



PSHE

Reception

Reception – Being Me in My World

What I know and can explain

- I know I have a right to learn and play, safely and happily
- I know that some people are different from myself
- I know that hands can be used kindly and unkindly
- I know some special things about myself
- I know how happiness and sadness can be expressed
- I know that being kind is good
- I can identify feelings associated with belonging

Useful Vocabulary

angry
choice
different
excited
feelings
friend
gentle
happy
kind
learn
nervous
responsibilities
rights
sad
share similar
taking turns
turn taking
unique

Reception – Celebrating Difference

What I know and can explain

- I can explain being unique means
- I know the names of some emotions
- I can explain why having friends is important and can identify and use skills to make a friend
- I can name some qualities of a positive friendship
- I know that I don't have to be "the same as" someone to be a friend
- I can explain being proud means, and that people can be proud of different things
- I know that people can be good at different things and can identify some things that I am good at
- I know that families can be different
- I know that people have different homes and why they are important to them
- I can explain some ways of making friends
- I can recognise emotions when I or someone else is upset, frightened or angry
- I can identify some ways that I can be different and the same as others
- I can identify and use skills to stand up for myself

Useful Vocabulary

differences

different

friendship

frightened

family

friends

happy

home

kind

proud

sad

similar

similarities

special

unique

unkind

Reception – Dreams and Goals

What I know and can explain

- I know what a challenge is
- I know that it is important to keep trying
- I can explain what a goal is
- I know how to set goals and work towards them
- I know which words are kind
- I can name some jobs that I might like to do when I am older
- I know that I must work hard now in order to be able to achieve the job I want when I am older
- I know when I have achieved a goal
- I understand that challenges can be difficult
- I can recognise some of the feelings linked to perseverance
- I know how kind words can encourage people
- I can talk about a time that I kept on trying and achieved a goal

Useful Vocabulary

achieve
challenge
difficult
dreams
encourage
earn
frustrated
future
goal
job
keep trying
kind
persevere
proud
reward
skills

Reception – Healthy Me

What I know and can explain

- I can name some parts of my body and understand that being active helps keep me healthy
- I understand that moving my body and resting are both important for my health
- I can talk about things I need to do to stay healthy
- I know what “healthy” means and can begin to make healthy food choices
- I know how to help myself go to sleep and understand why sleep is important
- I can wash my hands and can explain why this is important, especially before eating and after using the toilet
- I know who my safe adults are and know how to stay safe if they are not close by
- I can notice how my body feels when I am active and can explain that moving helps keep me well
- I can recognise when my body needs movement or rest
- I can talk about some ways I can look after myself and keep my body healthy
- I can make simple healthy choices and notice how these help my body and feelings
- I can use strategies that help me feel calm and ready for sleep
- I can take responsibility for caring for my body by keeping myself clean and healthy
- I can identify trusted adults and ask for help when I feel unsafe or unsure

Useful Vocabulary

asleep
challenge
clean
exercise
germs
healthy
hygiene
less healthy
movement
rest
safe
scared
sleep
stranger
stretch
teeth
unexpected
unplanned
worried

Reception – Relationships

What I know and can explain

- I know what a family is
- I know that different people in a family have different responsibilities (jobs)
- I know some of the characteristics of healthy and safe friendships
- I know that friends sometimes fall out
- I know some ways to mend a friendship
- I know that unkind words can never be taken back and they can hurt
- I know how to use Jigsaw's Calm Me to help when feeling angry
- I know some reasons why others get angry
- I can identify what jobs they do in their family and those carried out by parents/carers and siblings
- I can suggest ways to make a friend or help someone who is lonely
- I can use different ways to mend a friendship
- I can explain what being angry feels like
- I can use Calm Me when angry or upset

Useful Vocabulary

angry
argue
calm
family
feelings
friends
jobs
lonely
relationships
upset

Reception – Changing Me

What I know and can explain

- I know the names and functions of some parts of the body (see vocabulary list)
- I know that we grow from baby to adult
- I know who to talk to if I am feeling worried
- I know that sharing how I feel can help solve a worry
- I know that remembering happy times can help us move on
- I recognise that changing class can elicit happy and/or sad emotions
- I can say how I feel about changing class/ growing up
- I can identify how I have changed from a baby
- I can say what might change for me when I get older
- I can identify positive memories from the past year in school/home

Useful Vocabulary

angry
argue
calm
family
feelings
friends
jobs
lonely
relationships
upset



PSHE

Year 1

Year 1 – Being Me in My World

What I know and can explain

- I understand the rights and responsibilities as a member of my class
- I understand the rights and responsibilities for being a member of my class
- I know my views are valued and can contribute to the Learning Charter
- I can recognise the choices I make and understand the consequences
- I understand my rights and responsibilities within our Learning Charter
- I feel special and safe in my class
- I know that I belong to my class
- I know how to make my class a safe place for everybody to learn
- I recognise how it feels to be proud of an achievement
- I recognise the range of feelings when I face certain consequences
- I can explain my choices in following the Learning Charter

Useful Vocabulary

achievement

belong

belonging

calm

choices

consequences

disappointed

feelings

learn

learning charter

proud

responsibilities

rewards

rights

safe

safe place

special

upset

valued

views

Year 1 – Celebrating Difference

What I know and can explain

- I can identify similarities between people in my class
- I can identify differences between people in my class
- I can tell you what bullying is
- I know some people who I could talk to if I was feeling unhappy or being bullied
- I know how to make new friends
- I can tell you some ways I am different from my friends
- I can explain some ways in which I am the same as my friends
- I can tell you some ways I am different from my friends
- I can explain how being bullied might feel
- I know how to be kind to children who are bullied
- I know how it feels to make a new friend
- I understand these differences make us all special and unique

Useful Vocabulary

bully
bullied
bullying
bullying behaviour
celebration
courtesy
courage
deliberate
different from
harmful
inclusive
included
lonely
manners
on purpose
safe
similarity
special
support
unique
unfair

Year 1 – Dreams and Goals

What I know and can explain

- I can set a goal and work out how to achieve it
- I understand how to work well with a partner
- I can tackle a new challenge and understand this might stretch my learning
- I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them
- I can explain how I felt when I succeeded in a new challenge and how I celebrated it
- I can tell you about a thing I do well
- I can explain how I learn best
- I can celebrate achievement with my partner
- I can identify how I feel when I am faced with a new challenge
- I know how I feel when I see obstacles and how I feel when I overcome them
- I know how to store the feelings of success in my internal treasure chest

Useful Vocabulary

achievement
active
celebrate
celebration
confidence
feelings
garden
happiness
internal
learning
obstacle
overcome
process
rest
self-respect
stepping stones
success
team work
treasure chest
working together

Year 1 – Healthy Me

What I know and can explain

- I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy
- I know how to make healthy lifestyle choices
- I know how to keep myself clean and healthy, and understand how germs cause disease/illness
- I know that all household products including medicines can be harmful if not used properly
- I can explain how medicines can help me if I feel poorly and I know how to use them safely
- I know how to keep safe when crossing the road, and about people who can help me to stay safe
- I can explain why I think my body is amazing and can identify some ways to keep it safe and healthy
- I feel good about myself when I make healthy choices
- I am special so keep myself safe
- I know some ways to help myself when I feel poorly
- I can recognise when I feel frightened and know who to ask for help
- I can recognise how being healthy helps me to feel happy

Useful Vocabulary

balanced
bacteria
body parts
choices
crossing
exercise
germs
hygienic
keeping clean
kerb
listen
look
medicines
nervous
pavement
traffic
traffic lights
trust
unhealthy
virus
wait

Year 1 – Relationships

What I know and can explain

- I can identify the members of my family and understand that there are lots of different types of families
- I can identify what being a good friend means to me
- I know appropriate ways of physical contact to greet my friends and know which ways I prefer
- I know who can help me in my school community
- I can recognise my qualities as a person and a friend
- I can tell you why I appreciate someone who is special to me
- I know how it feels to belong to a family and care about the people who are important to me
- I know how to make a new friend
- I can recognise which forms of physical contact are acceptable and unacceptable to me
- I know when I need help and know how to ask for it
- I know ways to praise myself
- I can express how I feel about them

Useful Vocabulary

appreciate
belong
celebrate
community
confidence
different
dislike
feel
friendship
friends
greeting
helpful
incredible
kind
praise
proud
qualities
same
skills
special
texture
touch

Year 1 – Changing Me

What I know and can explain

- I am starting to understand the life cycles of animals and humans
- I can tell you some things about me that have changed and some things about me that have stayed the same
- I can tell you how my body has changed since I was a baby
- I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vulva, anus
- I understand that every time I learn something new, I change a little bit
- I can tell you about changes that have happened in my life
- I understand that changes happen as we grow and that this is OK
- I know that changes are OK and that sometimes they will happen whether I want them to or not
- I understand that growing up is natural and that everybody grows at different rates
- I respect my body and understand which parts are private
- I enjoy learning new things
- I know some ways to cope with changes

Useful Vocabulary

adult

adulthood

anus

anxious

baby

change / changes

coping

curious

excited

feelings

female

growing up

growth

happy

life cycle

male

nervous

penis

proud

testicles

vulva

worried



PSHE

Year 2

Year 2 – Being Me in My World

What I know and can explain

- I can identify some of my hopes and fears for this year
- I know how to use my Jigsaw Journal
- I understand the rights and responsibilities for being a member of my class and the importance of making contributions
- I can listen to other people and contribute my own ideas about rewards and consequences
- I understand how following the Learning Charter will help me and others learn
- I can recognise the choices I make and understand the consequences
- I recognise when I feel worried and know who to ask for help
- I can help to make my class a safe and fair place
- I can work cooperatively
- I am choosing to follow the Learning Charter

Useful Vocabulary

actions
assertive
belonging
boundaries
choices
consequences
controlling
contributions
fair
fears
hopes
learning charter
negative
positive
praise
problem solving
responsible
responsibilities
rewards
rights
safe
worries

Year 2 – Celebrating Differences

What I know and can explain

- I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)
- I understand that bullying is sometimes about difference
- I can recognise what is right and wrong and know how to look after myself
- I understand that it is OK to be different from other people and to be friends with them
- I can tell you some ways I am different from my friends
- I understand some ways in which boys and girls are similar and feel good about this
- I understand some ways in which boys and girls are different and accept that this is OK
- I can tell you how someone who is bullied feels
- I can be kind to children who are bullied
- I know when and how to stand up for myself and others
- I know how to get help if I am being bullied
- I understand we shouldn't judge people if they are different
- I know how it feels to be a friend and have a friend

Useful Vocabulary

assumptions
belong
boundary
bystander
culture
disability
fairness
female
identity
included
inclusive
kindness
male
on purpose
respect
self-respect
shield
stereotypes
stand up for
teasing
value

Year 2 – Dreams and Goals

What I know and can explain

- I can choose a realistic goal and think about how to achieve it
- I know what I need to keep my body healthy
- I can recognise who I work well with and who it is more difficult for me to work with
- I can work well in a group to create an end-product
- I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed
- I know how to share success with other people
- I can tell you things I have achieved and say how that makes me feel
- I am motivated to make healthy choices that help me to reach my goals
- I can tell you how working with other people helps me learn
- I can work with others in a group to solve problems
- I can tell you when a feeling is weak and when a feeling is strong
- I can tell you how being part of a successful group feels and I can store these feelings in my internal treasure chest

Useful Vocabulary

healthy choices
hobbies
interests
learning together
lifestyle
motivation
realistic
relax
relaxation
safety
self-care
self-esteem
stress
success
team work
tense
wellbeing

Year 2 – Healthy Me

What I know and can explain

- I can sort foods into the correct food groups and know which foods my body needs to keep me healthy
- I can make some healthy snacks and explain why they are good for my body and give me energy
- I can recognise hazards in my home, including fire risks and hot things, and know how to reduce risks and keep myself safe
- I can recognise risks and know how to keep safe around roads, railways, and water, and can explain why safety rules help protect me
- I understand how medicines work in my body and how important it is to use them safely
- I can explain how to keep my body healthy and safe at home and when I'm out
- I have a healthy relationship with food and know which foods I enjoy the most
- I can express how it feels to share healthy food with my friends
- I can recognise when I feel worried or unsafe and know to tell an adult straight away
- I can recognise some of the feelings I get when something feels unsafe and know some ways to manage these to make a safer choice
- I feel positive about caring for my body and keeping it healthy
- I can make good choices that help me stay healthy and safe

Useful Vocabulary

assess
balanced diet
barriers
choices
crossing
dangerous
energy
hazard
medicines
nutritious
portion
react
risks
stop, drop, roll
unsafe
worry

Year 2 – Relationships

What I know and can explain

- I can identify the members of my family, understand my relationship with each of them and know why it is important to share and cooperate
- I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not
- I can identify some of the things that cause conflict with my friends
- I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret
- I recognise and appreciate people who can help me in my family, my school and my community
- I can express my appreciation for the people in my special relationships
- I accept that everyone's family is different and understand that most people value their family
- I know which types of physical contact I like and don't like and can talk about this
- I can demonstrate how to use the positive problem-solving technique to resolve conflicts
- I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this
- I understand how it feels to trust someone
- I am comfortable accepting appreciation from others

Useful Vocabulary

acceptable
adult
appreciate
celebrate
communication
compliments
conflict
cooperate
dislike
diverse
frightened
good secret
honesty
not acceptable
physical contact
problem solving
reliability
secret
special
stereotype
surprise
touch
trust
trustworthy

Year 2 – Changing Me

What I know and can explain

- I can recognise cycles of life in nature
- I can tell you about the natural process of growing from young to old and understand that this is not in my control
- I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old
- I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private
- I understand there are different types of touch and can tell you which ones I like and don't like
- I can identify what I am looking forward to when I move to my next class
- I understand there are some changes that are outside my control and can recognise how I feel about this
- I can identify people I respect who are older than me
- I feel proud about becoming more independent
- I can describe what I enjoy about being a boy or girl whilst understanding we are all different
- I am confident to say what I like and don't like and can ask for help
- I can start to think about changes I will make when I am in Year 3 and know how to go about this

Useful Vocabulary

anus
comfortable
control
dislike
elderly
excited
freedom
growing up
hug
independent
looking forward
penis
physical
private
public
respect
responsibilities
teenager
testicles
texture
toddler
touch
uncomfortable
vagina



PSHE

Year 3

Year 3 – Being Me in My World

What I know and can explain

- I recognise my worth and can identify positive things about myself and my achievements
- I know how to set personal goals
- I know how to use my Jigsaw Journal
- I can face new challenges positively, make responsible choices and ask for help when I need it
- I understand why rules are needed and how they relate to rights and responsibilities
- I understand that my actions affect myself and others and I care about other people's feelings
- I can make responsible choices and take action
- I understand my actions affect others and try to see things from their points of view
- I value myself and know how to make someone else feel welcome and valued
- I can explain how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions
- I know how to make others feel valued
- I can explain that my behaviour brings rewards/consequences
- I can work cooperatively in a group

Useful Vocabulary

acknowledge

affirm

controlling

courtesy

emotions

exclude

fairness

group dynamics

loneliness

manners

nightmare

personal goal

self-respect

solutions

support

valued

view point

welcome

wellbeing

Year 3 – Celebrating Differences

What I know and can explain

- I understand that everybody's family is different and important to them
- I understand that differences and conflicts sometimes happen among family members
- I know what it means to be a witness to bullying
- I know that witnesses can make the situation better or worse by what they do
- I recognise that some words are used in hurtful ways
- I can tell you about a time when my words affected someone's feelings and what the consequences were
- I appreciate my family/the people who care for me
- I know how to calm myself down and can use the 'Solve it together' technique
- I know some ways of helping to make someone who is bullied feel better
- I can problem-solve a bullying situation with others
- I try hard not to use hurtful words (e.g., gay, fat)
- I can give and receive compliments and know how this feels

Useful Vocabulary

banter
bullying
bystander
caring
compliment
conflict
connected
discrimination
gay
hurtful
incident
isolate
kindness
love
protection
resolve
security
self-regulation
stability
stereotype
support
witness

Year 3 – Dreams and Goals

What I know and can explain

- I can tell you about a person who has faced difficult challenges and achieved success
- I can identify a dream / ambition that is important to me
- I enjoy facing new challenges. I'm working out the best ways need to achieve them
- I am motivated and enthusiastic about achieving a new challenge
- I can recognise obstacles which might hinder my achievements and can take steps to overcome them
- I can evaluate my own learning process and identify how it can be better next time
- I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)
- I can imagine how I will feel when I achieve my dream / ambition
- I can break down a goal into a number of steps and know how others could help me to achieve it
- I know that I'm responsible for my own learning and can use my strengths as a learner to achieve the challenge
- I can explain the feelings of frustration that may arise when obstacles occur
- I am confident in sharing my success with others and can store my feelings in my internal treasure chest

Useful Vocabulary

ambitions
design
differences
enthusiastic
evaluate
frustration
healthy
identity
include
learning
motivated
obstacles
outdoors
responsible
respect
safe choices
self-esteem
self-review

Year 3 – Healthy Me

What I know and can explain

- I understand how exercise affects my body and know why my heart and lungs are such important organs
- I know that the amount of calories, fat and sugar I put into my body will affect my health
- I can tell you my knowledge and attitude towards drugs
- I can identify things, people and places that I need to keep safe from
- I know some strategies for keeping myself safe, who to go to for help and how to call emergency services
- I can identify when something feels safe or unsafe
- I understand how complex my body is and how important it is to take care of it
- I can set myself a fitness challenge
- I know what it feels like to make a healthy choice
- I can identify how I feel towards drugs
- I can explain how being anxious or scared feels
- I can take responsibility for keeping myself and others safe
- I respect my body and appreciate what it does for me

Useful Vocabulary

advice
ambulance
anxious
calories/kilojoules
coastguard helicopter
drugs
emergency
emergency services
energy
fat
fire engine
fitness
harmful
heartbeat
heart
lungs
oxygen
police car
responsibility
sugar
saturated fat

Year 3 – Relationships

What I know and can explain

- I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females
- I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener
- I know and can use some strategies for keeping myself safe online
- I understand how people around the world help and influence my life and that media doesn't always show complete information
- I understand how my needs and rights are shared by children around the world and that everyone experiences difficult feelings sometimes
- I know how to express my appreciation to my friends and family
- I can describe how taking some responsibility in my family makes me feel
- I know how to negotiate in conflict situations to try to find a win-win solution
- I know who to ask for help if I am worried or concerned about anything online
- I can appreciate different cultures, and question stereotypes I might see in photos or information
- I can empathise with children whose lives are different to mine and know who I can talk to when I need help
- I enjoy being part of a family and friendship groups

Useful Vocabulary

age restriction
appreciation
careers
culture
deprivation
fairness
gaming/apps
global
influence
inequality
in-app purchases
internet
interconnected
manners
media
messaging
needs
personal information
privacy
respect
social media
solution
stereotype
trade
wellbeing

Year 3 – Changing Me

What I know and can explain

- I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby
- Can identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up
- I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy
- I know some simple ways of keeping clean which can keep me healthy and protect me from some infections
- I can start to recognise stereotypical ideas I might have about parenting and family roles
- I can identify what I am looking forward to when I move to my next class
- I can express how I feel when I see babies or baby animals
- Recognise how I feel about these changes happening to me and know how to cope with those feelings
- I have started to think about the ways to keep my body clean as I grow up and how I feel about this
- I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
- I can start to think about changes I will make next year and know how to go about this

Useful Vocabulary

birth
breasts
care
challenge
control
egg
genitals
looking forward
male
mother
ovaries
ovum / ova
penis
personal hygiene
puberty
pubic hair
scrotum
sperm
stereotypes
testicles
vagina
womb / uterus



PSHE

Year 4

Year 4 – Being Me in My World

What I know and can explain

- I know my attitudes and actions make a difference to the class team
- I understand who is in my school community, the roles they play, how I fit in and how I can contribute
- I understand how democracy works through the School Council
- I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them
- I understand how groups come together to make decisions
- I can explain how democracy and having a voice benefits the school community
- I know how good it feels to be included in a group and understand how it feels to be excluded
- I can explain how to make people feel welcome and valued
- I can take on a role in a group and contribute to the overall outcome
- I can recognise my contribution to making a Learning Charter for the whole school
- I understand how rewards and consequences motivate people's behaviour
- I understand why our school community benefits from a Learning Charter and can help others to follow it

Useful Vocabulary

authority

community

conflict

contribution

decisions

democracy

democratic

job description

observer

responsibilities

respect

role

self-respect

solution

trusted adult

UN convention on rights of the

child

valued

violence

voting

wellbeing

Year 4 – Celebrating Difference

What I know and can explain

- I understand that, sometimes, we make assumptions based on what people look like
- I understand what influences me to make assumptions based on how people look
- I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure
- I can tell you why witnesses sometimes join in with bullying and sometimes don't tell
- I can identify what is special about me and value the ways in which I am unique
- I can tell you a time when my first impression of someone changed when I got to know them
- I try to accept people for who they are
- I can question why I think what I do about other people
- I know how it might feel to be a witness to and a target of bullying
- I can problem-solve a bullying situation with others
- I like and respect the unique features of my physical appearance
- I can explain why it is good to accept people for who they are

Useful Vocabulary

accept
appearance
assumption
bystander
character
characteristics
deliberate
empathy
hurtful
impression
influence
judgement
physical features
problem solve
protected characteristics
respect
secret
surprised
witness

Year 4 – Dreams and Goals

What I know and can explain

- I can tell you about some of my hopes and dreams
- I understand that sometimes hopes and dreams do not come true and that this can hurt and recognise how resilience and support from others can help
- I know how to cope with disappointment and find ways to move forward
- I know how to make a new plan and set new goals even if I have been disappointed
- I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group
- I can identify the contributions made by myself and others to the group's achievement
- I know how disappointment feels and identify when I have felt that way, recognising the roles people (including myself) take in groups and how these can support or challenge me
- I can respect myself and notice how coping builds my self-esteem and resilience
- I know what it means to be resilient and to have a positive attitude
- I can enjoy being part of a group challenge
- I know how to share in the success of a group and how to store this success experience in my internal treasure chest

Useful Vocabulary

agree/disagree
anxious
attitude
cope
courage
determination
disappointment
follower
hopeful
inspired
leader
motivated
positive attitude
problem-solve
resilience
self-belief
self-respect
setback

Year 4 – Healthy Me

What I know and can explain

- I recognise how different friendship groups are formed, how I fit into them and the friends I value the most
- I understand how peer influence can lead to unsafe choices, including fire risks and risky behaviour, and know how to reduce risks and ask for help
- I know some facts about the effects of smoking and vaping on health, and why some people might start to smoke or vape
- I understand the facts about alcohol and its effects on health, particularly the liver, and some of the reasons some people drink alcohol
- I can recognise when people are putting me under pressure and can explain ways to resist this when I want
- I know myself well enough to have a clear picture of what I believe is right and wrong
- I can identify the feelings I have about my friends and my different friendship groups
- I can recognise feelings of embarrassment, pressure or wanting to fit in that might stop me making safe choices, and know how to manage these feelings to keep myself safe
- I can recognise negative feelings in peer pressure situation (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others
- I can identify feelings of anxiety and fear associated with peer pressure
- I can tap into my inner strength and know how to be assertive

Useful Vocabulary

agree/disagree

alcohol

anxiety

assertive

disease

emotions

embarrassment

follower

friendship groups

guilt

leader

liver

peers

pressure

puberty

relationships

smoking

trust

value

vaping

Year 4 – Relationships

What I know and can explain

- I can recognise situations which can cause jealousy in relationships
- I can identify someone I love and can express why they are special to me
- I can tell you about someone I know that I no longer see
- I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends
- I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older
- I know how to show love and appreciation to the people and animals who are special to me
- I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens
- I know how most people feel when they lose someone or something they love
- I understand that we can remember people even if we no longer see them
- I know how to stand up for myself and how to negotiate and compromise
- I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/girlfriend
- I can love and be loved

Useful Vocabulary

anger
attraction
betrayal
boyfriend
comfortable
compromise
critical thinking
emotions
empathy
envy
girlfriend
jealousy
loss
love
loyalty
memories
negotiate
pressure
reality
vulnerable

Year 4 – Changing Me

What I know and can explain

- I understand that lots of things make up a person's identity and this is what makes them unique
- I can describe how a girls' body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this
- I know there are many types of family and that often our family members form part of our inner circle
- I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty
- I know how the circle of change works and can apply it to changes I want to make in my life
- I can identify changes that have been and may continue to be outside of my control that I learnt to accept
- I can identify what I am looking forward to when I move to a new class
- I can describe how I will have choices about developing my own identity and interests as I grow up and that these will contribute to who I am
- I have strategies to help me cope with the physical and emotional changes I will experience during puberty
- I know that sometimes I may feel anxious about growing up and this is normal. There are people who can support me
- I am confident enough to try to make changes when I think they will benefit me
- I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
- I can reflect on the changes I would like to make next year and describe how to go about this

Useful Vocabulary

acceptance
belonging
characteristics
fallopian tube
hobbies
hormone
inner circle
interests
menstrual cup
menstrual cycle
menstrual pads
menstrual towel
menstruation
ovaries
panty liner
period pants
period products
periods
personality
proportionate
tampons
trusted adult
trustworthy
vulva



PSHE

Year 5

Year 5 – Being Me in My World

What I know and can explain

- I can face new challenges positively and know how to set personal goals
- I understand my rights and responsibilities as a citizen of my country
- I understand my rights and responsibilities as a citizen of my country and as a member of my school
- I can make choices about my own behaviour because I understand how rewards and consequences feel
- I can explain how an individual's behaviour can impact on a group
- I understand how democracy and having a voice benefits the school community and know how to participate in this
- I know what I value most about my school and can identify my hopes for this school year
- I can empathise with people in this country whose lives are different to my own
- I understand that my actions affect me and others
- I can contribute to the group and understand how we can function best as a whole

Useful Vocabulary

appreciation

asylum

citizen

conflict

deprive

denied

empathise

leadership

migrant

motivation

participation

persecution

poverty

prejudice

privilege

refugee

rights

self-respect

Year 5 – Celebrating Differences

What I know and can explain

- I know that cultural differences sometimes cause conflict
- I can explain what racism is
- I understand how rumour-spreading and name-calling can be bullying behaviours
- I can explain the difference between direct and indirect types of bullying
- I can compare my life with people in the developing world
- I can understand a different culture from my own
- I am aware of my own culture
- I am aware of my attitude towards people from different races
- I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one
- I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied
- I can appreciate the value of happiness regardless of material wealth
- I respect my own and other people's cultures

Useful Vocabulary

assumptions
banter
colour
continuum
culture
cyber bullying
direct
developing world
disability
discrimination
happiness
homophobic
indirect
name-calling
race
racist / racism
rumour
sexist
stereotype
texting

Year 5 – Dreams and Goals

What I know and can explain

- I understand that I will need money to help me achieve some of my dreams
- I recognise that there are different ways that people's spending decisions can affect others and the environment, and that things have different values
- I can explore a range of different jobs and think critically about the information I see about them online
- I can describe the dreams and goals of young people in a culture different to mine
- I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other
- I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship
- I can explain what I would like my life to be like when I am grown up
- I recognise that people have different attitudes towards saving and spending money, and towards risk
- I can recognise my own strengths and qualities and understand that it's OK for my goals and identity to change as I grow
- I appreciate the similarities and differences in aspirations between myself and young people in a different culture
- I understand why I am motivated to make a positive contribution to supporting others

Useful Vocabulary

aspiration
attitudes
barrier
career
community participation
culture
digital spending
environment
financial harm
identity
influence
media
motivation
profession
rallying
reliable
rights
salary
self-care
society
spending decisions
sponsorship

Year 5 – Healthy Me

What I know and can explain

- I know there are health risks with smoking and vaping and can tell you some of the ways that tobacco and nicotine are harmful to the body
- I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart
- I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations
- I understand how the media, social media and celebrity culture promotes certain body types
- I can describe the different attitudes people have to food and how these can be affected by external influences
- I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy
- I can make an informed decision about whether or not I choose to smoke or vape and know how to resist pressure
- I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure
- I know how to keep myself calm in emergencies
- I can reflect on my own body image and know how important it is that this is positive, and I accept and respect myself for who I am
- I respect and value my body
- I am motivated to keep myself healthy and happy

Useful Vocabulary

addicted
altered
body image
celebrity
comparison
debate
healthy behaviour
healthy lifestyle
informed decision
influence
level-headed
media
motivation
nicotine
obesity
pressure
procedure
recovery position
self-respect
smoking
social media
tobacco
vaping

Year 5 – Relationships

What I know and can explain

- I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities
- I understand that belonging to an online community can have positive and negative consequences
- I understand there are rights and responsibilities in an online community or social network
- I know there are rights and responsibilities when playing an online game
- I can recognise when I am spending too much time using devices (screen time)
- I can explain how to stay safe when using technology to communicate with my friends
- I understand I have rights about my personal data
- I know to keep building my own self-esteem
- I can recognise when an online community feels unsafe or uncomfortable
- I can recognise when an online community is helpful or unhelpful to me
- I can recognise when an online game is becoming unhelpful or unsafe
- I can identify things I can do to reduce screen time, so my health isn't affected
- I can use strategies to help me stay safer online including confident questioning information and saying 'no' when I feel uncomfortable

Useful Vocabulary

addiction
age restriction
assertive
bullying
controlling
data protection
fake online hoaxes
gambling / betting
grooming
harassed
location settings
mental health
offline / online
personal information
physical health
privacy
screen time
self-esteem
self-perception
social network
targeting
troll
trustworthy

Year 5 – Changing Me

What I know and can explain

- I am aware of my own self-image and how my body image fits into that
- I can explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally
- I can describe how boys' and girls' bodies change during puberty
- I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities
- I can identify what I am looking forward to when I move to my next class
- I know how to develop my own self esteem
- I understand that puberty is a natural process that happens to everybody and that it will be OK for me
- I can express how I feel about the changes that will happen to me during puberty
- I appreciate how amazing it is that human bodies can reproduce in these ways
- I am confident that I can cope with the changes that growing up will bring
- I can start to think about changes I will make next year and know how to go about this

Useful Vocabulary

affirmation
contraception
consent
erection
embryo
emotions
facial hair
fallopian tube
fertilisation
filter
hormones
influences
larynx
media influencer
oestrogen
ovary / ovaries
pregnancy
scrotum
self-esteem / self-image
semen / sperm
testes
testosterone
vulva



PSHE

Year 6

Year 6 – Being Me in My World

What I know and can explain

- I can identify my goals for this year, understand my fears and worries about the future and know how to express them
- I know that there are universal rights for all children but for many children these rights are not met
- I understand that my actions affect other people locally and globally
- I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities
- I understand how an individual's behaviour can impact on a group
- I understand how democracy and having a voice benefits the school community
- I feel welcome and valued and know how to make others feel the same
- I understand my own wants and needs and can compare these with children in different communities
- I know that my actions affect myself and others; I care about other people's feelings and try to empathise with them
- I can contribute to the group and understand how we can function best as a whole
- I understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself

Useful Vocabulary

collaboration
comparison
cooperation
cocoa plantation
cocoa pods
courtesy
democracy
discernment
empathy
Ghana
hazard/risk
illegal
legal
Maslow
motivation
participation
resilience
responsibilities

Year 6 – Celebrating Difference

What I know and can explain

- I understand there are different perceptions about what normal means
- I understand how being different could affect someone's life
- I can explain some of the ways in which one person or a group can have power over another
- I know some of the reasons why people use bullying behaviours
- I can give examples of people with disabilities who lead amazing lives
- I can explain ways in which difference can be a source of conflict and a cause for celebration
- I can empathise with people who are different
- I am aware of my attitude towards people who are different
- I know how it can feel to be excluded or treated badly by being different in some way
- I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one
- I appreciate people for who they are
- I can show empathy with people in either situation

Useful Vocabulary

achievement
accolade
admiration
assumption
bullying behaviour
disability
discrimination
empathy
equality act
harassment
imbalance
misunderstanding
normal
paralympian
perception
perseverance
prejudice
protected characteristics
racism
struggle
stereotype

Year 6 – Dreams and Goals

What I know and can explain

- I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal)
- I can explain the learning steps I need to take to reach my goal and understand how to motivate myself to work on these
- I can identify problems in the world that concern me and talk to other people about them
- I can explain some ways in which I can work with other people to help make the world a better place
- I know what some people in my class like or admire about me and can accept their praise
- I understand why it is important to stretch the boundaries of my current learning
- I can set success criteria so that I will know whether I have reached my goal
- I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations
- I can empathise with people who are suffering or who are living in difficult situations
- I can identify why I am motivated to do this
- I can give praise and compliments to other people when I recognise their contributions and achievements

Useful Vocabulary

admire
aspirations
awareness
collaborate
compliment
concern
contribution
cooperate
global
leadership skills
motivate
personal
prevention
recognition
realistic
rescue
strategy
strengths
success criteria
suffering
unrealistic

Year 6 – Healthy Me

What I know and can explain

- I can take responsibility for my health and make choices that benefit my health and well-being
- I know about different types of drugs and their uses and their effects on the body particularly the liver and heart
- I understand that some people can be exploited and made to do things that are against the law
- I know why some people join gangs and the risks this involves
- I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness
- I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse
- I am motivated to care for my physical and emotional health
- I am motivated to find ways to be happy and cope with life's situations without using drugs
- I can explain ways that someone who is being exploited can help themselves
- I can suggest strategies someone could use to avoid being pressurised
- I know how to help myself feel emotionally healthy and can recognise when I need help with this
- I can explain different strategies to manage stress and pressure

Useful Vocabulary

anti-social behaviour

crime / criminal

effects

emotional health

exploited

gangs

illegal

immunisation

managing stress

mental health / mental illness

motivation

new psychoactive substances

over-the-counter

prevention

prescribed

reputation

restricted

stress

synthetic highs

triggers

unrestricted

volatile substances

vulnerable

Year 6 – Relationships

What I know and can explain

- I know that it is important to take care of my mental health
- I know how to take care of my mental health
- I understand there are different stages of grief and that there are different types of loss that cause people to grieve
- I can recognise when people are trying to gain power or control
- I can judge whether something online is safe and helpful to me
- I can use technology positively and safely to communicate with my friends and family
- I can understand that people can get problems with their mental health and that it is nothing to be ashamed of
- I can help myself and others when worried about a mental health problem
- I can recognise when I am feeling those emotions and have strategies to manage them
- I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control
- I can resist pressure to do something online that might hurt myself or others
- I can take responsibility for my own safety and well-being

Useful Vocabulary

ai (artificial intelligence)

anxiety

ashamed

assertive

authority

consent

courtesy

digital rights

early warning signs

grief

influences

isolation

mental health

personal data

power

pressure

privacy

self-care

stigma

strategies

stress

targeting

technology

true / untrue

Year 6 – Changing Me

What I know and can explain

- I am aware of my own self-image and how my body image fits into that
- I can explain how girl's and boys' bodies changes during puberty and understand the importance of looking after myself physically and emotionally
- I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born
- I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend
- I am aware of the importance of a positive self-esteem and what I can do to develop it
- I can identify what I am looking forward to when I move to my next class
- I know how to develop my own self esteem
- I can express how I feel about the changes that will happen to me during puberty
- I can recognise how I feel when I reflect on the development and birth of a baby
- I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to
- I can express how I feel about my self-image and know how to challenge negative 'body-talk'
- I know how to prepare myself emotionally for the changes next year

Useful Vocabulary

adolescent
attraction
caesarean
celebrity
cervix
contractions
consent
criticise
embryo
feelings/emotions
foetus
freedoms
identity
independence
labour
looking forward
mental health
midwife
negative body-talk
opportunities
placenta
pregnancy
sexting
transition
umbilical cord