

Subject Leader Planning Grid Subject: PSHE

Leader : AS

Year Group: Year 1	Knowledge	Vocabulary	
Being me in my world (Puzzle 1 - Autumn 1)	<p>I can explain why my class is a happy and safe place to learn.</p> <p>I can give different examples where I or others make my class happy and safe.</p>	<p>Safe</p> <p>Special</p> <p>Calm</p> <p>Belonging</p> <p>Special</p> <p>Rights</p> <p>Responsibilities</p>	<p>Learning Charter</p> <p>Rewards</p> <p>Proud</p> <p>Consequences</p> <p>Upset</p> <p>Disappointed</p> <p>Illustration</p>
Celebrating difference (Puzzle 2 - Autumn 2)	<p>I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special.</p> <p>I can explain what bullying is and how being bullied might make somebody feel.</p>	<p>Similarity/similar</p> <p>Same as</p> <p>Different from</p> <p>Difference</p> <p>Similarity</p> <p>Bullying</p> <p>Bullying behaviour</p> <p>Deliberate</p> <p>On purpose</p>	<p>Unfair</p> <p>Included</p> <p>Bully</p> <p>Bullied</p> <p>Celebration</p> <p>Difference</p> <p>Special</p> <p>Unique</p>
Dreams and goals (Puzzle 3 - Spring 1)	<p>I can explain how I feel when I am successful and how this can be celebrated positively.</p> <p>I can say why my internal treasure chest is an important place to store positive feelings.</p>	<p>Proud</p> <p>Success</p> <p>Achievement</p> <p>Goal</p> <p>Treasure</p> <p>Coins</p> <p>Goal</p> <p>Learning</p> <p>Stepping stones</p> <p>Overcome</p> <p>Achieve</p>	<p>Process</p> <p>Garden</p> <p>Dreams</p> <p>Working together</p> <p>Teamwork</p> <p>Celebrate</p> <p>Stretchy</p> <p>Challenge</p> <p>Feelings</p> <p>Obstacle</p> <p>Internal treasure chest</p>

<p>Healthy me (Puzzle 4 - Spring 2)</p>	<p>I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</p> <p>I can give examples where being healthy can help me feel happy.</p>	<p>Healthy Unhealthy Balanced Exercise Sleep Choices Clean Body parts Toiletry items e.g. toothbrush, shampoo, soap</p>	<p>Hygienic Safe Medicine Trust Safety Green Cross Code Eyes, ears, look, listen, wait Keeping clean</p>
<p>Relationships (Puzzle 5 - Summer 1)</p>	<p>I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.</p> <p>I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p>	<p>Family Belong Different Same Friends Friendships Qualities Caring Sharing Kind Greeting Celebrate Relationships Special Appreciate Feelings</p>	<p>Touch Feel Texture Like/Dislike Help Helpful Community Feelings Confidence Praise Qualities Skills Self-belief Incredible Proud</p>

Changing me (Puzzle 6 - Summer 2)	<p>I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.</p> <p>I can explain why some changes I might experience might feel better than others.</p>	<p>Changes Life cycle Baby Adulthood Adult Grown up Growing up Mature Change Male Female</p>	<p>Vagina Penis Vulva Anus Testicles Learn New Grow Feelings - anxious, worried, excited, coping.</p>
Year Group: Year 2	Knowledge	Vocabulary	
Being me in my world (Puzzle 1 - Autumn 1)	<p>I can explain why my behaviour can impact on other people in my class.</p> <p>I can compare my own and my friends' choices and can express why some choices are better than others.</p>	<p>Worries Hopes Fears Belonging Rights Responsibilities Responsible Action</p>	<p>Praise Reward Consequence Positive Negative Choices Co-operate Learning Charter Problem Solving</p>
Celebrating difference (Puzzle 2 - Autumn 2)	<p>I can explain that sometimes people get bullied because they are seen to be different. This might include people who do not conform to gender stereotypes.</p> <p>I can explain how it feels to have a friend and be a friend. I can also explain why it is ok to be different from my friends.</p>	<p>Boys Girls Similarities Assumptions Shield Stereotypes Special Bully Purpose Diversity Fairness</p>	<p>Difference/different Kind Unkind Feelings Sad Lonely Help On purpose Stand up for Male Female</p>

		Kindness Value	Friends Unique
Dreams and goals (Puzzle 3 - Spring 1)	<p>I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complimented each other.</p> <p>I can explain how it felt to be part of a group and can identify a range of feelings about group work.</p>	Realistic Proud Success Celebrate Achievement Goal Strengths Persevere Challenge Difficult Easy	Learning together Partner Team work Product Dream bird Group Problem solve Dream Garden
Healthy me (Puzzle 4 - Spring 2)	<p>I can explain why foods and medicines are good for my body comparing my ideas with less healthy/ unsafe choices.</p> <p>I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</p>	Healthy choices Motivation Life style Relax Relaxation Tense Calm Healthy Unhealthy Dangerous	Medicines Body Safe Balanced diet Portion Proportion Energy Fuel Nutritious Energy
Relationships (Puzzle 5 - Summer 1)	<p>I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</p> <p>I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.</p>	Family Different Similarities Special Relationship Important Cooperate Touch Physical contact Communication Telling	Hugs Like Dislike Acceptable Unacceptable Conflict Point of view Positive problem solving Secret Surprise Good secret

		Adult Trust Surprised Angry Trust worthy Celebrate Positive Negative	Worry secret Sad Frightened Honesty Reliability Compliments Appreciate
Changing me (Puzzle 6 - Summer 2)	<p>I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't.</p> <p>I can tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me.</p>	Change Grow Life cycle Control Baby Adult Fully Grown Growing up Old Young Change Respect Appearance Physical Touch Texture Cuddle Hug Squeeze Like Dislike Anxious Happy	Toddler Child Teenager Independent Time line Freedom Responsibilities Male Female Vagina Penis Testicles Vulva Anus Public Private Acceptable Unacceptable Comfortable Uncomfortable Looking forward Excited Nervous

Year Group: Year 3	Knowledge	Vocabulary	
Being me in my world (Puzzle 1 - Autumn 1)	<p>I can explain how my behaviour can affect how others feel and behave.</p> <p>I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.</p>	Welcome Valued Achievements Proud Pleased Personal goal Praise Acknowledge Affirm Behaviour Rewards Consequences Actions Feelings Viewpoint Ideal school Belong	Emotions Feelings Nightmare Fears Worries Solutions Support Rights Responsibilities Learning charter Dream Fairness Choices Co-operate Challenge Group dynamics Team work
Celebrating difference (Puzzle 2 - Autumn 2)	<p>I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</p> <p>I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. E.g. Solve It Together or asking for help.</p>	Family Loving Caring Safe Connected Difference Special Conflict Solve it together Solutions Resolve	Witness Bystander Bullying Gay Unkind Feelings Tell Consequences Hurtful Compliment Unique Similarity
Dreams and goals (Puzzle 3 - Spring 1)	<p>I can explain the different ways that help me learn and what I need to do to improve.</p>	Perseverance Challenges Successes Obstacles Dreams	Garden Decoration Goal Teamwork Enterprise

	I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.	Goals Ambitions Future Aspirations Frustration Solve it together Solution Review Learning Self-review celebrate	Design Cooperation Product Strengths Motivated Enthusiastic Excited Efficient Responsible Evaluate
Healthy me (Puzzle 4 - Spring 2)	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help. I can express how being anxious/ scared and unwell feels.	Oxygen Energy Calories Heartbeat Lungs Heart Fitness Kilojoules Labels Sugar Fat Saturated fat Appreciate Body Healthy	Healthy Drugs Attitude Safe Anxious Scared Strategy Advice Safe Harmful Risk Feelings Complex Safe Choice Risk
Relationships (Puzzle 5 - Summer 1)	I can explain how my life is influenced positively by people I know and also by people from other countries. I can explain why my choices might affect my family, friendships and people around the world who I don't know.	Men Women Male Female Unisex Role Job Responsibilities	Conflict Solution Problem solving Friendship Win-win Safe Unsafe Risky

		Differences Similarities Respect Stereotypes Needs Wants Rights Deprivation United nations Equality Justice Happiness Celebrating Relationships Appreciation	Internet Social media Private messaging (PM) Gaming Global Communications Transport Interconnected Food journeys Climate Trade Inequality Friendship Family Thank you
Changing me (Puzzle 6 - Summer 2)	<p>I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</p>	Changes Birth Animals Babies Mother Growing up Baby Grow Uterus Womb Nutrients Survive Love Affection Care Looking forward Excited Nervous Anxious Happy	Change Puberty Control Puberty Male Female Testicles Sperm Penis Ovaries Egg Ovum/ova Womb/uterus Vagina Stereotypes Task Role Challenge

Year Group: Year 4	Knowledge	Vocabulary	
Being me in my world (Puzzle 1 - Autumn 1)	<p>I can explain why being listened to and listening to others is important in my school community.</p> <p>I can explain why being democratic is important and can help me and others feel valued.</p>	<p>Included Excluded Welcome Valued Team Charter Decisions Voting Authority Learning Charter Role</p>	<p>Role Job description School community Responsibility Rights Democracy Reward Consequence Democratic Contribution Observer Choices UN convention</p>
Celebrating difference (Puzzle 2 - Autumn 2)	<p>I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>I can explain why it is good to accept myself and others for who we are.</p>	<p>Character Assumption Judgement Surprised Different Appearance Accept Assumption Influence Appearance Opinion Attitude Judgment Characteristics Physical features Impression Changed</p>	<p>Bullying Friend Secret Deliberate On purpose Bystander Witness Bully Problem solve Cyber bullying Text message Website Troll Special Unique</p>

<p>Dreams and goals (Puzzle 3 - Spring 1)</p>	<p>I can plan and set new goals even after a disappointment. I can explain what it means to be resilient and have a positive attitude.</p>	<p>Dream Hope Goal Determination Perseverance Resilience Positive attitude Disappointment Fears Hurt Resilience Review Learning Strengths Success</p>	<p>Positive experience Plans Cope Help Resilience Self-belief Motivation Commitment Team work Enterprise Design Cooperation Celebrate Evaluate</p>
<p>Healthy me (Puzzle 4 - Spring 2)</p>	<p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. I can identify feelings of anxiety and fear associated with peer pressure.</p>	<p>Friendships Emotions Healthy Relationships Friendship groups Value Roles Leader Follower Assertive Agree/disagree Right Wrong</p>	<p>Smoking Pressure Guilt Peers Advice Alcohol Liver disease Anxiety Fear Believe Assertive Opinion</p>
<p>Relationships (Puzzle 5 - Summer 1)</p>	<p>I can recognise how people are feeling when they miss a special person or animal. I can give ways that might help me manage my feelings when missing a special person or animal.</p>	<p>Relationship Close Jealousy Problem solve Emotion Positive Negative</p>	<p>Loss Strategy Shock Disbelief Numb Denial Anger</p>

		Souvenir Memento Memorial Loss Memories Special Remember Friendships Negotiate Compromise Trust Loyalty Anger Betrayal Empathy	Guilt Sadness Pain Despair Hopelessness Relief Acceptance Depression Boyfriend Girlfriend Attraction Pressure Personal Comfortable Special Love Appreciation Symbol Care
Changing me (Puzzle 6 - Summer 2)	<p>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</p> <p>I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestion about how I might manage my feelings when changes happen</p>	Personal Unique Characteristics Parents Sperm Egg/ovum Penis Testicles Vagina/vulva Womb/uterus Ovaries Making love Having sex Happy	Sexual intercourse Fertilise Conception Puberty Masturbation Periods Circle Seasons Change Control Acceptance Looking forward Excited Nervous Anxious

Year Group: Year 5	Knowledge	Vocabulary	
<p>Being me in my world (Puzzle 1 - Autumn 1)</p>	<p>I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p> <p>I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.</p>	<p>Education Appreciation Opportunities Goals Motivation Vision Hopes Challenge Rights Responsibilities Citizen Denied Empathise Refugee Persecution Conflict Asylum Migrant</p>	<p>Rights Wealth Poverty Prejudice Privilege Deprive Rewards Consequences Choices Learning charter Cooperation Collaboration Participation</p>
<p>Celebrating difference (Puzzle 2 - Autumn 2)</p>	<p>I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p> <p>I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.</p>	<p>Culture Conflict Difference Similarity Belong Culture wheel Racism Colour Race Discrimination Culture Ribbon Bullying Rumour</p>	<p>Name-calling Racist Homophobic Cyber bullying Texting Problem-solving Indirect Direct Happiness Continuum Developing world Artefacts Celebration Display Presentation</p>

<p>Dreams and goals (Puzzle 3 - Spring 1)</p>	<p>I can compare my hopes and dreams with those of young people from different cultures.</p> <p>I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</p>	<p>Dream Goal Hope Feeling Achievement Money Grown up Adult Lifestyle Job Career Profession Money Salary</p>	<p>Contribution Society Goal Determination Perseverance Motivation Aspiration Culture Country Sponsorship Communication Support Rallying Team work Cooperation Difference</p>
<p>Healthy me (Puzzle 4 - Spring 2)</p>	<p>I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>I can summarise different ways that I respect and value my body.</p>	<p>Choices Healthy Unhealthy Informed decision Media Pressure Influence Emergency Procedure Recovery position Calm Level-headed Choices Healthy lifestyle Motivation</p>	<p>Body image Social media Celebrity Altered Self-respect Comparison Body image Eating disorder Eating problem Respect Pressure Debate Opinion Fact</p>
<p>Relationships (Puzzle 5 - Summer 1)</p>	<p>I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p>	<p>Characteristics Personal qualities Attributes Self-esteem Responsibility</p>	<p>Violence Appropriate Grooming Trolled Gambling</p>

	<p>I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.</p>	<p>Age-limit Social network Community Online Offline Rights Risky Choices Vulnerable</p>	<p>Betting Trustworthy Devices Screen time Social Offline Mental health Physical health Personal information Safe</p>
<p>Changing me (Puzzle 6 - Summer 2)</p>	<p>I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.</p> <p>I can express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.</p>	<p>Self-image Body-image Self-esteem Perception Characteristics Aspects Affirmation Puberty Menstruation Periods Sanitary towels/pads Tampons Ovary Vagina Oestrogen Vulva Womb/uterus Puberty Sperm Change Hope Manage Cope Opportunities Emotions Fear</p>	<p>Semen Testicles/testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF) Teenager Milestone Perceptions Responsibilities Excitement Anxious</p>

Year Group: Year 6	Knowledge	Vocabulary	
Being me in my world (Puzzle 1 - Autumn 1)	<p>I can explain how my choices can have an impact on people in my immediate community and globally.</p> <p>I can empathise with others in my community and globally and explain how this can influence the choices I make.</p>	Goals Worries Fears Value Welcome Choice Ghana West-Africa Cocoa plantation Cocoa pods Machete Rights Community Education Wants Needs Maslow Democracy Decision Proud	Empathy Comparison Opportunities Education Behaviour Responsibilities Rewards Consequences Empathise Learning charter Obstacles Cooperation Collaboration Legal Illegal Unlawful Laws Participation Motivation
Celebrating difference (Puzzle 2 - Autumn 2)	<p>I can explain ways in which difference can be a source of conflict or a cause for celebration.</p> <p>I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</p>	Normal Ability Disability Visual impairment Empathy Perception Medication Vision Blind Male Female Diversity Transgender	Rights Responsibility Power Struggle Imbalance Control Harassment Bullying Direct Indirect Argument Recipient Para Olympian

		Gender diversity Courage Fairness Celebration Difference Conflict	Achievement Accolade Disability Sport Perseverance Admiration Stamina
Dreams and goals (Puzzle 3 - Spring 1)	<p>I can explain different ways to work with others to help make the world a better place.</p> <p>I can explain what motivates me to make the world a better place.</p>	Dream Hope Goal Learning Stretch Achievements Strengths Personal Realistic Unrealistic Feeling Compliment Contribution Recognition	Success Criteria Learning Steps Money Global Issue Suffering Concern Hardship Empathy Motivation Admire Respect Praise
Healthy me (Puzzle 4 - Spring 2)	<p>I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p> <p>I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure</p>	Responsibility Choice Immunisation Prevention Drugs Effects Motivation Prescribed Unrestricted Over-the-counter Restricted Illegal Volatile substances Triggers	'Legal highs' Exploited Vulnerable Criminal Gangs Pressure Strategies Reputation Anti-social behaviour Crime Mental health Emotional health Mental illness Symptoms Stress

Relationships (Puzzle 5 - Summer 1)	<p>I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</p> <p>I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.</p>	Mental health Ashamed Stigma Stress Anxiety Support Worried Signs Warning Self-harm Emotions Feelings Sadness Loss Grief Denial True/untrue Assertiveness Judgement Communication Technology Power Control Cyberbullying	Despair Guilt Shock Hopelessness Anger Acceptance Bereavement Coping strategies Power Control Authority Bullying Script Assertive Strategies Risks Pressure Influences Self-control Real/fake Abuse Safety
Changing me (Puzzle 6 - Summer 2)	<p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</p>	Self-image Self-esteem Real-self Celebrity Opportunities Freedom Responsibilities Pubic hair Voice breaks	Penis Vagina Womb Fallopian Tube Vulva Pregnancy Embryo Foetus Placenta Umbilical Cord

		Menstruation Semen Growing Taller Erection Tampon Breasts Hormones Wet Dream Ovulation Masturbation Sanitary Towel Clitoris Testicles Sperm	Labour Contractions Cervix Midwife Attraction Relationship Pressure Love Sexting Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health Transition Secondary Journey Worries Anxiety Hopes Excitement
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