

PSHCE Knowledge, Skills and Vocabulary						
Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Name	Relationships – Family	Awareness of Feelings Anti-Bullying	Losing and Finding	Growing and changing	RSE (CWP) Memories and Growing Up	Looking After Myself
Trips and Experiences linked to PSHCE		Odd socks day	Local area walk			
Area of learning	Relationship education	Health and Wellbeing		Health and Wellbeing	Relationship education	Health and Wellbeing
Knowledge	Who is part of their family? What makes good friends, secrecy, and surprises	Use of body language to detect feelings, sharing feelings	Feelings around loss and separation, recycling and looking after our environment	Changes in our bodies as we group up, human lifecycle, future aspirations	Taking care of our bodies and what makes us special	Road safety, keeping ourselves and others safe. Different emergency services
Skills	Discussions, reflection regarding relationships	Pupil voice Discussions Sharing Reflecting	Discussions Sharing Reflecting	Discussions Sharing Reflecting Letter writing	Discussions Sharing	Discussions Crossing the road
Vocabulary	Family, siblings, brother, sister, love, baby, mum, dad	happy, sad, excited, proud, safe, scared, lonely, surprised, worried	lost, lose, find, feeling, upset, search, lost property	Growing, changing, toddler, child, teenager, adult, human life cycle	Friends, boy, girl, feelings, similar, different, boy, girl, male, female, parts, penis, vulva	Zebra crossing, traffic lights, crossing, pelican crossing

PSHCE Knowledge, Skills and Vocabulary						
Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Name	Relationships – Family	Awareness of Feelings Anti-Bullying	Losing and Finding	Growing and changing	Differences- RSE	Looking After Myself
Trips and Experiences linked to PSHCE		Odd socks day	Local area walk			
Area of learning	Relationship education	Health and Wellbeing		Health and Wellbeing	Health and Wellbeing	Health and Wellbeing
Knowledge	Who is part of their family? What makes good friends, secrecy, and surprises	Use of body language to detect feelings, sharing feelings	Feelings around loss and separation, recycling and looking after our environment	Changes in our bodies as we group up, human lifecycle, future aspirations	Relationship and sex education, healthy and unhealthy foods	Road safety, keeping ourselves and others safe. Different emergency services
Skills	Discussions, reflection regarding relationships	Pupil voice Discussions Sharing Reflecting	Discussions Sharing Reflecting	Discussions Sharing Reflecting Letter writing	Discussions Sharing	Discussions Crossing the road
Vocabulary	Family, siblings, brother, sister, love, baby, mum, dad,	happy, sad, excited, proud, safe, embarrassed, scared, shocked, lonely,	lost, lose, find, feeling, upset, emotions, stress, search, lost property, responsible,	Growing, changing, adult, infant, toddler, child, teenager, adult, elderly, human life cycle	Similar, different, sex, gender, roles, stereotypes, boy, girl,	Zebra crossing, traffic lights, crossing, pelican crossing, safety, emergency

	parent, grandparent, aunt, uncle, cousin	surprised, shame, bullied, jealous, worried			male, female, private parts, penis, vulva	
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PSHCE Knowledge, Skills and Vocabulary						
Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Name	Looking After Others	Types of relationships – friends, ourselves, and family	Diversity	Making the right choice with Money	Valuing Difference and Keeping Safe (RSE)	Drug Education (CWP)
Trips and Experiences linked to PSHCE		Odd socks day				
Area of learning	Relationship education	Relationship education	Living in the wider world	Living in the wider world	Health and Wellbeing	Health and Wellbeing
Knowledge	Positive mindset, setting targets, being responsible, showing respect	Responsibility in school and in our community, different types of relationships (friends and family), civil partnerships and marriage	What makes us different, respecting individuality, celebrating and recognising diversity	Choices, money awareness, spending habits, saving, needs and wants	Relationship and sex education, smoking and its effects on the body and those around us	Negative and positive peer pressure,
Skills	Discussions Sharing Reflecting Pupil voice	Discussions Sharing Reflecting Pupil voice	Discussions Sharing Reflecting Pupil voice	Discussions Sharing Reflecting Pupil voice	Discussions Sharing	Discussions
Vocabulary	Responsible, irresponsible, care, feelings, right, helpful, unhelpful, wrong	Responsible, irresponsible, care, feelings, right, helpful, unhelpful, wrong	Diversity, race, skin colour, disabled, gender, religion, sex, age, LGBTQ	Money, choices, needs, wants, spend, budget, savings, income	Similar, different, sex, gender, roles, stereotypes, boy, girl, male, female, private parts, penis, vulva	Peer pressure, positive, negative

PSHCE Knowledge, Skills and Vocabulary						
Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Name	Loss and separation – death and bereavement	Healthy eating	Persuasion and Pressure – positive and negative	Challenging Stereotypes	Growing Up(RSE)	Rights and responsibilities
Trips and Experiences linked to PSHCE		Sandwich making Odd socks day				Recycling Centre

Area of learning	Relationship education	Health and Wellbeing	Living in the wider world	Living in the wider world	Health and Wellbeing	Living in the wider world
Knowledge	How to deal with loss and separation, how to cope with grief, symptoms of anxiety	How to have a healthy and varied diet, how to make healthy choices, how to make a sandwich	How to deal with peer pressure, positive and negative peer pressure,	Different types of bullying (physical, cyber, acceptable, and unacceptable physical contact, stereotypes	Relationship and sex education – human lifecycle, puberty	Recognising our rights and responsibilities
Skills	Discussions Sharing Reflecting	Discussions Sharing Reflecting Pupil voice Cooking	Discussions Sharing Reflecting Pupil voice	Discussions Sharing Reflecting Pupil voice	Discussions	Discussions Recognising feelings Knowing rights
Vocabulary	Loss, misplace, cope, grief, emotions, death, support, hurt, separated	Protein, dairy, choices, fruit, vegetables, diet, variety	peer pressure, attitude, negative influence, choices, positive	Conflict, resolutions, cyber bullying, anti-bullying, prejudice, racism, support, emotions, respect	Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings, relationships, friendships	Rights, children's rights, social media, responsibilities

PSHCE Knowledge, Skills and Vocabulary						
Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Name	Loss and separation – death and bereavement	Healthy eating	Persuasion and Pressure – positive and negative	Challenging Stereotypes	Puberty RSE	Rights and responsibilities
Trips and Experiences linked to PSHCE		Sandwich making Odd socks day donating Virtual workshops			Visits and opportunities to interview inspirational females from the community Mother and baby visitors	Recycling Centre
Area of learning	Relationship education	Health and Wellbeing	Living in the wider world	Living in the wider world	Relationship education	Living in the wider world
Knowledge	How to deal with loss and separation, how to cope with grief, symptoms of anxiety	How to have a healthy and varied diet, how to make healthy choices, how to make a sandwich	How to deal with peer pressure, positive and negative peer pressure,	Different types of bullying (physical, cyber, acceptable, and unacceptable physical contact, stereotypes	Relationship and sex education – lifecycles and puberty	Recognising our rights and responsibilities
Skills	Discussions Sharing	Discussions Sharing	Discussions Sharing	Discussions Sharing	Discussions	Discussions Recognising feelings

	Reflecting	Reflecting Pupil voice Cooking	Reflecting Pupil voice	Reflecting Pupil voice		Knowing rights
Vocabulary	Loss, misplace, cope, grief, emotions, bereavement, death, support, hurt, separated, resilience	Protein, dairy, choices, fruit, vegetables, diet, variety, nutrients, fats	peer pressure, attitude, negative influence, choices, positive	Conflict, resolutions, cyber bullying, anti-bullying, prejudice, racism, support, emotions, respect	Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, spots, pubic hair, facial hair, underarm hair, sexual feelings	Rights, children's rights, social media, responsibilities, human rights, law, safety, liberty

PSHCE Knowledge, Skills and Vocabulary						
Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Name	Conflict resolutions	Anti-Bullying- prejudice, racism, emotions	Racism and its Consequences	Democracy and Decisions	Puberty, Relationships and Reproduction (RSE)	Drug Education (CWP)
Trips and Experiences linked to PSHCE		Odd socks day donating Virtual workshops	Black Cultural Archives	-Houses of Parliament visit/ Virtual workshop - Junior Citizenship training.		Fiver Challenge
Area of learning	Living in the wider world	Living in the wider world	Living in the wider world	Living in the wider world	Relationship education	Health and Wellbeing
Knowledge	How to solve conflicts, importance of good communications, how to earn respect	Appropriate ways to deal with conflict, appropriate dares, how to improve self-confidence	Effects of illegal drugs and substance abuse, how to get the right help and advise about drugs	What is parliament and their function in society, researching and contacting our MP, what is democracy	Relationship and sex education, racism, and prejudice	Social media, keeping ourselves safe, legal and illegal drugs
Skills	Discussions Sharing Reflecting Pupil voice	Discussions Sharing Reflecting Pupil voice	Discussions Sharing Reflecting Pupil voice Awareness	Discussions Sharing Reflecting Pupil voice Voting	Discussions	
Vocabulary	Disagreement, argument, conflict, resolutions, emotions, angry, hurt,	Conflict, resolutions, cyber bullying, anti-bullying, prejudice,	Ageism, Sexism, Racism, Disability, Stereotype, Prejudice, Discrimination,	Parliament, House of Commons, House of Lords, Westminster, Prime Minister,	Puberty, womb, sperm, egg, conception, fertilisation, pregnancy sexual intercourse,	Cannabis, volatile, substance, legal, illegal, abuse, inhaling, recover, first aid,

	stubbornness, empathy, compromise	racism, support, emotions	Superior, Diversity, Equality	political party, Members of Parliament, government, Monarch	twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, private information, internet safety	dangerous, sniffing, recovery, choking
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