



# Manor Primary School Key Knowledge Personal, Social and Health Education (PSHE)



| Age Group           | Being Me in My World                                                                                                                                                                                                                                                                                                     | Celebrating Difference                                                                                                                                                                                                                                                                                  | Dreams and Goals                                                                                                                                                                                                                                                                       | Healthy Me                                                                                                                                                                                                                                                                                                                        | Relationships                                                                                                                                                                                                                                                                        | Changing Me                                                                                                                                                                                                                                                                                   |
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| <b>Foundation 1</b> | <p>Begin to self- identify<br/>Understand feelings<br/>Know rights and responsibilities<br/>Understand role within a classroom<br/>Being gentle</p> <p><u><b>Key Vocabulary</b></u><br/>Happy, sad, scared, nervous, anxious, angry<br/>Rights<br/>Responsible<br/>Share<br/>Friendship<br/>Unique<br/>Work together</p> | <p>Identify talents and what makes them special<br/>Discuss families and where they live<br/>Understand how to make friends and stand up for themselves</p> <p><u><b>Key Vocabulary</b></u><br/>Special<br/>Strengths<br/>Different<br/>Unique<br/>Gender, Race, Age<br/>House types<br/>Friendship</p> | <p>Identify and set goals and achieve them<br/>Understand how to overcome obstacles<br/>Identify future aspirations including jobs</p> <p><u><b>Key Vocabulary</b></u><br/>Challenge<br/>Trying<br/>Persevering<br/>Goals<br/>Obstacles<br/>Job qualities and skills<br/>Job names</p> | <p>Discuss elements of a healthy lifestyle- sleep, food, hygiene and exercise<br/>Understand the effects of physical activity on the body<br/>Know what is safe and unsafe in different situations</p> <p><u><b>Key Vocabulary</b></u><br/>Exercise<br/>Heart/ pulse<br/>Healthy<br/>Hygiene/ Cleanliness<br/>Stranger Danger</p> | <p>Know what a good friendship is like<br/>Discuss family life<br/>Understand how to deal with falling out and bullying</p> <p><u><b>Key Vocabulary</b></u><br/>Family<br/>Friends<br/>Unkind<br/>Lonely<br/>“Please don’t do that I don’t like it”<br/>Emotions- calm and angry</p> | <p>Identify different parts of the body<br/>Discuss growing up, growth and change- physically and emotionally<br/>Understand how to respect our bodies</p> <p><u><b>Key Vocabulary</b></u><br/>Basic body part names<br/>Babies<br/>Grow<br/>Change<br/>Develop<br/>Adults<br/>Fears /Fun</p> |
| <b>Foundation 2</b> | <p>Begin to self- identify<br/>Understand feelings<br/>Know rights and responsibilities<br/>Understand role within a classroom<br/>Being gentle</p> <p><u><b>Key Vocabulary</b></u><br/>Happy, sad, scared, nervous, anxious, angry<br/>Rights<br/>Responsible<br/>Share<br/>Friendship<br/>Unique<br/>Work together</p> | <p>Identify talents and what makes them special<br/>Discuss families and where they live<br/>Understand how to make friends and stand up for themselves</p> <p><u><b>Key Vocabulary</b></u><br/>Special<br/>Strengths<br/>Different<br/>Unique<br/>Gender, Race, Age<br/>House types<br/>Friendship</p> | <p>Identify and set goals and achieve them<br/>Understand how to overcome obstacles<br/>Identify future aspirations including jobs</p> <p><u><b>Key Vocabulary</b></u><br/>Challenge<br/>Trying<br/>Persevering<br/>Goals<br/>Obstacles<br/>Job qualities and skills<br/>Job names</p> | <p>Discuss elements of a healthy lifestyle- sleep, food, hygiene and exercise<br/>Understand the effects of physical activity on the body<br/>Know what is safe and unsafe in different situations</p> <p><u><b>Key Vocabulary</b></u><br/>Exercise<br/>Heart/ pulse<br/>Healthy<br/>Hygiene/ Cleanliness<br/>Stranger Danger</p> | <p>Know what a good friendship is like<br/>Discuss family life<br/>Understand how to deal with falling out and bullying</p> <p><u><b>Key Vocabulary</b></u><br/>Family<br/>Friends<br/>Unkind<br/>Lonely<br/>“Please don’t do that I don’t like it”<br/>Emotions- calm and angry</p> | <p>Identify different parts of the body<br/>Discuss growing up, growth and change- physically and emotionally<br/>Understand how to respect our bodies</p> <p><u><b>Key Vocabulary</b></u><br/>Basic body part names<br/>Babies<br/>Grow<br/>Change<br/>Develop<br/>Adults<br/>Fears /Fun</p> |

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| <p><b>Year 1</b></p> | <p>Feeling special and safe<br/>Begin to understand rewards and feeling proud<br/>Understand consequences<br/>Know rights and responsibilities<br/>Understand role within the classroom</p> <p><u><b>Key Vocabulary</b></u><br/>Safe<br/>Special<br/>Calm<br/>Rights<br/>Responsibilities<br/>Belonging<br/>Rewards<br/>Proud<br/>Consequence<br/>Disappointed</p> | <p>Identify similarities and differences<br/>Understand bullying and how to deal with it<br/>Celebrate the differences in everyone</p> <p><u><b>Key Vocabulary</b></u><br/>Similarity<br/>Difference<br/>Deliberate<br/>On purpose<br/>Unfair<br/>Bullying<br/>Inclusivity<br/>Special<br/>Unique</p> | <p>Identify successes and achievements<br/>Working well and celebrating achievement with a partner<br/>Tackling new challenges and how to do this<br/>Identifying and overcoming obstacles<br/>Setting goals and the feelings of success</p> <p><u><b>Key Vocabulary</b></u><br/>Proud<br/>Success<br/>Achievement<br/>Goal<br/>Learning<br/>Processes<br/>Dreams<br/>Teamwork<br/>Celebrate<br/>Challenge<br/>Feelings<br/>Obstacle</p> | <p>Discuss elements of a healthy lifestyle- sleep, food, hygiene, happiness and exercise<br/>Understand being safe and what this means<br/>Understand medicine safety and safety with household items<br/>Know and understand road safety<br/>Linking health and happiness</p> <p><u><b>Key Vocabulary</b></u><br/>Healthy<br/>Balanced<br/>Unbalanced<br/>Exercise<br/>Sleep<br/>Choices<br/>Body parts<br/>Hygiene<br/>Safe<br/>Medicine<br/>Trust<br/>Look<br/>Listen<br/>Wait</p> | <p>Know physical contact preferences<br/>Discuss belonging to a family<br/>Understand people who help us<br/>Know qualities as a friend and person<br/>Physical contact preferences<br/>Celebrating special relationships</p> <p><u><b>Key Vocabulary</b></u><br/>Family<br/>Belong<br/>Different<br/>Same<br/>Friends<br/>Friendship<br/>Qualities<br/>Caring<br/>Sharing<br/>Kind<br/>Touch<br/>Feel<br/>Texture<br/>Like<br/>Dislike<br/>Help<br/>Helpful<br/>Community<br/>Confidence<br/>Skills<br/>Celebrate<br/>Appreciate</p> | <p>Identify life cycles- animal and human<br/>Discuss changes in them since being a baby<br/>Discuss differences between male and female bodies (correct terminology)<br/>Discuss how to cope with change<br/>Transition</p> <p><u><b>Key Vocabulary</b></u><br/>Changes<br/>Life cycle<br/>Baby<br/>Adult<br/>Mature<br/>Male<br/>Female<br/>Vagina<br/>Penis<br/>Testicles<br/>Vulva<br/>Anus<br/>Emotions- anxious, worried, excited and coping</p> |
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| <p><b>Year 2</b></p> | <p>Be able to recognise feelings<br/>Identify hopes and fears for the year<br/>Understand their rights and responsibilities<br/>Understand and recognise rewards and consequences<br/>Value contributions<br/>Recognise feelings</p> <p><u><b>Key Vocabulary</b></u><br/> Worries<br/> Hopes<br/> Fears<br/> Rights<br/> Responsible<br/> Responsibilities<br/> Actions<br/> Belonging<br/> Praise<br/> Reward<br/> Consequence<br/> Positive<br/> Negative<br/> Choices<br/> Cooperate<br/> Problem solving</p> | <p>Explore assumptions and stereotypes about gender<br/>Understand bullying<br/>Explore standing up for self and others<br/>Explore gender diversity<br/>Celebrate differences and remaining friends</p> <p><u><b>Key Vocabulary</b></u><br/> Stereotypes<br/> Similarities<br/> Assumptions<br/> Special<br/> Differences<br/> Bully<br/> Purpose<br/> Kind<br/> Unkind<br/> Feelings<br/> Sad<br/> Lonely<br/> Help<br/> Diversity<br/> Fairness<br/> Kindness<br/> Friends<br/> Value</p> | <p>Understand realistic goals and how to achieve them<br/>Begin to learn strengths and how to learn with others<br/>Contributing to and sharing success<br/>Explore perseverance and group co-operation</p> <p><u><b>Key Vocabulary</b></u><br/> Realistic<br/> Proud<br/> Success<br/> Celebrate<br/> Achievement<br/> Goal<br/> Strength<br/> Persevere<br/> Challenge<br/> Difficult<br/> Easy<br/> Learning together<br/> Teamwork<br/> Problem solve</p> | <p>Discuss elements of a healthy lifestyle- sleep, food, hygiene, happiness and exercise<br/>Explore healthy eating and nutrition<br/>Discuss healthier snacks and sharing food<br/>Explore motivation and relaxation</p> <p><u><b>Key Vocabulary</b></u><br/> Healthy choice<br/> Lifestyle<br/> Motivation<br/> Relax<br/> Relaxation<br/> Calm<br/> Tense<br/> Dangerous<br/> Medicines<br/> Healthy<br/> Unhealthy<br/> Safe<br/> Portion<br/> Fuel<br/> Energy<br/> Nutritious</p> | <p>Explore different types of families<br/>Discuss physical contact boundaries<br/>Explore the topics of friendship, conflict, trust, appreciation and secrets<br/>Express appreciation for special relationships</p> <p><u><b>Key Vocabulary</b></u><br/> Family<br/> Different<br/> Similarities<br/> Special<br/> Relationship<br/> Important<br/> Cooperate<br/> Touch<br/> Communication<br/> Acceptable<br/> Not acceptable<br/> Conflict<br/> Positive<br/> Problem solving<br/> Secret<br/> Surprise<br/> Happy<br/> Sad<br/> Frightened<br/> Trust<br/> Honest<br/> Reliable<br/> Compliment<br/> Appreciate</p> | <p>Identify life cycles in nature<br/>Discuss growing from young to old<br/>Discuss differences in male and female bodies (correct terminology)<br/>Increase independence<br/>Prepare for transition</p> <p><u><b>Key Vocabulary</b></u><br/> Change<br/> Grow<br/> Life cycle<br/> Baby<br/> Adult<br/> Respect<br/> Appearance<br/> Physical<br/> Independent<br/> Freedom<br/> Responsibilities<br/> Male<br/> Female<br/> Vagina<br/> Penis<br/> Vulva<br/> Anus<br/> Testicles<br/> Public<br/> Private<br/> Comfortable<br/> Uncomfortable<br/> Acceptable<br/> Unacceptable<br/> Emotions- anxious, worried, excited and coping</p> |
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| <p><b>Year 3</b></p> | <p>Explore rules, rights and responsibilities<br/>See things from other's perspective<br/>Discuss topics of self-identity, worth, responsible choices and positivity in challenges<br/>Set personal goals<br/>Discuss rewards and consequences</p> <p><u><b>Key Vocabulary</b></u><br/>Welcome<br/>Valued<br/>Praise<br/>Acknowledge<br/>Emotions<br/>Feelings<br/>Fear<br/>Worries<br/>Solution<br/>Support<br/>Rights<br/>Responsibilities<br/>Nightmare<br/>Dream<br/>Behaviour<br/>Consequences<br/>Actions<br/>Feelings<br/>Rewards<br/>Fairness<br/>Choices<br/>Teamwork<br/>Cooperate<br/>Belong</p> | <p>Discuss family conflicts and how to manage it<br/>Discuss positive and negative effects of words<br/>Talk about families and their differences<br/>Witness bullying and how to solve it<br/>Recognising how words can be hurtful<br/>Discuss giving and receiving compliments</p> <p><u><b>Key Vocabulary</b></u><br/>Family<br/>Loving<br/>Care<br/>Safe<br/>Connected<br/>Difference<br/>Special<br/>Conflict<br/>Resolution<br/>Witness<br/>Bullying<br/>Gay<br/>Unkind<br/>Feelings<br/>Consequences<br/>Hurtful<br/>Solve<br/>Compliment<br/>Unique<br/>Similarity</p> | <p>Recognising and try to overcome obstacles<br/>Managing feelings<br/>Discuss dreams and ambitions<br/>New and difficult challenges and achieving success<br/>Explore topics of motivation and enthusiasm<br/>Evaluate learning processes</p> <p><u><b>Key Vocabulary</b></u><br/>Perseverance<br/>Challenge<br/>Success<br/>Obstacles<br/>Dreams<br/>Goals<br/>Ambitions<br/>Aspirations<br/>Future<br/>Teamwork<br/>Cooperation<br/>Challenge<br/>Teamwork<br/>Strength<br/>Motivated<br/>Enthusiastic<br/>Efficient<br/>Responsible<br/>Obstacle<br/>Frustration<br/>Solution<br/>Teamwork<br/>Evaluate<br/>Success</p> | <p>Food labelling and healthy swaps<br/>Keeping safe and why it is important online and offline<br/>Set exercise and fitness challenges<br/>Have respect for myself and others<br/>Discuss attitudes towards drugs</p> <p><u><b>Key Vocabulary</b></u><br/>Oxygen<br/>Energy<br/>Calories<br/>Heartbeat<br/>Heart<br/>Lungs<br/>Fitness<br/>Sugar<br/>Fat<br/>Saturated fat<br/>Healthy<br/>Drugs<br/>Safe<br/>Anxious<br/>Scared<br/>Strategy<br/>Advice<br/>Harmful<br/>Risk<br/>Choice<br/>Complex<br/>Appreciate</p> | <p>Identify family roles and responsibilities<br/>Being aware of how choices affect others<br/>Exploration of different lives<br/>Understand how to be a global citizen<br/>Discuss keeping safe online and who to go to for help<br/>Expressing appreciation for family and friends<br/>Explore friendship and negotiation</p> <p><u><b>Key Vocabulary</b></u><br/>Male<br/>Female<br/>Unisex<br/>Role<br/>Job<br/>Responsibilities<br/>Difference<br/>Similarities<br/>Respect<br/>Stereotype<br/>Conflict<br/>Solution<br/>Problem solving<br/>Safe<br/>Unsafe<br/>Risky<br/>Global<br/>Communication<br/>Interconnected<br/>Inequality<br/>Deprivation<br/>Needs/ wants<br/>Celebrating</p> | <p>Understand how babies grow and their needs<br/>Discuss inside and outside body changes<br/>Explore family stereotypes<br/>Prepare for transition</p> <p><u><b>Key Vocabulary</b></u><br/>Changes<br/>Birth<br/>Animals<br/>Babies<br/>Mother<br/>Growing up<br/>Uterus/ womb<br/>Nutrients<br/>Survive<br/>Love<br/>Affection<br/>Care<br/>Change<br/>Puberty<br/>Control<br/>Testicles<br/>Sperm<br/>Penis<br/>Ovaries<br/>Egg<br/>Ovum/ova<br/>Vagina<br/>Roles<br/>Challenge<br/>Stereotype<br/>Excited<br/>Nervous<br/>Anxious<br/>Happy</p> |
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| <p><b>Year 4</b></p> | <p>Discuss being part of a team<br/>Explore being a school citizen<br/>Rights, responsibilities and democracy<br/>Explore rewards and consequences<br/>Discuss group decision making and having a voice<br/>Discuss what motivates behaviour</p> <p><u><b>Key Vocabulary</b></u><br/>Included<br/>Excluded<br/>Welcome<br/>Valued<br/>Team<br/>Role<br/>Community<br/>Responsibility<br/>Rights<br/>Democracy<br/>Reward<br/>Consequence<br/>Decisions<br/>Voting<br/>Authority<br/>Contribution<br/>Choices</p> | <p>Talk about judging people by appearance and first impressions<br/>Explore problem solving<br/>Accepting self and others<br/>Challenging assumptions<br/>Understanding bullying and influences<br/>Identify how special and unique everyone is</p> <p><u><b>Key Vocabulary</b></u><br/>Character<br/>Assumption<br/>Judgement<br/>Surprised<br/>Different<br/>Appearance<br/>Accept<br/>Influence<br/>Opinion<br/>Attitude<br/>Bullying<br/>Secret<br/>Deliberate<br/>Witness<br/>Friend<br/>Problem solve<br/>Troll<br/>Unique<br/>Characteristics<br/>Influence<br/>Special<br/>Changed</p> | <p>Celebrate contributions<br/>Identify hopes and dreams<br/>Explore overcoming disappointment<br/>Creating new, realistic dreams and achieving goals<br/>Explore topics of resilience, positive attitudes and group collaborations</p> <p><u><b>Key Vocabulary</b></u><br/>Dream<br/>Hope<br/>Goal<br/>Determination<br/>Perseverance<br/>Resilience<br/>Disappointment<br/>Fears<br/>Hurt<br/>Cope<br/>Help<br/>Positive<br/>Self-belief<br/>Motivation<br/>Commitment<br/>Cooperation<br/>Design<br/>Enterprise<br/>Teamwork<br/>Review<br/>Strength<br/>Success<br/>Celebrate<br/>Evaluate</p> | <p>Explore healthy friendships and group dynamics<br/>Explore topics of smoking, alcohol and peer pressure<br/>Celebrate inner strength</p> <p><u><b>Key Vocabulary</b></u><br/>Friendships<br/>Emotions<br/>Healthy Relationships<br/>Value<br/>Roles<br/>Leader<br/>Follower<br/>Assertive<br/>Agree/ disagree<br/>Smoking<br/>Pressure<br/>Guilt<br/>Advice<br/>Alcohol<br/>Liver<br/>Disease<br/>Anxiety<br/>Fear<br/>Believe<br/>Opinion</p> | <p>Discuss memories of loved ones<br/>Explore topics of jealousy, love and loss, boyfriends and girlfriends<br/>Show appreciation to people and animals<br/>Getting on and falling out</p> <p><u><b>Key Vocabulary</b></u><br/>Relationship<br/>Close<br/>Jealousy<br/>Emotions<br/>Positive<br/>Negative<br/>Problem solve<br/>Loss<br/>Strategy<br/>Shock<br/>Disbelief<br/>Numb<br/>Denial<br/>Anger<br/>Guilt<br/>Sadness<br/>Pain<br/>Despair<br/>Hopelessness<br/>Relief<br/>Acceptance<br/>Depression<br/>Memorial<br/>Negotiate<br/>Compromise<br/>Empathy<br/>Betrayal<br/>Pressure</p> | <p>Discuss girls and puberty<br/>Having a baby<br/>Being unique and confidence and acceptance in change<br/>Environmental change<br/>Accepting change<br/>Prepare for transition</p> <p><u><b>Key Vocabulary</b></u><br/>Personal<br/>Unique<br/>Characteristics<br/>Sperm<br/>Egg/ ovum<br/>Penis/ testicles<br/>Vagina/ vulva<br/>Womb/ uterus<br/>Ovaries<br/>Making love<br/>Having sex<br/>Sexual intercourse<br/>Fertilise<br/>Conception<br/>Puberty<br/>Menstruation<br/>Periods<br/>Control<br/>Change<br/>Appearance<br/>Excited<br/>Nervous<br/>Anxious<br/>Happy</p> |
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| <p><b>Year 5</b></p> | <p>Plan the forthcoming year<br/>Rights and responsibilities and being a citizen<br/>Rewards and consequences<br/>How behaviour affects groups<br/>Democracy, having a voice and participating</p> <p><u><b>Key Vocabulary</b></u><br/>Appreciation<br/>Education<br/>Hope<br/>Opportunities<br/>Goal<br/>Motivation<br/>Vision<br/>Challenges<br/>Rights<br/>Responsibilities<br/>Citizen<br/>Denied<br/>Empathise<br/>Refugee<br/>Prosecution<br/>Conflict<br/>Asylum<br/>Migrant<br/>Poverty<br/>Prejudice<br/>Privilege<br/>Deprive<br/>Choice<br/>Rewards<br/>Consequences<br/>Cooperation<br/>Collaboration</p> | <p>Discuss cultural differences and how they can cause conflict<br/>Discuss different types of bullying including racism, rumours and name calling<br/>Explore material wealth and happiness<br/>Enjoy and respect other cultures</p> <p><u><b>Key Vocabulary</b></u><br/>Culture<br/>Conflict<br/>Difference<br/>Similarity<br/>Belong<br/>Racism<br/>Race<br/>Discrimination<br/>Culture<br/>Bullying<br/>Rumour<br/>Homophobic<br/>Cyber bullying<br/>Problem- solving<br/>Direct<br/>Indirect<br/>Happiness<br/>Developing world<br/>Celebration</p> | <p>Dream job and how to get there<br/>Motivation<br/>Explore future dreams, jobs and careers<br/>Discuss the importance of money<br/>Goals in different cultures<br/>Supporting others (charity)</p> <p><u><b>Key Vocabulary</b></u><br/>Dream<br/>Hope<br/>Goal<br/>Feeling<br/>Achievement<br/>Lifestyle<br/>Job<br/>Career<br/>Profession<br/>Money<br/>Salary<br/>Contribution<br/>Society<br/>Determination<br/>Perseverance<br/>Motivation<br/>Aspiration<br/>Culture<br/>Communication<br/>Support<br/>Teamwork</p> | <p>Discuss topics of smoking (including vaping), alcohol, alcohol &amp; anti-social behaviour<br/>Explore body image<br/>Healthy choices and relationships with food<br/>Understand emergency aid<br/>Explore motivation and behaviour</p> <p><u><b>Key Vocabulary</b></u><br/>Choice<br/>Healthy behaviour<br/>Unhealthy behaviour<br/>Informed decision<br/>Pressure<br/>Media<br/>Influence<br/>Emergency<br/>Procedure<br/>Recovery position<br/>Calm<br/>Level-headed<br/>Body image<br/>Celebrity<br/>Altered<br/>Self-respect<br/>Social media<br/>Comparison<br/>Respect<br/>Eating disorder<br/>Eating problem<br/>Debate<br/>Opinion<br/>Fact<br/>Motivation</p> | <p>Discuss self-recognition, self-worth and building self-esteem<br/>Online Safety focus- explore rights and responsibilities online, online gaming &amp; gambling, reducing screen time and internet safety rules<br/>Discuss dangers of online grooming<br/>Explore safer online communities</p> <p><u><b>Key Vocabulary</b></u><br/>Characteristics<br/>Personal qualities<br/>Attributes<br/>Self-esteem<br/>Responsible<br/>Responsibility<br/>Age- limit<br/>Community<br/>Online<br/>Offline<br/>Rights<br/>Risky<br/>Violence<br/>Appropriate<br/>Grooming<br/>Trolled<br/>Gambling<br/>Trustworthy<br/>Mental health<br/>Physical health<br/>Screen time<br/>Vulnerable<br/>Personal information<br/>Choices</p> | <p>Discuss self and body image<br/>Discuss influence of media and online on body image<br/>Puberty for boys and girls<br/>Conception including IVF<br/>Growing responsibility and coping with change<br/>Prepare for transition</p> <p><u><b>Key Vocabulary</b></u><br/>Self-image<br/>Body image<br/>Self- esteem<br/>Perception<br/>Characteristics<br/>Puberty<br/>Menstruation/ Periods<br/>Sanitary towels/ pads<br/>Tampons<br/>Ovary/ ovaries<br/>Vagina<br/>Oestrogen<br/>Vulva<br/>Womb/ uterus<br/>Sperm<br/>Semen<br/>Testicles/ testes<br/>Erection<br/>Ejaculation<br/>Hormones<br/>Larynx<br/>Conception<br/>Sexual intercourse<br/>Fallopian tube<br/>Fertilisation<br/>Pregnancy<br/>Embryo<br/>Umbilical cord<br/>Contraception<br/>Fertility treatment (IVF)<br/>Manage<br/>Cope</p> |
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| <p><b>Year 6</b></p> | <p>Identify goals for the year<br/>Global citizenship<br/>Children's universal rights<br/>Discuss topics of feeling welcome &amp; valued, anti-social behaviour, role-modelling and choices, consequences and rewards<br/>Discuss democracy and having a voice<br/>Explore group dynamics</p> <p><u><b>Key Vocabulary</b></u><br/>Worries/ fears<br/>Value<br/>Welcome<br/>Choice<br/>Community<br/>Education<br/>Wants/ needs<br/>Maslow<br/>Empathy<br/>Comparison<br/>Opportunities<br/>Education<br/>Rights<br/>Responsibilities<br/>Rewards<br/>Consequences<br/>Obstacles<br/>Legal<br/>Illegal<br/>Lawful<br/>Collaboration<br/>Cooperation<br/>Democracy<br/>Decision</p> | <p>Understanding disability, inclusion/ exclusion<br/>Differences as conflict, differences as celebration<br/>Understanding bullying and power struggles<br/>Perceptions of normality<br/>Discuss empathy</p> <p><u><b>Key Vocabulary</b></u><br/>Normal<br/>Ability<br/>Disability<br/>Empathy<br/>Perception<br/>Medication<br/>Vision<br/>Blind<br/>Male/ female<br/>Transgender<br/>Gender diversity<br/>Courage<br/>Fairness<br/>Power<br/>Struggle<br/>Imbalance<br/>Control<br/>Harassment<br/>Bullying<br/>Direct/ indirect<br/>Argument<br/>Achievement<br/>Accolade<br/>Perseverance<br/>Stamina<br/>Admiration<br/>Conflict</p> | <p>Personal learning goals in and out of school<br/>Success criteria for the learning goals<br/>Emotions in success<br/>Recognising achievements<br/>Explore topics of motivation, compliments and making a difference in the world</p> <p><u><b>Key Vocabulary</b></u><br/>Dream<br/>Goal<br/>Strengths<br/>Stretch<br/>Achievement<br/>Personal<br/>Realistic/ unrealistic<br/>Success<br/>Criteria<br/>Money<br/>Global<br/>Issue<br/>Suffering<br/>Concern<br/>Hardship<br/>Empathy<br/>Motivation<br/>Contribution<br/>Recognition<br/>Compliment<br/>Praise<br/>Admire<br/>Respect</p> | <p>Begin to take personal responsibility<br/>Discuss how substances affect the body<br/>Discuss exploitation including 'county lines' and gang culture<br/>Explore emotional and mental health and managing stress</p> <p><u><b>Key Vocabulary</b></u><br/>Responsibility<br/>Prevention<br/>Immunisation<br/>Responsibility<br/>Drugs<br/>Effect<br/>Motivation<br/>Prescribed<br/>Unrestricted<br/>Restricted<br/>Illegal<br/>Volatile substances<br/>Legal highs<br/>Exploited<br/>Vulnerable<br/>Criminal<br/>Gangs<br/>Strategies<br/>Reputation<br/>Anti- social behaviour<br/>Mental health<br/>Emotional health<br/>Mental illness<br/>Symptoms<br/>Stress<br/>Triggers</p> | <p>Identifying mental health worries and sources of support<br/>Discuss topics of love and loss, managing feelings, mental health, power &amp; control, assertiveness<br/>Technology safety<br/>Taking responsibility with technology use</p> <p><u><b>Key Vocabulary</b></u><br/>Mental health<br/>Ashamed<br/>Stigma<br/>Stress<br/>Anxiety<br/>Support<br/>Worried<br/>Self-harm<br/>Warning<br/>Bereavement<br/>Loss<br/>Grief<br/>Denial<br/>Despair<br/>Guilt<br/>Shock<br/>Authority<br/>Power<br/>Control<br/>Bullying<br/>Assertive<br/>Judgement<br/>True/ untrue<br/>Fake/ real<br/>Influences<br/>Risk</p> | <p>Discuss topics of self-image and body image<br/>Puberty and feelings<br/>Conception to birth<br/>Reflections about change<br/>Physical attraction, respect and consent, boyfriends and girlfriends and sexting<br/>Prepare for transition</p> <p><u><b>Key Vocabulary</b></u><br/>Self-image<br/>Self-esteem<br/>Celebrity<br/>Opportunities<br/>Freedom<br/>Responsibilities<br/>Puberty vocabulary<br/>Pregnancy<br/>Embryo<br/>Foetus<br/>Placenta<br/>Umbilical cord<br/>Labour<br/>Contractions<br/>Cervix<br/>Midwife<br/>Attraction<br/>Relationship<br/>Pressure<br/>Love<br/>Sexting<br/>Challenge<br/>Mental health<br/>Anxiety<br/>Hope<br/>Transition</p> |
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