➤ Recognise cycles of life in nature.</li> <li>➤ Discuss the natural process of growing from young to old and understand that it is not in my control.</li> <li>➤ Recognise how my body has changed since being a baby and where I am on the continuum from young to old.</li> <li>➤ Recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private.</li> <li>➤ Understand there are different types of touches e.g. hugging and can tell you the ones I like and don't like.</li> <li>➤ Identify what I am looking forward to when I move to my next class.</li> </ul>	Grow, Control, Respect, Appearance, Physical, Independent, Timeline, Freedom, Responsibilities, Anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Acceptable, Unacceptable, Comfortable, Uncomfortable



# PSHE Overview

Year 3

Term	Focus / Activities / Resources	Knowledge, Skills, Understanding	Key Vocab
1	Being Me in My World	<ul style="list-style-type: none"> <li>➤ Understand that they are important</li> <li>➤ Know what a personal goal is</li> <li>➤ Understand what a challenge is</li> <li>➤ Know why rules are needed and how these relate to choices and consequences</li> <li>➤ Know that actions can affect others' feelings</li> <li>➤ Know that others may hold different views</li> <li>➤ Know that the school has a shared set of values</li> </ul>	Welcome, Valued, Achievements, Proud, Pleased, Personal Goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Fears, Worries, Solutions, Support, Rights, Responsibilities, Learning Charter, Dream, Behaviour, Rewards, Consequences, Actions, Fairness, Choices, Co-Operate, Group Dynamics, Team Work, View Point, Ideal School, Belong.
2	Celebrating Difference	<ul style="list-style-type: none"> <li>➤ Know why families are important</li> <li>➤ Know that everybody's family is different</li> <li>➤ Know that sometimes family members don't get along and some reasons for this</li> <li>➤ Know that conflict is a normal part of relationships</li> <li>➤ Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do</li> <li>➤ Know that some words are used in hurtful ways and that this can have consequences</li> </ul>	Family, Loving, Caring, Safe, Connected, Difference, Special, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Unkind, Feelings, Tell, Consequences, Hurtful, Compliment, Unique.
3	Dreams and Goals	<ul style="list-style-type: none"> <li>➤ Know about specific people who have overcome difficult challenges to achieve success</li> <li>➤ Know what dreams and ambitions are important to them</li> <li>➤ Know how they can best overcome learning challenges</li> </ul>	Perseverance, Challenges, Success, Obstacles, Dreams,

		<ul style="list-style-type: none"> <li>➤ Know that they are responsible for their own learning</li> <li>➤ Know what their own strengths are as a learner</li> <li>➤ Know what an obstacle is and how they can hinder achievement</li> <li>➤ Know how to take steps to overcome obstacles</li> <li>➤ Know how to evaluate their own learning progress and identify how it can be better next time</li> </ul>	Goals, Ambitions, Future, Aspirations, Garden, Decorate, Team work, Enterprise, Design, Cooperation, Product, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Celebrate, Evaluate.
4	Healthy Me	<ul style="list-style-type: none"> <li>➤ Know how exercise affects their bodies</li> <li>➤ Know why their hearts and lungs are such important organs</li> <li>➤ Know that the amount of calories, fat and sugar that they put into their bodies will affect their health</li> <li>➤ Know that there are different types of drugs</li> <li>➤ Know that there are things, places and people that can be dangerous</li> <li>➤ Know a range of strategies to keep themselves safe</li> <li>➤ Know when something feels safe or unsafe</li> <li>➤ Know that their bodies are complex and need taking care of</li> </ul>	Oxygen, Energy, Calories / kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice.
5	Relationships	<ul style="list-style-type: none"> <li>➤ Know that different family members carry out different roles or have different responsibilities within the family</li> <li>➤ Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc</li> <li>➤ Know some of the skills of friendship, e.g. taking turns, being a good listener</li> <li>➤ Know some strategies for keeping themselves safe online</li> <li>➤ Know how some of the actions and work of people around the world help and influence my life</li> <li>➤ Know that they and all children have rights (UNCRC)</li> <li>➤ Know the lives of children around the world</li> <li>➤ can be different from their own</li> </ul>	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, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude, Celebrate.
6	Changing Me	<ul style="list-style-type: none"> <li>➤ Understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby.</li> <li>➤ Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow.</li> <li>➤ Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.</li> <li>➤ Identify how boys' and girls' bodies change on the outside during this growing up process.</li> <li>➤ Recognise stereotypical ideas I might have about parenting and family roles.</li> <li>➤ Identify what I am looking forward to when I move to my next class.</li> </ul>	Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Ovaries, Egg, Stereotypes, Challenge

# PSHE Overview

Year 4

Term	Focus / Activities / Resources	Knowledge, Skills, Understanding	Key Vocab
1	Being Me in My World	<ul style="list-style-type: none"> <li>➤ Know how individual attitudes and actions make a difference to a class</li> <li>➤ Know about the different roles in the school community</li> <li>➤ Know their place in the school community</li> <li>➤ Know what democracy is (applied to pupil voice in school)</li> <li>➤ Know that their own actions affect themselves and others</li> <li>➤ Know how groups work together to reach a consensus</li> <li>➤ Know that having a voice and democracy benefits the school community</li> </ul>	Included, Excluded, Welcome, Valued, Team, Charter, Role, Job Description, School Community, Responsibility, Rights, Democracy, Democratic, Reward, Consequence, Decisions, Voting, Authority, Learning Charter, Contribution, Observer, UN Convention on Rights of Child (UNCRC).
2	Celebrating Difference	<ul style="list-style-type: none"> <li>➤ Know that sometimes people make assumptions about a person because of the way they look or act</li> <li>➤ Know there are influences that can affect how we judge a person or situation</li> <li>➤ Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying</li> <li>➤ Know what to do if they think bullying is, or might be taking place</li> <li>➤ Know the reasons why witnesses sometimes join in with bullying and don't tell anyone</li> <li>➤ Know that first impressions can change</li> </ul>	Character, Assumption, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Bullying, Friend, Secret, Deliberate, On purpose, Bystander, Witness, Bully, Problem solve, Cyber bullying, Text message, Website, Troll, Special, Unique, Physical features, Impression, Changed.
3	Dreams and Goals	<ul style="list-style-type: none"> <li>➤ Know what their own hopes and dreams are</li> <li>➤ Know that hopes and dreams don't always come true</li> <li>➤ Know that reflecting on positive and happy experiences can help them to counteract disappointment</li> </ul>	Dream, Hope, Goal, Determination, Perseverance, Resilience, Positive

		<ul style="list-style-type: none"> <li>➤ Know how to make a new plan and set new goals even if they have been disappointed</li> <li>➤ Know how to work out the steps they need to take to achieve a goal</li> <li>➤ Know how to work as part of a successful group</li> <li>➤ Know how to share in the success of a group</li> </ul>	attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise, Design, Cooperation, Success, Celebrate, Evaluate.
4	Healthy Me	<ul style="list-style-type: none"> <li>➤ Know how different friendship groups are formed and how they fit into them</li> <li>➤ Know which friends they value most</li> <li>➤ Know that there are leaders and followers in groups</li> <li>➤ Know that they can take on different roles according to the situation</li> <li>➤ Know the facts about smoking and its effects on health</li> <li>➤ Know some of the reasons some people start to smoke</li> <li>➤ Know the facts about alcohol and its effects on health, particularly the liver</li> <li>➤ Know some of the reasons some people drink alcohol</li> <li>➤ Know ways to resist when people are putting pressure on them</li> <li>➤ Know what they think is right and wrong</li> </ul>	Friendship, Emotions, Healthy, 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.
5	Relationships	<ul style="list-style-type: none"> <li>➤ Know some reasons why people feel jealousy</li> <li>➤ Know that jealousy can be damaging to relationships</li> <li>➤ Know that loss is a normal part of relationships</li> <li>➤ Know that negative feelings are a normal part of loss</li> <li>➤ Know that memories can support us when we lose a special person or animal</li> <li>➤ Know that change is a natural part of relationships/ friendship</li> <li>➤ Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe</li> </ul>	Relationship, Close, Jealousy, Problem-solve, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Trust, Loyal, Empathy, Betrayal, Amicable, Appreciation, Love.

6	Changing Me	<ul style="list-style-type: none"> <li>➤ Understand that some of my personal characteristics have come from my birth parents.</li> <li>➤ Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.</li> <li>➤ Understand the importance of personal hygiene during puberty.</li> <li>➤ Recognise how the circle of change works and can apply it to changes I want to make in my life.</li> <li>➤ Identify changes that have been and may continue to be outside of my control that I learnt to accept.</li> <li>➤ Identify what I am looking forward to when I move to a new class.</li> </ul>	<p>Unique, Characteristics, Ovum/Ova, Menstruation, Periods, Hygiene, Self- confidence, Body odour, Sanitary towels, Tampons.</p>
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# PSHE Overview

Year 5

Term	Focus / Activities / Resources	Knowledge, Skills, Understanding	Key Vocab
1	Being Me in My World	<ul style="list-style-type: none"> <li>➤ Know how to face new challenges positively</li> <li>➤ Understand how to set personal goals</li> <li>➤ Understand the rights and responsibilities associated with being a citizen in the wider community and their country</li> <li>➤ Know how an individual's behaviour can affect a group and the consequences of this</li> <li>➤ Understand how democracy and having a voice benefits the school community</li> <li>➤ Understand how to contribute towards the democratic process</li> </ul>	Goals, Worries, Fears, Value, Welcome, Choice, Ghana, West Africa, Cocoa Plantation, Cocoa Pods, Machete, Rights, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Choices, Behaviour, Responsibilities, Rewards, Consequences, Empathise, Learning Charter, Obstacles, Cooperation, Collaboration, Legal, Illegal, Lawful, Laws, Participation, Motivation, Democracy, Decision, Proud.
2	Celebrating Difference	<ul style="list-style-type: none"> <li>➤ Know what culture means</li> <li>➤ Know that differences in culture can sometimes be a source of conflict</li> <li>➤ Know what racism is and why it is unacceptable</li> <li>➤ Know that rumour spreading is a form of bullying on and offline</li> <li>➤ Know external forms of support in regard to bullying e.g. Childline</li> <li>➤ Know that bullying can be direct and indirect</li> <li>➤ Know how their life is different from the lives of children in the developing world</li> </ul>	Culture, Conflict, Difference, Similarity, Belong, Culture Wheel, Racism, Colour, Race, Discrimination, Ribbon, Bullying, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem solving, Indirect, Direct, Happiness, Developing World, Celebration,

			Artefacts, Display, Presentation.
3	Dreams and Goals	<ul style="list-style-type: none"> <li>➤ Know that they will need money to help them to achieve some of their dreams</li> <li>➤ Know about a range of jobs that are carried out by people I know</li> <li>➤ Know that different jobs pay more money than others</li> <li>➤ Know the types of job they might like to do when they are older</li> <li>➤ Know that young people from different cultures may have different dreams and goals</li> <li>➤ Know that communicating with someone from a different culture means that they can learn from them and vice versa</li> <li>➤ Know ways that they can support young people in their own culture and abroad</li> </ul>	Dream, Hope, Goal, Feeling, Achievement, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Perseverance, Motivation, Aspiration, Culture, Country, Sponsorship, Communication, Support, Rallying, Team Work, Cooperation, Difference.
4	Healthy Me	<ul style="list-style-type: none"> <li>➤ Know the health risks of smoking</li> <li>➤ Know how smoking tobacco affects the lungs, liver and heart</li> <li>➤ Know some of the risks linked to misusing alcohol, including antisocial behaviour</li> <li>➤ Know basic emergency procedures including the recovery position</li> <li>➤ Know how to get help in emergency situations</li> <li>➤ Know that the media, social media and celebrity culture promotes certain body types</li> <li>➤ Know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure</li> <li>➤ Know what makes a healthy lifestyle</li> </ul>	Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Calm, Levelheaded, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation.
5	Relationships	<ul style="list-style-type: none"> <li>➤ Know that a personality is made up of many different characteristics, qualities and attributes</li> <li>➤ Know that belonging to an online community can have positive and negative consequences</li> <li>➤ Know that there are rights and responsibilities in an online community or social network</li> <li>➤ Know that there are rights and responsibilities when playing a game online</li> <li>➤ Know that too much screen time isn't healthy</li> </ul>	Personal attributes, Qualities, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Online, Community, Risky, Positive, Negative, Safe, Unsafe, Rights, Responsibilities,



		<ul style="list-style-type: none"> <li>➤ Know how to stay safe when using technology to communicate with friends</li> </ul>	<p>Social network, Gaming, 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, SMART rules.</p>
6	Changing Me	<ul style="list-style-type: none"> <li>➤ Recognise my own self-image and how my body image fits into that.</li> <li>➤ Explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</li> <li>➤ Describe how boys' and girls' bodies change during puberty.</li> <li>➤ Understand that sexual intercourse can lead to conception and that is how babies are usually made.</li> <li>➤ Understand that sometimes people need IVF to help them have a baby.</li> <li>➤ Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).</li> <li>➤ Identify what I am looking forward to when I move to my next class.</li> </ul>	<p>Self-image, Body image, Self-esteem, Perception, Affirmation, Relationships, Conception, Sexual intercourse, Fallopian tubes, Fertilisation, Pregnancy, Embryo, Oestrogen , Umbilical cord, Sperm, Semen, Contraception, Testes, Fertility treatment (IVF), Erection, Ejaculation , Wet dream, Larynx, Facial hair, Responsibilities, Growth spurt, Hormones.</p>

# PSHE Overview

Year 6

Term	Focus / Activities / Resources	Knowledge, Skills, Understanding	Key Vocab
1	Being Me in My World	<ul style="list-style-type: none"> <li>➤ Know how to set goals for the year ahead</li> <li>➤ Understand what fears and worries are</li> <li>➤ Know about children’s universal rights (United Nations Convention on the Rights of the Child)</li> <li>➤ Know about the lives of children in other parts of the world</li> <li>➤ Know that personal choices can affect others locally and globally</li> <li>➤ Understand that their own choices result in different consequences and rewards</li> <li>➤ Understand how democracy and having a voice benefits the school community</li> <li>➤ Understand how to contribute towards the democratic process</li> </ul>	Challenge, Goal, Attitude, Actions, Rights and Responsibilities, United Nations Convention on The Rights of the Child, Citizen, Choices, Consequences, Views, Opinion, Collaboration, Collective Decision, Democracy.
2	Celebrating Difference	<ul style="list-style-type: none"> <li>➤ Know that there are different perceptions of ‘being normal’ and where these might come from</li> <li>➤ Know that being different could affect someone’s life</li> <li>➤ Know that power can play a part in a bullying or conflict situation</li> <li>➤ Know that people can hold power over others individually or in a group</li> <li>➤ Know why some people choose to bully others</li> <li>➤ Know that people with disabilities can lead amazing lives</li> <li>➤ Know that difference can be a source of celebration as well as conflict</li> </ul>	Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Male, Female, Diversity, Transgender, Gender Diversity, Courage, Fairness, Rights, Responsibilities, Power, Struggle, Imbalance, Harassment, Bullying, Bullying behaviour, Direct, Indirect, Argument, Recipient, Para-Olympian, Achievement, Accolade, Perseverance, Sport, Admiration, Stamina, Celebration, Conflict.

3	Dreams and Goals	<ul style="list-style-type: none"> <li>➤ Know their own learning strengths</li> <li>➤ Know how to set realistic and challenging goals</li> <li>➤ Know what the learning steps are they need to take to achieve their goal</li> <li>➤ Know a variety of problems that the world is facing</li> <li>➤ Know how to work with other people to make the world a better place</li> <li>➤ Know some ways in which they could work with others to make the world a better place</li> <li>➤ Know what their classmates like and admire about them</li> </ul>	<p>Dream, Hope, Goal, Learning, strengths, Stretch, Achievement, Personal, Realistic, Unrealistic, Feeling, Success, Criteria, Learning steps, Money, Global issue, Suffering, Concern, Hardship, Sponsorship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition.</p>
4	Healthy Me	<ul style="list-style-type: none"> <li>➤ Know how to take responsibility for their own health</li> <li>➤ Know how to make choices that benefit their own health and well-being</li> <li>➤ Know about different types of drugs and their uses</li> <li>➤ Know how these different types of drugs can affect people's bodies, especially their liver and heart</li> <li>➤ Know that some people can be exploited and made to do things that are against the law</li> <li>➤ Know why some people join gangs and the risk that this can involve</li> <li>➤ Know what it means to be emotionally well</li> <li>➤ Know that stress can be triggered by a range of things</li> <li>➤ Know that being stressed can cause drug and alcohol misuse</li> </ul>	<p>Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, 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, Pressure.</p>

5	Relationships	<ul style="list-style-type: none"> <li>➤ Know that it is important to take care of their own mental health</li> <li>➤ know ways that they can take care of their own mental health</li> <li>➤ Know the stages of grief and that there are different types of loss that cause people to grieve</li> <li>➤ Know that sometimes people can try to gain power or control them</li> <li>➤ Know some of the dangers of being 'online'</li> <li>➤ Know how to use technology safely and positively to communicate with their friends and family</li> </ul>	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real / fake, True / untrue, Assertiveness, Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety.
6	Changing Me	<ul style="list-style-type: none"> <li>➤ Recognise my own self-image and how my body image fits into that.</li> <li>➤ Explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally-</li> <li>➤ Describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</li> <li>➤ Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.</li> <li>➤ Recognise the importance of a positive self-esteem and what I can do to develop it.</li> <li>➤ Identify what I am looking forward to and what worries me about the transition to secondary school.</li> </ul>	Foetus, Contractions, Grown up, Real self, Celebrity, Placenta, Cervix, Attraction, Trust, Midwife, Sexting, Labour, Pubic hair, Voice breaks, Growing taller, Hips widen Breasts, Ovulation, Masturbation, Clitoris, Vulva