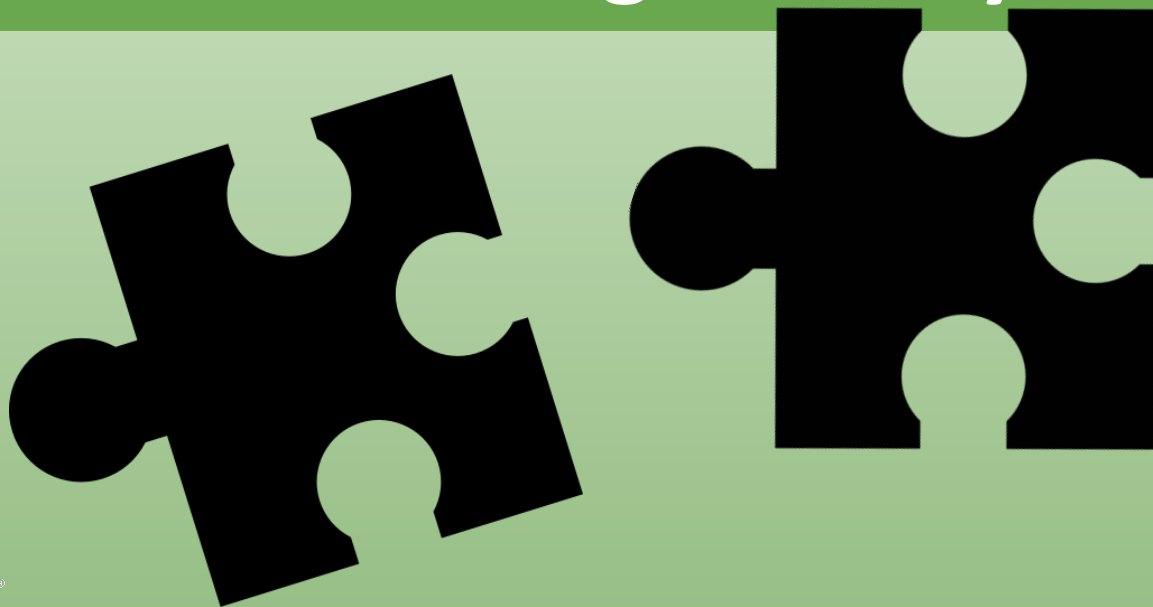


# PSHE & RSE

Personal, Social, Health and Economic & Relationships and Sex Education

## Learning Journey



## PSHE and RSE Learning Journey at Acre Heads

### PSHE Understanding, Knowledge and Skills objectives:

<b>Intent</b>	Our vision is a PSHE curriculum that is an important, integral component of the whole curriculum. Therefore, we ensure we promote the spiritual, moral, cultural, mental and physical development of our children; preparing them for the opportunities, responsibilities and experiences they already face and for adult life. We teach our children about keeping healthy and safe, emotionally and physically; encourage our children to understand how all actions have consequences and how they can make informed choices to help themselves, others and the environment. PSHE enables children to develop the skills and attributes they need to manage life's challenges and make the most of life's opportunities.
<b>Substantive knowledge in PSHE and RSE</b>	This is the factual content produced by the specific content of personal effectiveness, interpersonal and social effectiveness, and managing risk and decision making. The understanding and development of these skills is essential before pupils can apply such knowledge to their lives.
<b>Disciplinary knowledge in PSHE and RSE</b>	This is the application and understanding of these facts and knowledge, such that pupils can apply these to their own lives. They promote their personal development, character and resilience within school. In addition, embedding knowledge to enable a healthy lifestyle, to make good and sensible choices in everyday life, complete the holistic approach to pupil's education.
<b>PSHE and RSE</b>	The knowledge, skills and attributes needed to keep ourselves healthy and safe, and prepared for life and work.

## PSHE and RSE: Statutory Requirements (by the end of primary school)

<b>PSHE</b> Personal, Social, Health and Economic Education	<b>RSE</b> Relationships and Sex Education				
<b>PSHE is a non-statutory subject.</b>	<b>Families and people who care for me</b>	<b>Caring relationships</b>	<b>Respectful relationships</b>	<b>Online relationships</b>	<b>Being safe</b>
<p>Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the introduction to the proposed new national curriculum.</p> <p>Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.</p> <p>Many elements of PSHE are also covered elsewhere in the curriculum, e.g:</p> <ul style="list-style-type: none"> <li>• Science</li> <li>• PE</li> <li>• Computing</li> <li>• Geography</li> </ul>	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• that families are important for children growing up because they can give love, security and stability.</li> <li>• the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</li> <li>• that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. 21</li> <li>• that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</li> <li>• that marriage* represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</li> <li>• how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</li> </ul> <p>* Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious.</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• how important friendships are in making us feel happy and secure, and how people choose and make friends.</li> <li>• the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</li> <li>• that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</li> <li>• that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</li> <li>• how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</li> </ul>	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</li> <li>• practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> <li>• the conventions of courtesy and manners.</li> <li>• the importance of self-respect and how this links to their own happiness.</li> <li>• that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</li> <li>• about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</li> <li>• what a stereotype is, and how stereotypes can be unfair, negative or destructive.</li> <li>• the importance of permission-seeking and giving in relationships with friends, peers and adults.</li> </ul>	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• that people sometimes behave differently online, including by pretending to be someone they are not.</li> <li>• that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</li> <li>• the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</li> <li>• how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</li> <li>• how information and data is shared and used online.</li> </ul>	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</li> <li>• about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</li> <li>• that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</li> <li>• how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</li> <li>• how to recognise and report feelings of being unsafe or feeling bad about any adult.</li> <li>• how to ask for advice or help for themselves or others, and to keep trying until they are heard.</li> <li>• how to report concerns or abuse, and the vocabulary and confidence needed to do so.</li> <li>• where to get advice e.g. family, school and/or other sources.</li> </ul>

# PSHE and RSE: EYFS

EYFS		Key Vocabulary
<p>Children at the expected level of development will:</p> <p><b>Development Matters</b></p> <ul style="list-style-type: none"> <li>• See themselves as a valuable individual.</li> <li>• Build constructive and respectful relationships.</li> <li>• Express their feelings and consider the feelings of others.</li> <li>• Show resilience and perseverance in the face of challenge.</li> <li>• Identify and moderate their own feelings socially and emotionally.</li> <li>• Think about the perspectives of others.</li> <li>• Manage their own needs. Personal hygiene</li> <li>• Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian.</li> </ul> <p><b>ELG</b></p> <ul style="list-style-type: none"> <li>• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</li> <li>• Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</li> <li>• Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly</li> <li>• Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices</li> <li>• Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs.</li> </ul>		
<b>Autumn 1</b> <b>Being Me in My world</b>	Self-identity - Understanding feelings - Being in a classroom - Being gentle - Rights and responsibilities	Different, unique, emotions, happy, sad, angry, excited, strategies, feelings, problem, solution, kind hands, rights, rules, responsible
<b>Autumn 2</b> <b>Celebrating Difference</b>	Identifying talents - Being special - Families - Where we live - Making friends - Standing up for yourself	Achievement, proud, different, special, unique, same, different, sort, house, kind, friend, solution, unkind
<b>Spring 1</b> <b>Dreams &amp; Goals</b>	Challenges - Perseverance - Goal setting - Overcoming obstacles - Seeking help Jobs - Achieving goals	Persevere, challenge, achieve, goal, practice, encourage, feelings, job, future, proud, aim
<b>Spring 2</b> <b>Healthy Me</b>	Exercising bodies - Physical activity - Healthy food - Sleep - Keeping clean - Safety	Sport, exercise, body, healthy, body parts, food, not healthy, sleep, routine, grow, repair, fruit, germs, wash, stranger, danger
<b>Summer 1</b> <b>Relationships</b>	Family life - Friendships - Breaking friendships - Falling out - Dealing with bullying - Being a good friend	Family, jobs, friends, lonely, likes, solve, problem, feelings, suggestions, resolution, negative, positive, calm, manage
<b>Summer 2</b> <b>Changing Me</b>	Family life - Friendships - Breaking friendships - Falling out - Dealing with bullying - Being a good friend	Body, body parts, healthy, not healthy, grow, baby, adult, changes, emotion, feeling, worries, excited, nervous, challenge, memories

# PSHE and RSE: Key Stage 1

	YEAR 1	Key Vocabulary					
		Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Autumn 1 Being Me in My world</b>	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Safe Special Calm	Belonging Special Rights Responsibilities	Rights Responsibilities Learning Charter	Rights and Responsibilities Learning Charter Rewards Proud	Rights and Responsibilities Learning Charter Consequences Upset Disappointed	Rights Responsibilities Learning Charter Illustration Rewards Consequences
<b>Autumn 2 Celebrating Difference</b>	Similarities and differences Understanding bullying and knowing how to deal with it. Making new friends Celebrating the differences in everyone	Similarity/similar Same as	Different from Difference Similarity	Bullying Bullying behaviour Deliberate On purpose Unfair	Included Bully Bullied	Friend Friendship	Celebration Difference Special Unique
<b>Spring 1 Dreams &amp; Goals</b>	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	Proud Success Achievement Goal Treasure Coins	Goal Learning Stepping stones Process Garden Dreams	Working together Team work Achievement Celebrate	Learning Stretchy Challenge Feelings	Challenge Obstacle Overcome Achieve Goal Stepping stones	Success Celebration Challenge Internal treasure chest Feelings Goals Dreams Garden
<b>Spring 2 Healthy Me</b>	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Healthy Unhealthy Balanced Exercise Sleep	Healthy Unhealthy Balanced Exercise Sleep Choices	Healthy Clean Body parts Toiletry items, e.g. toothbrush, shampoo, soap Hygienic Safe	Medicines Healthy Unhealthy Trust Safe	Safe Safety Green Cross Code Eyes Ears Look Listen Wait	Keeping clean Healthy
<b>Summer 1 Relationships</b>	Identifying family members Understanding what a good friend is Understanding appropriate greetings to friends Knowing who can help at school Recognising my qualities as a person Appreciating special people	Family Belong Different Same	Friends Friendship Qualities Caring Sharing Kind	Greeting Touch Feel Texture Like Dislike	Help Helpful Community Feelings	Confidence Praise Qualities Skills Self belief Incredible Proud	Celebrate Relationships Special Appreciate Feelings
<b>Summer 2 Changing Me</b>	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition	Changes Life cycle Baby Adulthood	Change Life cycle Baby Adult Grown up	Baby Growing up Adult Mature Change	Male Female Vagina Penis Testicles Vulva Anus	Learn New Grow Change	Change Feelings Anxious Worried Excited Coping

# PSHE and RSE: Key Stage 1

	YEAR 2	Key Vocabulary					
		Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Autumn 1 Being Me in My world</b>	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Worries Hopes Fears	Belonging Rights Responsibilities Responsible Actions	Praise Reward Consequence Positive Negative Choices	Praise Reward Consequences Positive Negative	Co-operate Learning Charter Rights Responsibilities Rewards Consequences Problem-solving Choices	Learning Charter Responsibilities Rights Rewards Consequences Choices
<b>Autumn 2 Celebrating Difference</b>	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Boys Girls Similarities Assumptions Shield Stereotypes	Boys Girls Similarities Differences Assumptions Stereotypes Special	Bully Purpose Difference Kind Unkind Feelings Sad Lonely Help	Bully On Purpose Stand up for Help	Male Female Difference Diversity Fairness Kindness	Friends Special Unique Different Similarities Value
<b>Spring 1 Dreams &amp; Goals</b>	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Realistic Proud Success Celebrate Achievement Goal	Strengths Persevere Challenge Difficult Easy	Learning together Success Celebrate Achievement Goal Partner Team work	Learning together Success Celebrate Achievement Challenge Product Dream bird Group Team work Problem-solve	Learning together Success Celebrate Achievement Challenge Product Dream bird Group Team work Problem-solve	Learning together Success Celebrate Dream Goal Garden Achievement Proud
<b>Spring 2 Healthy Me</b>	Motivation Healthier choices Relaxation Medicine safety Healthy eating and nutrition Healthier snacks and sharing food	Healthy choices Lifestyle Motivation	Relax Relaxation Tense Calm	Healthy Unhealthy Dangerous Medicines Safe Body	Healthy Unhealthy Balanced diet Portion Proportion	Healthy Unhealthy Balanced diet Energy Fuel Nutritious	Healthy Unhealthy Balanced diet Nutritious Energy
<b>Summer 1 Relationships</b>	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Family Different Similarities Special Relationship Important Cooperate	Touch Physical contact Communication Hugs Like Dislike Acceptable Not acceptable	Friends Likes/dislikes Conflict Point of view Positive problem solving	Secret Surprise Good secret Worry secret Telling Adult Trust Surprised Happy Sad Frightened	Trust Trustworthy Honesty Reliability	Compliments Celebrate Positive Negative Appreciate
<b>Summer 2 Changing Me</b>	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition	Change Grow Life cycle Control Baby Adult Fully grown	Growing up Old Young Change Respect Appearance Physical	Baby Toddler Child Teenager Adult Independent Timeline Freedom Responsibilities	Male Female Vagina Penis Testicles Vulva Anus Public Private	Touch Texture Cuddle Hug Squeeze Like Dislike Acceptable Unacceptable Comfortable Uncomfortable	Change Looking forward Excited Nervous Anxious Happy

## PSHE and RSE: Lower Key Stage 2

	YEAR 3	Key Vocabulary					
		Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Autumn 1 Being Me in My world</b>	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Welcome Valued Achievements Proud Pleased Personal goal Praise Acknowledge Affirm	Emotions Feelings Nightmare Fears Worries Solutions Support	Rights Responsibilities Learning Charter Nightmare Dream	Behaviour Rewards Consequences Actions Feelings Rights Responsibilities Fairness Choices	Co-operate Rights Responsibilities Rewards Consequences Choices Learning Charter Challenge Group dynamics Team work	Learning Charter Actions View point Ideal school Belong
<b>Autumn 2 Celebrating Difference</b>	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	Family Loving Caring Safe Connected Difference Special	Family Conflict Solve it together Solutions Resolve	Witness Bystander Bullying Gay Unkind Feelings Tell	Witness Bystander Bullying Gay Unkind Feelings Tell	Consequences Hurtful Solve it together Gay	Compliment Special Unique Difference Similarity
<b>Spring 1 Dreams &amp; Goals</b>	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	Perseverance Challenges Success Obstacles Dreams Goals	Dreams Goals Ambitions Future Aspirations	Garden Decoration Dream Goal Team work Enterprise Design Cooperation	Challenge Product Teamwork Cooperation Strengths Motivated Enthusiastic Excited Efficient Responsible	Obstacles Frustration 'Solve it together' technique Solution Team work	Review Learning Strengths Success Self-review Celebrate Evaluate
<b>Spring 2 Healthy Me</b>	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices	Oxygen Energy Calories/ Kilojoules Heartbeat Lungs Heart Fitness	Energy Calories Kilojoules Labels Sugar Fat Saturated Fat	Healthy Drugs Attitude	Safe Anxious Scared Strategy Advice	Safe Harmful Risk Feelings	Complex Appreciate Body Healthy Safe Choice Risk
<b>Summer 1 Relationships</b>	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 and friends	Men Women Male Female Unisex Role Job Responsibilities Differences Similarities Respect Stereotype	Conflict Solution Problem solving Friendship Win-win	Safe Unsafe Risky Internet Social media Private Messaging (PM) Gaming	Global Communications Transport Interconnected Food journeys Climate Trade Inequality	Needs Wants Rights Deprivation United Nations Equality Justice	Happiness Celebrating Relationships Friendship Family Thank you Appreciation
<b>Summer 2 Changing Me</b>	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition	Changes Birth Animals Babies Mother Growing up	Baby Grow Uterus Womb Nutrients Survive Love Affection Care	Change Puberty Control	Puberty Male Female Testicles Sperm Penis Ovaries Egg Ovum/ Ova Womb/ Uterus Vagina	Stereotypes Task Roles Challenge	Change Looking forward Excited Nervous Anxious Happy

## PSHE and RSE: Lower Key Stage 2

	YEAR 4	Key Vocabulary					
		Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Autumn 1 Being Me in My world</b>	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	Included Excluded Welcome Valued Team Charter	Role Job description School Community Responsibility	Rights Responsibilities Democracy	Reward Consequence Democratic	Decisions Rights Responsibilities Voting Democracy Authority Learning Charter Role Contribution Observer	Decisions Choices Democracy UN Convention on Rights of Child Learning Charter
<b>Autumn 2 Celebrating Difference</b>	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Character Assumption Judgement Surprised Different Appearance Accept	Assumption Influence Appearance Opinion Attitude Judgement	Bullying Friend Secret Deliberate On purpose Bystander Witness	Witness Bystander Bully Problem solve Cyber bullying Text message Website Troll	Special Unique Different Characteristics Physical features	Impression Changed Judgement Assumption Influence Special Different Accept
<b>Spring 1 Dreams &amp; Goals</b>	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Dream Hope Goal Determination Perseverance Resilience Positive Attitude	Dreams Goals Hopes Disappointment Fears Hurt Resilience	Positive experiences Hopes Dreams Disappointment Hurt Goals Plans Cope Help Resilience	Resilience Self-belief Motivation Perseverance Determination Goal Dream Commitment	Goal Team work Enterprise Design Cooperation	Resilience Positive attitude Review Disappointment Learning Strengths Success Celebrate Evaluate
<b>Spring 2 Healthy Me</b>	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Friendships Emotions Healthy Relationships Friendship groups Value	Friendship groups Roles Leader Follower Assertive Agree / disagree	Smoking Pressure Peers Guilt Advice	Alcohol Liver Disease	Pressure Peers Anxiety Fear	Believe Assertive Opinion Right Wrong
<b>Summer 1 Relationships</b>	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Relationship Close Jealousy Problem-solve Emotions Positive Negative	Loss Strategy Shock Disbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Acceptance Depression	Souvenir Memento Memorial Loss Memories Special Remember	Friendships Negotiate Compromise Trust Loyalty Anger Betrayal Empathy	Boyfriend Girlfriend Attraction Pressure Personal Comfortable	Special Love Appreciation Symbol Care
<b>Summer 2 Changing Me</b>	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change	Personal Unique Characteristics Parents	Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus Ovaries Making love Having sex Sexual Intercourse Fertilise Conception	Puberty Menstruation Periods	Circle Seasons Change Control	Range of emotions resource Control Change Acceptance	Change Looking forward Excited Nervous Anxious Happy



# PSHE and RSE: Upper Key Stage 2

	YEAR 5	Key Vocabulary					
		Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Autumn 1 Being Me in My world</b>	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Education Appreciation Opportunities Goals Motivation Vision Hopes Challenge	Rights Responsibilities Citizen Denied Empathise Refugee Persecution Conflict Asylum Migrant	Rights Wealth Poverty Responsibilities Prejudice Citizen Privilege Deprive	Rights Responsibilities Rewards Consequences Choices Learning Charter	Rights Responsibilities Rewards Consequences Cooperation Collaboration	Learning Charter Collaboration Participation Motivation Rights Responsibilities Rewards Consequences
<b>Autumn 2 Celebrating Difference</b>	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	Culture Conflict Difference Similarity Belong Culture wheel	Racism Colour Race Discrimination Culture Ribbon	Bullying Rumour Name-calling Racist Homophobic Cyber bullying Texting Problem-solving	Bullying Indirect Direct Cyber bullying Texting	Happiness Difference Culture Similarity Continuum Developing world Racism Discrimination Direct and indirect bullying	Culture Celebration Artefacts Display Presentation
<b>Spring 1 Dreams &amp; Goals</b>	Future dreams The importance of money and Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Dream Hope Goal Feeling Achievement Money Grown up Adult Lifestyle	Job Career Profession Money Salary Contribution Society	Dream Hope Job Career Goal Determination Perseverance Motivation	Dream Hope Goal Aspiration Culture Country	Aspiration Dream Goal Culture Sponsorship Communication	Support Rallying Sponsorship Teamwork Cooperation Difference Dream Goal Motivation Aspiration
<b>Spring 2 Healthy Me</b>	Smoking, including vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food and Healthy choices Motivation and behaviour	Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media	Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media Influence	Emergency Procedure Recovery position Calm Level-headed	Body image Media Social media Celebrity Altered Self-respect Comparison	Body image Eating problem Eating disorder Respect Pressure	Debate Opinion Fact Choices Healthy lifestyle Motivation
<b>Summer 1 Relationships</b>	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	Characteristics Personal qualities Attributes Self-esteem	Responsibility/Being responsible Age-limit	Social network Community Online Off line Responsibility Rights Risky	Age-limit Community Violence Appropriate Grooming Trolled Gambling/ betting Trustworthy Responsibility Rights Risky	Devices Screen time Social Off line Mental health Physical health	Personal information Safe Online Choices Vulnerable Risk Grooming Rights Responsibilities
<b>Summer 2 Changing Me</b>	Self- and body image Influence of online and media on body image Puberty for girls and Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition	Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation	Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus	Puberty Sperm Semen Testicles/Testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones	Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF)	Teenager Milestone Perceptions Puberty Responsibilities	Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious

# PSHE and RSE: Upper Key Stage 2

	YEAR 6	Key Vocabulary					
		Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Autumn 1 Being Me in My world</b>	Identifying goals for the year Global citizenship and Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	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 Rights Responsibilities Rewards Consequences Consequences Empathise Learning Charter Obstacles	Rights Responsibilities Rewards Consequences Cooperation Collaboration Legal Illegal Lawful	Laws Learning Charter Collaboration Participation Motivation Rights Responsibilities Rewards Consequences Democracy Decision Proud
<b>Autumn 2 Celebrating Difference</b>	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Normal Ability Disability Visual impairment Empathy Perception Medication Vision Blind	Male Female Diversity Transgender Gender diversity Courage Fairness Rights Responsibilities	Power Struggle Imbalance Control Harassment Bullying	Bullying behaviour Direct Indirect Argument Recipient	Paralympian Achievement Accolade Disability Sport Perseverance Admiration Stamina	Celebration Difference Conflict
<b>Spring 1 Dreams &amp; Goals</b>	Personal learning goals, in and out of school Success criteria and Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Dream Hope Goal Learning Strengths Stretch Achievement Success Criteria Personal Realistic Unrealistic	Dream Hope Goal Feeling Achievement Success Criteria Learning steps	Dream Hope Goal Feeling Achievement Money Global Issue Suffering Concern Hardship	Dream Hope Goal Achievement Money Sponsorship Suffering Hardship Empathy Motivation	Dream Hope Goal Achievement Money Sponsorship Suffering Hardship Empathy Motivation	Admire Respect Achievement Praise Compliment Contribution Recognition
<b>Spring 2 Healthy Me</b>	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Responsibility Choice Immunisation Prevention	Drugs Effects Motivation Prescribed Unrestricted Illegal Over-the-counter Restricted Volatile substances 'Legal highs'	Exploited Vulnerable Drugs Criminal Illegal Gangs	Gang Pressure Strategies Reputation Anti-social behaviour Crime Illegal	Mental health Emotional health Mental illness Symptoms	Stress Triggers Strategies Managing stress Pressure
<b>Summer 1 Relationships</b>	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	Mental health Ashamed Stigma Stress Anxiety Support	Mental health Worried Signs Stress Anxiety Warning Support Self-harm	Emotions Feelings Sadness Loss Grief Denial Despair Guilt Shock Hopelessness Anger Acceptance Bereavement Coping strategies	Power Control Authority Bullying Script Assertive Strategies	Risks Pressure Influences Self-control Real/Fake True/untrue Assertiveness Judgement	Communication Technology Power Control Cyberbullying Abuse Safety
<b>Summer 2 Changing Me</b>	Self-image and Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent and Boyfriends/girlfriends Sexting Transition	Self-image Self-esteem Real self Celebrity	Opportunities Freedoms Responsibilities Puberty vocabulary as represented on the flash cards.	Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife	Attraction Relationship Pressure Love Sexting	Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health	Transition Secondary Looking forward Journey Worries Anxiety Hopes Excitement