

# West Winch Primary School PSHE & Citizenship Curriculum Map

| Year Group                                          | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Autumn 2                                                                                                                                                                                                                                                                                                                                                               | Spring 1                                                                                                                                                                                                                                                                                                                                                     | Spring 2                                                                                                                                                                                                                                                                                                                                       | Summer 1                                                                                                                                                                                                                                                                                                                                                                                    | Summer 2                                                                                                                                                                                                                                                                                                                                                                                  |
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| Reception                                           | Being In My World                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Celebrating Difference                                                                                                                                                                                                                                                                                                                                                 | Dreams and Goals                                                                                                                                                                                                                                                                                                                                             | Healthy Me                                                                                                                                                                                                                                                                                                                                     | Relationships                                                                                                                                                                                                                                                                                                                                                                               | Changing Me (RSE)                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Personal, Social &amp; Emotional Development</b> | <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.</li> <li>Form positive attachments to adults and friendships with peers.</li> <li>Show sensitivity to their own and to others' needs.</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Understanding the World</b>                      | <ul style="list-style-type: none"> <li>Talk about the lives of the people around them and their roles in society.</li> <li>Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Vocabulary</b>                                   | Names of the people who they live with and their relationships to them – mum, dad, brother, sister. Names of the key members of staff at school. Emotions – happy, sad, excited, angry, scared, nervous, confident. Body parts – face, ears, eyes, nose, hair. Boy, girl.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Emotions – happy, sad, excited, angry, scared, nervous, confident. Same, different, celebration, community.                                                                                                                                                                                                                                                            | Key jobs – police officer, shop worker, librarian, fire service, paramedic, doctor, teacher, nurse, vet.                                                                                                                                                                                                                                                     | Exercise, safety, healthy, unhealthy, fruit, vegetables, hand washing, brushing teeth, clean, germs. Technology – computer, tablet, phone.                                                                                                                                                                                                     | Angry, calm, change, confidence, cross, disagree, emotions, enjoy, excited, facial expressions, feelings, happiness, happy, help, interests, kind, like, loss, memories, nervous, opinions, qualities, sad, safe, secure, share, skills, speak, talents, talk, thoughts, uncomfortable, unhappy, worried.                                                                                   | Achievement, aims, ambition, attitude, change, communication, creative, determined, future, goal, grow, happiness, hard-working, help, improve, job, learn, positive, progress, routine, skill, star qualities, strength, success, training.                                                                                                                                              |
| Year 1                                              | Together Everyone Achieves More – Relationships                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Think Positive Health & Wellbeing                                                                                                                                                                                                                                                                                                                                      | Diverse Britain Living In The Wider World                                                                                                                                                                                                                                                                                                                    | Be Yourself Relationships                                                                                                                                                                                                                                                                                                                      | It's My Body Health & Wellbeing                                                                                                                                                                                                                                                                                                                                                             | Aiming High Living In The Wider World                                                                                                                                                                                                                                                                                                                                                     |
| <b>Knowledge</b>                                    | <ul style="list-style-type: none"> <li>What does it mean to be part of a team? What teams are we a part of?</li> <li>Why is it important to listen to other people? How can I be a good listener?</li> <li>How can we show kindness to others? Why is it important to be kind to the people around you?</li> <li>What kinds of unkind behaviour are there?</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>What is positive thinking? How can it help us feel good?</li> <li>What choices do we have about what we say and do? How can these choices affect how we feel?</li> <li>What are helpful and unhelpful thoughts? What can we do if we find something challenging?</li> <li>What things make us feel cross, worried or</li> </ul> | <ul style="list-style-type: none"> <li>What does it mean to belong to a community? What can we do to help our class and community?</li> <li>What is it like in our community? How can we be good neighbours?</li> <li>What makes our neighbourhood a nice place? How can we keep it a pleasant place for everyone?</li> <li>What is Britain? What</li> </ul> | <ul style="list-style-type: none"> <li>What makes us special? Why is it important to be kind to ourselves?</li> <li>What are our different feelings called? How can we describe them?</li> <li>When do we feel happy? What other good feelings do you feel?</li> <li>What things make us feel unhappy or cross? What can we do when</li> </ul> | <ul style="list-style-type: none"> <li>Who does your body belong to? What should you do if you feel unsafe or worried about something?</li> <li>What does exercise do to our bodies and is it important? What does sleep do to our bodies and is it important?</li> <li>What is a healthy diet? Why is it important to eat well?</li> <li>What are germs and how can they be bad</li> </ul> | <ul style="list-style-type: none"> <li>What are our star qualities? What star qualities would we like to develop?</li> <li>What is a positive learning attitude? How can a positive learning attitude help us?</li> <li>What kinds of jobs do people do? What do we want to be when we grow up?</li> <li>Are some jobs for some people and not others? Can we give reasons for</li> </ul> |

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|                   | <p>What can we do if we see teasing or bullying, or if it happens to us?</p> <ul style="list-style-type: none"> <li>How can we be positive learners? What can we do if we find something difficult?</li> <li>What choices can we make about our behaviour? How might our choices affect the members of our team?</li> </ul>                               | <p>sad? What can we do if this happens?</p> <ul style="list-style-type: none"> <li>How can we be thankful for the things that we have? How can being thankful help to make us happy?</li> <li>What is mindfulness? How can we be mindful?</li> </ul>                                                                                                                                                                                                | <p>is it like to live in the British Isles?</p> <ul style="list-style-type: none"> <li>In what ways can British people be different from one another? How are British people similar to one another?</li> <li>What does it mean to be British? Why should we be proud of living in the British Isles?</li> </ul>                                                          | <p>we have uncomfortable feelings?</p> <ul style="list-style-type: none"> <li>How does it feel when things change or we lose something precious? What can we do to help ourselves and others when this happens?</li> <li>Why are our feelings and thoughts important? How can we explain our thoughts and feelings to others?</li> </ul>                   | <p>for us? How can we keep ourselves clean?</p> <ul style="list-style-type: none"> <li>Why are some things dangerous to eat or drink and how can they harm us? How can we keep ourselves safe?</li> <li>What choices can you make to be healthier, safer and happier? How can we make better choices?</li> </ul>                                                                                                                           | <p>our opinions?</p> <ul style="list-style-type: none"> <li>What are our goals for the future? How can we achieve our goals?</li> <li>How might next year be different from this year? What are we looking forward to about next year?</li> </ul>                                                                                                                                  |
| <b>Vocabulary</b> | active listening, behaviour, bullying, care, choices, community, compliment, discussion, fair, family, friends, group, helpful, joking, kind, learner, mindset, needed, negative, polite, positive, safe, secure, special, support, team, teasing, thoughtful, unkind                                                                                     | achievement, angry, bored, calm, choice, complain, concentrate, confused, decision, difficult, dislike, embarrassed, emotions, fears, fed up, feelings, focus, frightened, frustrated, future, goal, gratitude, happy, healthy, helpful, like, lonely, mind, mindful, negative, nervous, new, past, perseverance, positive, prefer, relaxed, resilience, respond, rest, sad, safe, shocked, thankful, thinking, thoughts, unhelpful, upset, worries | accepting, beliefs, belong, Britain, British, British Isles, celebrations, choice, coast, community, countryside, difference, dress, environment, happy, harm, helpful, island, kindness, lakes, listen, live, local area, mountain, natural, neighbour, neighbourhood, proud, respect, responsibility, right, river, safe, same, share, similarity, town, United Kingdom | angry, body language, calm, change, confidence, content, cross, disagree, wellbeing, emotions, enjoy, excited, facial expressions, feelings, happiness, happy, help, interests, kind, like, loss, memories, mental health, nervous, opinions, qualities, sad, safe, secure, share, skills, speak, talents, talk, thoughts, uncomfortable, unhappy, worried | bacteria, body, brain, brushing, chemicals, chemist, choice, clean, colds, consent, contact, coughs, danger, dentist, diarrhoea, diet, disease, doctor, emergency, exercise, germs, healthy, heart, help, illness, medicine, mind, muscles, permission, pharmacist, poisonous, protect, rest, rules, safe, secret, serious, sleep, spread, strength, sugar, surprise, touch, treat, uncomfortable, unhealthy, unsafe, virus, warning, wash | achievement, aims, ambition, attitude, change, communication, creative, determined, future, goal, grow, happiness, hard-working, help, improve, job, learn, positive, progress, qualification, routine, skill, star qualities, strength, success, training                                                                                                                         |
| <b>Year 2</b>     | <b>VIPs Relationships</b>                                                                                                                                                                                                                                                                                                                                 | <b>Safety First – Health and Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                          | <b>One World – Living In The Wider World</b>                                                                                                                                                                                                                                                                                                                              | <b>Digital Wellbeing - Relationships</b>                                                                                                                                                                                                                                                                                                                   | <b>Money Matters – Living In The Wider World</b>                                                                                                                                                                                                                                                                                                                                                                                           | <b>Growing Up – Health and Wellbeing</b>                                                                                                                                                                                                                                                                                                                                           |
| <b>Knowledge</b>  | <ul style="list-style-type: none"> <li>Who are our special people? What makes them special? Why are families important? How should the people in your family make you feel? What makes a good friend? How can we be a good friend?</li> <li>Why is it important to treat people fairly, even when we are cross with them? What can we do about</li> </ul> | <ul style="list-style-type: none"> <li>What can we do to keep ourselves safe? What should we do if we don't feel safe?</li> <li>Which objects in our home can be dangerous? What can we do to keep ourselves safe at home?</li> <li>How can we stay safe around roads? What other dangers do we need to look out for?</li> <li>What can I do when I</li> </ul>                                                                                      | <ul style="list-style-type: none"> <li>What are families like around the world? Can children identify and discuss how these families are the same or different from their own.</li> <li>How is life different for children in other countries? How is it the same?</li> <li>What is it like going to school in other countries? Why is it important to go to</li> </ul>   | <ul style="list-style-type: none"> <li>What do we use the Internet for? How can it help us?</li> <li>How much screen time is healthy? How can I make sure I do range of activities, both offline and online, to keep my mind and body healthy?</li> <li>What are the risks when we go online? What can I do if I feel frightened?</li> </ul>               | <ul style="list-style-type: none"> <li>What is money? What do we need money for?</li> <li>Where does money come from? What jobs do people do?</li> <li>How can we keep our money safe? Why is it important to keep money safe?</li> <li>What choices do we have about spending money? How do we keep track of what we</li> </ul>                                                                                                           | <ul style="list-style-type: none"> <li>What are the main parts of our bodies? What are the differences between girls and boys?</li> <li>What is 'consent' and what are the rules for respecting people's bodies? What should we do if these rules are broken?</li> <li>Can we tell what someone is like depending on if they are a boy or a girl? What is a stereotype?</li> </ul> |

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|                   | <p>arguments and disagreements?</p> <ul style="list-style-type: none"> <li>What does ‘cooperate’ mean? How can we cooperate with others?</li> <li>Why is it important to let people know that they are special to us? How can we show our special people that we care?</li> </ul>                                                                                                        | <p>feel unsafe around people I don’t know? How can I stay safe from strangers when I’m using the Internet?</p> <ul style="list-style-type: none"> <li>What types of things should I share with others or keep private from them? What can I do if I feel unsafe or uncomfortable in a situation?</li> <li>Which people help keep us safe? How can we help those people to look after us?</li> </ul> | <p>school?</p> <ul style="list-style-type: none"> <li>What are some of the different places that people live? How does this affect their lives?</li> <li>How do people use things from the earth? What problems can this cause?</li> <li>Why is it important to care for the earth? What can we do to help?</li> </ul>                                                             | <ul style="list-style-type: none"> <li>What is personal information? How can we stay safe online?</li> <li>How can we use the Internet to communicate with others? How can we show kindness and respect online?</li> <li>Can we trust everything we see on the Internet? How do we know what is true?</li> </ul>                                                                                                                          | <p>spend?</p> <ul style="list-style-type: none"> <li>What is the difference between things we want and the things we need? Why is it important to understand this?</li> <li>What happens when we go shopping? What are the different kinds of things we can buy?</li> </ul>                                                                                                                | <ul style="list-style-type: none"> <li>What is a family and what makes families special? Who can I talk to if something about my family is worrying me?</li> <li>What will we be able to do next year? How will we change as we grow older?</li> <li>What are some changes that might happen in people’s lives? What feelings can these changes cause?</li> </ul>                                                           |
| <b>Vocabulary</b> | achieve, caring, choices, conflict, cooperate, cooperation, disagreement, family, friend, friendship, group, happy, healthy, help, important, kind, listen, love, making up, need, positive, safe, share, skills, solve, sort, special, support, talk, team, thoughtful, time, trust, trusted adult                                                                                      | 999, burn, chemicals, choke, danger, e-Safety, emergency, emergency services, fall, fire, harm, hazard, help, hurt, Internet, liquids, medicines, online, poisonous, protect, rail, risk, road, rules, safe, sharp, stranger, safer stranger, tablets, traffic, trip, trusted adult, uniform, unsafe, water                                                                                         | same, similarity, different, contrast, affect, care, choice, difference, earth, environment, family life, happy, harm, help, home, important, learn, love, natural, needs, people, problem, protect, resources, right, safe, same, school, similarity, special people, trust, world                                                                                                | access, activity, address, apps, comfortable, communicate, connected, device, download, electronic, emoji, fact, fake, healthy, helpful, hobbies, information, interests, Internet, lie, mental wellbeing, message, messaging, network, news, offline, online, password, personal information, picture message, pretend, private, screen time, sleep, social media, surname, text message, true, trusted adult, uncomfortable, video call | bank, bank account, buy, choice, coins, community, contactless, credit card, electronic, goods, important, job, track, list, money, need, notes, offer, online banking, online transfer, payment, piggy bank, possessions, price, purse, receipt, record, role, safe, salary, save, shopping, spend, value, wages, wallet, want, work                                                      | adulthood, advice, carers, caring, change, childhood, comfortable, consent, coping, curious, develop, differences, difficult, emotions, female, genitals, grandparents, independence, love, male, needs, opportunities, parents, penis, private parts, respect, responsibility, rules, safe, siblings, similarities, stereotype, testicles, touch, traditions, trusted adult, uncomfortable, unique, vagina, vulva, worried |
| <b>Year 3</b>     | <b>Together Everyone Achieves More – Relationships</b>                                                                                                                                                                                                                                                                                                                                   | <b>Think Positive Health &amp; Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                        | <b>Diverse Britain Living In The Wider World</b>                                                                                                                                                                                                                                                                                                                                   | <b>Be Yourself Relationships</b>                                                                                                                                                                                                                                                                                                                                                                                                          | <b>It’s My Body Health &amp; Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                 | <b>Aiming High Living In The Wider World</b>                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Knowledge</b>  | <ul style="list-style-type: none"> <li>How does it feel to start a new class? What are we looking forward to? Is there anything we will miss?</li> <li>What are the features of a good team? How do team members benefit from being in a team?</li> <li>How do the actions of our teammates affect us? How is our team affected by our actions?</li> <li>How can we tell what</li> </ul> | <ul style="list-style-type: none"> <li>What is a happy mind? How can it make a difference to our lives?</li> <li>What are helpful and unhelpful thoughts? How do they affect the way we feel?</li> <li>How does it feel when big changes happen in our lives? How can we cope with these feelings?</li> <li>What is mindfulness and how can it help? How can we be</li> </ul>                       | <ul style="list-style-type: none"> <li>What is it like to live in the British Isles? What kinds of people are British people?</li> <li>What is democracy? Why is democracy important?</li> <li>What are rules? What is the law? How are these enforced? How do rules and laws help us?</li> <li>What does ‘liberty’ mean? What are the rights shared by British people?</li> </ul> | <ul style="list-style-type: none"> <li>What does it mean to have pride in ourselves? Why should we be proud of our achievements?</li> <li>What are our main feelings and emotions called? What do they feel like? When might these feelings happen?</li> <li>What can we do when we feel unhappy or uncomfortable? Why is it important to tell people how we feel?</li> </ul>                                                             | <ul style="list-style-type: none"> <li>Who does your body belong to? What type of physical contact is OK? What can you do if you feel uncomfortable about something?</li> <li>What does your body need to be healthy? If you eat junk food regularly, what are the effects on your body? What can you do to become healthier?</li> <li>Why is it important to get enough sleep?</li> </ul> | <ul style="list-style-type: none"> <li>What have we achieved over the last year and what are we proud of? How did our behaviour and attitudes help us to achieve?</li> <li>What would we like to achieve over the year ahead? What do we need to do to help us achieve our goals?</li> <li>What behaviours can help us to learn new things? What can we do when we find our learning challenging?</li> </ul>                |

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|                   | <p>our teammates are feeling? How can we respond to the feelings of other people?</p> <ul style="list-style-type: none"> <li>What happens when we fall out with our team members? How can we solve these problems?</li> <li>Why is it important that everyone on a team fulfils their responsibilities? What are our responsibilities towards our team?</li> </ul>                  | <p>mindful?</p> <ul style="list-style-type: none"> <li>How do uncomfortable feelings affect our actions and behaviour? What can we do to manage uncomfortable feelings?</li> <li>What is a positive attitude to learning? What strategies can we use when we find something challenging?</li> </ul>                                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>What is diversity and why is it important? Why should we be respectful of other people?</li> <li>What does 'being British' mean to me? Does 'being British' mean the same to all British people?</li> </ul>                                                                                                                                    | <ul style="list-style-type: none"> <li>What is 'being assertive'? When and how can we be assertive?</li> <li>What messages do we get from the media about how people should look, feel and behave? Are those messages realistic?</li> <li>What can we do if we do something wrong or make a mistake? How can this help you in the future?</li> </ul> | <p>How can getting enough sleep keep our bodies and minds healthy? What happens if we don't get enough sleep?</p> <ul style="list-style-type: none"> <li>What sorts of allergies and illnesses are there? How can we stop the spread of disease and infection? Why is personal hygiene so important?</li> <li>What are drugs? How can I stay safe around drugs?</li> <li>What choices do I have? How can I make better, healthier choices?</li> </ul> | <ul style="list-style-type: none"> <li>What kind of jobs do people do? What kind of skills and attributes would we need to do these jobs?</li> <li>What are stereotypes and how can they affect our attitudes? Can we be anything we want to be when we grow up?</li> <li>What might we like to do when we grow up? What skills would we need to develop in order to achieve this?</li> </ul> |
| <b>Vocabulary</b> | achieve, actions, attitude, behaviours, benefit, body language, change, collaboratively, communication, compromise, conflict, consequences, considerate, dispute, effect, emotion, facial expression, feelings, goals, impact, individuals, interpret, listening, negotiation, reflect, resolution, resolve, responding, responsibility, teammates, teamwork, transition, unhelpful | anger, anxious, attitude, aware, brain, brave, breathing, challenge, changes, chemicals, consequences, control, curious, determination, different, distract, dopamine, effort, embarrassment, endorphins, exciting, experience, failure, flexible, grief, guilt, happiness, jealousy, joy, mental health, mindfulness, mistakes, oxytocin, peace, perseverance, practise, prepare, problem, relax, represent, sadness, serotonin, shame, strategies, strengths, success, techniques, uncomfortable, unpleasant, weaknesses, worry | care, celebrate, challenge, citizen, common rights, concern, county, culture, customs, debate, democracy, discrimination, discuss, diverse, diversity, equality, ethnic, freedom, government, human rights, identity, liberty, multicultural, national, polite, prejudice, protect, region, regional, religious, rights-respecting, society, stereotype, tolerance, tradition, values | achievements, actions, advertisements, assertive, comfortable, confident, consequences, dares, effects, emotional, forceful, gloating, hide, impact, influence, manipulated, mind, mistake, positive, pressure, pride, pushy, resist, resolution, resolve, right, rude, scared, sorry, strategies, strengths, support                                | addiction, alcohol, allergies, balanced, bedtime, caffeine, Childline, cigarettes, consent, consequence, contagious, decision, dietary, drugs, e-cigarettes, habit, harmful, health, heart rate, hormones, hydrated, hygiene, illegal, immunisation, independence, infection, legal, nicotine, prescription, relax, resilience, restricted, routine, sleep hygiene, tobacco, vaccinations, vaping, vitamins                                           | accomplish, action, attribute, background, behaviour, challenge, curriculum vitae/CV, determination, develop, effort, employer, equal, experience, fair, gender, growth mindset, information, learning, obstacles, opportunities, race, resilience, responsibilities, role, setbacks, stereotype, strive, target                                                                              |
| <b>Year 4</b>     | <b>VIPs Relationships</b>                                                                                                                                                                                                                                                                                                                                                           | <b>Safety First – Health and Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>One World – Living In The Wider World</b>                                                                                                                                                                                                                                                                                                                                          | <b>Digital Wellbeing - Relationships</b>                                                                                                                                                                                                                                                                                                             | <b>Money Matters – Living In The Wider World</b>                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Growing Up – Health and Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                      |
| <b>Knowledge</b>  | <ul style="list-style-type: none"> <li>Who are the important people in our lives? Why are they important? Why is it important to treat them kindly? What can happen if we</li> </ul>                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>How are we becoming more independent now we are growing older? What new responsibilities do we have as we get older?</li> <li>What risks, hazards</li> </ul>                                                                                                                                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>What are the similarities and differences in the lives of Chiwa and Kwende? Why are their lives so different?</li> <li>What are Chiwa's</li> </ul>                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>What do we use the Internet for? How does the Internet affect our lives?</li> <li>How can we show kindness and respect online? What can we</li> </ul>                                                                                                                                                         | <ul style="list-style-type: none"> <li>Why do people go to work? What are the other ways that adults can get money?</li> <li>What are notes, coins, debit and credit cards and bank accounts?</li> </ul>                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>What are the differences between a male body and a female body? What are the male and female parts of the body for?</li> <li>What changes happen to boys' bodies as they grow</li> </ul>                                                                                                                                                               |



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|                   | <p>don't treat our family and friends with respect?</p> <ul style="list-style-type: none"> <li>• Why is friendship important? What makes a great friendship?</li> <li>• What makes a good relationship? What can we do if one of our relationships is not good?</li> <li>• How and why do people fall out with their friends? What can we do when this happens?</li> <li>• What are the different ways that people can be bullied? How can this affect the people involved?</li> <li>• What strategies can we use if we feel we are being bullied? What can we do to support someone we feel is being bullied?</li> </ul> | <p>and dangers do we face in everyday life? What can we do if we think we're in a risky situation?</p> <ul style="list-style-type: none"> <li>• How do we know if we are being pressured to do something risky or dangerous? What do we do if we are being pressured to do something that makes us feel uncomfortable?</li> <li>• What are the dangers when out and about? How can we stay safe in unfamiliar places?</li> <li>• What are drugs, cigarettes and alcohol? How do they affect the body and why are they dangerous?</li> <li>• How can I deal with injuries and illness? How do I respond to an emergency situation?</li> </ul> | <p>reasons for wanting to attend school? What are her mother's reasons for wanting her to stay at home?</p> <ul style="list-style-type: none"> <li>• What do we think Chiwa's family should do? Can we give reasons for our opinions?</li> <li>• How can our actions affect the lives of people like Chiwa? What can we do to help make the world a fairer place to live?</li> <li>• What is climate change and how does it affect people like Chiwa? What can we do to help?</li> <li>• What kind of organisations help people like Chiwa? What kind of things do they do?</li> </ul> | <p>do if we see unkind behaviour online?</p> <ul style="list-style-type: none"> <li>• What could the risks of chatting to others online be? What's the difference between knowing someone offline and knowing someone online?</li> <li>• How can we use online information responsibly? Can we trust the information we find online?</li> <li>• What information should we never share online? Why is it important not to share personal information?</li> <li>• How does technology make us feel? What can we do to ensure we feel safe and happy online?</li> </ul> | <ul style="list-style-type: none"> <li>• Why do people borrow or take risks with money? What are the consequences of this?</li> <li>• What choices do we have about spending money? What impact can these choices have?</li> <li>• Why do adverts try to influence the way we spend money? How do they do this?</li> <li>• How can we keep track of money? Why is it important to do this?</li> </ul> | <p>up? Why do these changes happen?</p> <ul style="list-style-type: none"> <li>• What changes happen to girls' bodies as they grow up? Why do these changes happen?</li> <li>• How do feelings change as we grow up? What is a crush and how does it feel?</li> <li>• What are loving relationships like? What kinds of family are there?</li> <li>• How are babies made? How are babies born?</li> </ul>                                                                                           |
| <b>Vocabulary</b> | <p>acquaintances, actions, alternatives, anonymous, antibullying, arguments, behaviour, bully, bullying, compromise, consequences, consideration, cyber, dares, decisions, differences, discrimination, disputes, diversity, equality, equity, falling out, honest, impact, interests, kindness, loyal, negotiation, opinions, prejudice, prejudiced, reflect, relatives, resolving, respect, strategies, support, network, teasing, techniques, thought, unhealthy, victim, views, VIPs</p>                                                                                                                              | <p>alcohol, ambulance, casualty, choices, cigarettes, comfortable, cycling, dangerous, dare, depth, drugs, e-cigarettes, electricity, first aid, first-aider, graze, impact, independent, inhaler, injection, injury, instructions, lungs, medicines, paramedic, peer pressure, physical, right, road safety, safety, scald, shock, uncomfortable, vaccine, water safety, wellbeing</p>                                                                                                                                                                                                                                                      | <p>actions, challenge, charity, citizen, climate change, communities, compassion, consequence, consider, decision, difference, dilemma, discuss, diverse, diversity, effects, empathy, fair, Fairtrade, farmer, gender, global, harmful, helpful, human right, impact, inequality, local, negative, opinion, organisation, positive, reason, reduce, respect, responsibility, rural, share, shared responsibility, stereotype, support, trade, unfair, urban</p>                                                                                                                       | <p>balance, behaviour, bullying, communicating online, concerns, connected devices, consequences, cyberbullying, discrimination, disrespect, face-to-face, forward, harassment, harmful content, images, impact, information sharing, manipulated, misinformation, name-calling, permission, positive, privacy, ranking, relationships, reliability, report, respect, restrictions, risks, rules, safety, search results, share, shared information, social media, support, targeted information, teasing, text, trolling, videos</p>                                 | <p>advertisement, advertising, balance, benefits, borrow, budget, cash, change, consumer, credit, debit, debt, employment, environment, ethical, financial gain, gambling, gift, impact, influence, interest, loan, owe, payment, priority, profit, repay, repayments, savings, spending, tax, unmanageable</p>                                                                                       | <p>adopted, Adam's apple, anger, anxious, asexual, attracted, baby, biological sex, blended family, breasts, commitment, civil partnership, confusion, crush, egg, embryo, erection, excited, feelings, foetus, fostered, gay, gender, hormones, identity, lesbian, lonely, married, menstruation, oestrogen, offspring, orphaned, ovaries, period, puberty, relatives, reproduction, sex hormones, same-sex, single-parent, sperm, tearful, testes, testosterone, umbilical cord, uterus, womb</p> |
| <b>Year 5</b>     | <b>Together Everyone Achieves More –</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Think Positive Health &amp; Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Diverse Britain Living In The Wider</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Be Yourself Relationships</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>It's My Body Health &amp; Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                            | <b>Aiming High Living In The Wider World</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

|           | Relationships                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | World                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| Knowledge | <ul style="list-style-type: none"> <li>Can we think of any teams that we admire? What are the attributes that make a good team?</li> <li>How can we make our views heard without falling out with others? How can we respond respectfully to other people's feelings and opinions?</li> <li>How can we compromise and work collaboratively? How can this help our team?</li> <li>How can we be sensitive to the feelings of others? How can we make other people feel valued?</li> <li>What is unkind behaviour? How can we support people who are being upset by others?</li> <li>Why are responsibilities important in a team? What are the most important responsibilities for our team?</li> </ul> | <ul style="list-style-type: none"> <li>What are thoughts, feelings and behaviours? How do thoughts, feelings and behaviours influence each other?</li> <li>How do helpful and unhelpful thoughts affect the way we feel and act? What should we do when we have unhelpful thoughts? How can we encourage helpful thoughts?</li> <li>How do uncomfortable feelings affect our thoughts and actions? What can we do to manage uncomfortable feelings?</li> <li>What sorts of decisions and choices do we have to make in life? How can making good choices make us happy?</li> <li>What is mindfulness and how can we encourage positive thoughts and feelings? How can we be mindful in our everyday lives?</li> <li>How can our thoughts and feelings help us to have a positive attitude to learning? What strategies can we use to overcome difficulties and challenges?</li> </ul> | <ul style="list-style-type: none"> <li>What kind of people live in our nation? How can we show respect for people whose faith or ethnicity is different to ours?</li> <li>What is a community and who makes it what it is? How can we contribute to our community?</li> <li>How does the law help us? What could happen if laws are broken?</li> <li>What is 'local government' and what does it do? How does local government work?</li> <li>What is 'national government' and what does it do? How does national government work?</li> <li>What are charities and voluntary groups? What do they do?</li> </ul> | <ul style="list-style-type: none"> <li>Is it OK to think and feel differently to other people? What does 'being an individual' mean, and why is this a good thing?</li> <li>Why is it important to share our thoughts and feelings with those around us? How can we communicate our thoughts and feelings to others?</li> <li>What are some of the uncomfortable feelings that people can feel? What can we do to manage them?</li> <li>What situations might make us feel nervous or shy? How can we feel and act more confident in these situations?</li> <li>How can we know when we might have to make a different choice to those around us? How can we do the right thing even if others do not?</li> <li>How might we feel if we have made a mistake or done something wrong? What can we do about it?</li> </ul> | <ul style="list-style-type: none"> <li>Why is looking after our bodies so important? What is autonomy and what is consent?</li> <li>What are the effects of not getting enough sleep? How can we get a good night's sleep? How does regular exercise benefit our mental and physical health? What are the risks associated with an inactive lifestyle?</li> <li>What are healthy habits? How can we take care of our bodies?</li> <li>What are drugs, alcohol and tobacco and what are the effects of using them? What are the risks of taking harmful substances? How can we make good choices about dangerous substances?</li> <li>What messages do we get from the media about our bodies? How can we think and feel positively about ourselves?</li> <li>What choices do we have about keeping our bodies and minds healthy? What influences our choices about our bodies and our physical and mental health? How can we decide if these are positive or negative influences?</li> </ul> | <ul style="list-style-type: none"> <li>What have we achieved and learnt since we started school? What skills and attributes have we used to make that happen?</li> <li>How do successful learners overcome challenges? How do helpful learning strategies help us?</li> <li>What kind of opportunities are available as we grow up? How can we make the most of these opportunities?</li> <li>Can some jobs only be done by certain kinds of people? Are some jobs for men and some for women?</li> <li>What skills might we need in the world of work? What are the different routes into careers?</li> <li>What would we like to achieve in the next year? Five years? Ten years? What steps can we take to help us achieve our goals?</li> </ul> |

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| <b>Vocabulary</b> | admire, attributes, collaborate, collaboration, communicate, contribute, decisions, disagree, discrimination, effective, emotional, excluding, harassment, health, honesty, hurtful, kindness, opinion, outcome, patience, respectful, sensitive, skills, social media, success, successful, thoughts, trolling, uncomfortable, understanding, upsetting, valued                                                                                                                                                                                                                                             | actions, affect, behaviour, blame, cognitive, comfortable, coping, difficulties, impact, independent, influence, learning, link, mindset, morals, opportunities, progress, pros and cons, reaction, responsible, strategy                                                                                                                                                                                                                                                                                                                                                                       | active citizenship, charity, community spirit, compassion, consequence, contribute, enforce, equal, ethnicity, faith, impact, laws, local government, members of parliament, national government, needs, negative, parliament, police, politicians, positive, prime minister, responsibilities, roles, shared responsibility, similar, support, voluntary                                                                                                                                                                                                                                                    | acceptance, alternatives, amends, anxious, apologise, bereavement, caring, celebrate, choices, communication, conflict, danger, dangerous, death, difficulties, express, face-to-face relationships, failure, feelings, generosity, grief, guilt, individual, individuality, intensity, kindness, loyalty, manage, negative, online friendships, options, peer approval, peer influence, peer pressure, perceived failure, problems, relationships, respect, setbacks, sharing, shy, trust, truthfulness, unhealthy, unhelpful thoughts, unique, uniqueness, wrong                                          | addictive, advertising, age restrictions, appearance, appropriate, autonomy, balanced lifestyle, beauty, boundaries, care, cleanliness, contact, control, damage, dangerous, dental, deprivation, effects, emotional, healthy eating, impact, influence, looks, media, meditation, mental, mindfulness, negative, nicotine, oral, perfect, physical, platform, positive, pressure, protect, respect, responsibility, rest, rights, self-confidence, stereotype, substances, sun exposure, support, tell, unwanted, vape pens, vapes, wellbeing                                                      | advertisement, apprenticeship, avoidance, barriers, behaviours, benefit, business, careers, collaborate, college, creativity, criteria, decisions, discrimination, employee, enterprise, failure, fear, feedback, focus, further education, helpful, ideas, individual, innovation, interests, law, listening, mistakes, panic, perseverance, prejudice, privilege, problem-solving, responsible, rights, selfworth, social class, stress, teamwork, unhelpful, university                                                                                                                                                                                                        |
| <b>Year 6</b>     | <b>VIPs Relationships</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Safety First – Health and Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>One World – Living In The Wider World</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Digital Wellbeing - Relationships</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Money Matters – Living In The Wider World</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Growing Up – Health and Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Knowledge</b>  | <ul style="list-style-type: none"> <li>What does love mean? Who are the people we love? How do people show their VIPs that they love them? What are the consequences of behaving unkindly to the people around us? How can we calm down when we are feeling angry or upset with other people?</li> <li>Do people who care about each other always have to agree? How can we resolve disagreements without falling out?</li> <li>When might we feel under pressure to do something that we feel unsure about or don't want to do? What can we do when this happens?</li> <li>When is it OK to keep</li> </ul> | <ul style="list-style-type: none"> <li>What does it mean to take responsibility for our own safety? How can we do this?</li> <li>How can we decide if a situation is risky or dangerous? What can we do if we feel we are in a risky situation?</li> <li>Will doing something risky or dangerous make others like or admire us? What can we do when we are under pressure to do something that makes us feel uncomfortable?</li> <li>How do we know if there is an emergency? What should we do in an emergency?</li> <li>What are the potential hazards around our homes? How can I</li> </ul> | <ul style="list-style-type: none"> <li>What does it mean to be a global citizen? How can we be responsible global citizens?</li> <li>What is global warming and why is it happening? What are the effects of global warming and how can we prevent them from becoming worse?</li> <li>How does energy use contribute to global warming? What can we do to help?</li> <li>Why is it important not to waste water? How can we use water responsibly?</li> <li>What is biodiversity and why is it important? What can we do to encourage biodiversity?</li> <li>How can choices that we make have an</li> </ul> | <ul style="list-style-type: none"> <li>How can the Internet be used positively? How can it be used negatively? How can we look after our mental health and emotional wellbeing when spending time online?</li> <li>What are the potential risks of being online and using digital technology? How can we stay safe, healthy and happy online and when we are using digital technology? How can we get help for any concerns we have? What choices can we make to look after ourselves and others when we are online and using digital technology?</li> <li>What do respectful and healthy online</li> </ul> | <ul style="list-style-type: none"> <li>What are 'financial risks'? How do we avoid them?</li> <li>How do manufacturers and retailers try to influence the way we spend our money? How can we be 'critical consumers'?</li> <li>What choices do we have when spending money? What is the impact of our spending choices?</li> <li>Why might we need a budget? How might we make a budget?</li> <li>What are the risks and consequences of borrowing money? What effect can this have on our emotional wellbeing?</li> <li>What is the impact of our spending choices? How can this affect</li> </ul> | <ul style="list-style-type: none"> <li>What are the changes that occur in boys' and girls' bodies during puberty? How can we look after our bodies as we grow?</li> <li>How might our thoughts and feelings change during puberty? How can we deal with difficult feelings and moods?</li> <li>Is there an ideal kind of body? What information can affect how we think and feel about ourselves and our bodies?</li> <li>What is a loving relationship? What kinds of loving relationship are there?</li> <li>What is a sexual relationship and who can have one? What is an STI and how can they be prevented? What type of physical contact is unacceptable and how</li> </ul> |

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|                          | <p>a secret? When is this not OK? How can we know when we should break a confidence or tell a secret?</p> <ul style="list-style-type: none"><li>• What are some of the signs of an unhealthy or risky relationship? When might it be best to end a relationship and how can we do this?</li></ul>                                                      | <p>reduce risks to stay safe at home?</p> <ul style="list-style-type: none"><li>• What hazards and risks might we encounter outdoors? How can we stay safe in unfamiliar environments?</li></ul>                   | <p>impact on people across the world? What is our plan for making the world a better place?</p>                                                                                                                                                                                 | <p>relationships look like? What are the signs of an inappropriate online relationship? How do we get help if things are worrying us? What is digital citizenship?</p> <ul style="list-style-type: none"><li>• What are the benefits of using social media? What are the risks? How can we use social media responsibly?</li><li>• What does online bullying look like? How can I tell if it is happening? What can we do to help make it stop?</li><li>• What is ‘fake news’? How can we tell if something online is reliable or not? What can we do to help stop the spread of fake news?</li></ul>                                                                                                                                                                | <p>the environment?</p>                                                                                                                                                                                                                                                                                                                                                                                      | <p>should we respond?</p> <ul style="list-style-type: none"><li>• How is a baby conceived? What is contraception? How does a baby grow? How is a baby born?</li></ul>                                                                                                                                                                                                                                                                                                                                                                        |
| <p><b>Vocabulary</b></p> | <p>advice, agree, anxious, blended families, commitment, committed, confidence, confidential, dangerous, family life, family structure, influence, living apart, living together, peer, polite, pressure, relationship, resist, resolution, risky, same-sex parents, secrets, security, self-love, single parents, stability, uncomfortable, wrong</p> | <p>accident, action, advice, brave, consequence, decision, environment, independence, informed, liquids, mature, media, medication, pills, responsible, sensible, situation, social media, support, unfamiliar</p> | <p>appreciate, aware, biodiversity, citizenship, conserve, drought, encourage, energy, future, global citizen, global warming, human right, manifesto, persuade, pledge, prevent, renewable, responsible, responsibly, save, sustainability, sustainable, use, waste, water</p> | <p>appropriate, assess, benefit, boundaries, choices, consent, contact, content, control, data, deceive, digital, digital citizenship, digital footprint, digital health, digital wellbeing, echo chambers, emotional wellbeing, evaluate, excluding, false profiles, feelings, friendship, frightened, harassment, harmful, healthy, help, hurtful behaviour, image distribution, impersonate, inappropriate, intention, Internet cookies, kindness, manipulation, mental health, misleading, negative, online games, online identity, online safety, online strangers, personal safety, pressure, privacy settings, regulations, reliable, reputable, respectful, right, secure sites, selection, shared responsibility, sharing, sources, storage, targeting,</p> | <p>advertise, amount, availability, bankrupt, bankruptcy, charity, consequences, cost, council tax, critical consumer, ethical spending, fair trade, future, gain, gamble, income, income tax, inflation, investment, labour, lend, luxury, manufacturer, minimum wage, necessity, outgoings, payment, plastic pollution, prioritise, producer, retail, retailer, risk, scam, single-use, society, value</p> | <p>acne, amniotic fluid, amniotic sac, birth, bisexual, body image, body odour, caesarean section (C-section), choice, conceive, conception, condom, consent, contraception, contraceptive pill, discharge, fancy, fertilise, heterosexual, homosexual, illegal, incest, intercourse, legal, masturbation, media, mood swings, negative, placenta, positive, rape, safe sex, self-esteem, sex, sexual, sexual intercourse, sexual orientation, sexually transmitted infection (STI), stressed, vaginal birth, weight, wet dreams, zygote</p> |



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|  |  |  |  | time management, trust,<br>wellbeing, worry |  |  |
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