

Subject Leader Planning Grid Subject: PSHE Leader: Miss Stanford & Mr Morrissey

Year Group: Year 1	Knowledge	Vocabulary		
Being me in my world (Puzzle 1 – Autumn 1)	I can explain why my class is a happy and safe place to learn. I can give different examples where I or others make my class happy and safe.	Safe Special Calm Learning Charter Rewards	Belonging Special Rights Responsibilities	Proud Consequences Upset Disappointed Illustration
Celebrating difference (Puzzle 2 – Autumn 2)	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. I can explain what bullying is and how being bullied might make somebody feel.	Similarity/similar Same as Different from Unfair Included	Difference Similarity Bullying Bullying behaviour Deliberate On purpose	Bully Bullied Celebration Difference Special Unique
Dreams and goals (Puzzle 3 – Spring 1)	I can explain how I feel when I am successful and how this can be celebrated positively. I can say why my internal treasure chest is an important place to store positive feelings.	Proud Success Achievement Goal Treasure Coins Goal Process	Learning Stepping stones Overcome Achieve Garden Dreams	Working together Teamwork Celebrate Stretchy Challenge Feelings Obstacle Internal treasure chest
Healthy me (Puzzle 4 – Spring 2)	I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. I can give examples where being healthy can help me feel happy.	Healthy Unhealthy Balanced Exercise Sleep	Choices Clean Body parts Toiletry items e.g., toothbrush, shampoo, soap	Hygienic Safe Medicine Trust Safety Green Cross Code Eyes, ears, look, listen, wait Keeping clean

Relationships (Puzzle 5 – Summer 1)	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. I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.	Family Belong Different Same Friends Friendships Touch Feel Texture Like/Dislike	Qualities Caring Sharing Kind Greeting Celebrate Relationships Special Appreciate Feelings	Help Helpful Community Feelings Confidence Praise Qualities Skills Self-belief Incredible Proud
Changing me (Puzzle 6 – Summer 2)	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. I can explain why some changes I might experience might feel better than others.	Changes Life cycle Baby Adulthood Adult Grown up Vagina Penis	Growing up Mature Change Male Female	Vulva Anus Testicles Learn New Grow Feelings – anxious, worried, excited, coping.
Year Group: Year 2	Knowledge	Vocabulary		
Being me in my world (Puzzle 1 – Autumn 1)	I can explain why my behaviour can impact on other people in my class. I can compare my own and my friends' choices and can express why some choices are better than others.	Worries Hopes Fears Belonging Rights Praise	Responsibilities Responsible Action Consequence Positive Reward	Negative Choices Co-operate Learning Charter Problem Solving
Celebrating difference (Puzzle 2 – Autumn 2)	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. 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.	Boys Girls Similarities Assumptions Difference/different Kind Unkind Feelings	Shield Stereotypes Special Bully Purpose Diversity Fairness Kindness Value	Sad Lonely Help On purpose Stand up for Male Female Friends Unique

Dreams and goals (Puzzle 3 – Spring 1)	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. I can explain how it felt to be part of a group and can identify a range of feelings about group work.	Realistic Proud Success Celebrate Achievement Goal Strengths	Persevere Challenge Difficult Easy Learning together Partner Teamwork	Product Dream bird Group Problem solve Dream Garden	
Healthy me (Puzzle 4 – Spring 2)	I can explain why foods and medicines are good for my body comparing my ideas with less healthy/ unsafe choices. I can compare my own and my friends’ choices and can express how it feels to make healthy and safe choices.	Healthy choices Motivation Lifestyle Relax Relaxation Tense Calm	Healthy Unhealthy Dangerous Medicines Body Safe	Balanced diet Portion Proportion Energy Fuel Nutritious Energy	
Relationships (Puzzle 5 – Summer 1)	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. I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.	Family Different Similarities Special Relationship Important Cooperate Touch Physical contact Communication Acceptable Unacceptable Appreciate	Telling Adult Trust Surprised Angry Trustworthy Celebrate Positive Negative Hugs Like Dislike	Conflict Point of view Positive problem solving Secret Surprise Good secret Worry secret Sad Frightened Honesty Reliability Compliments	
Changing me (Puzzle 6 – Summer 2)	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. 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.	Change Grow Life cycle Control Baby Adult Fully Grown Growing up Old	Young Change Respect Appearance Physical Touch Texture Cuddle Hug Squeeze	Toddler Child Teenager Independent Timeline Freedom Responsibilities Male Looking forward Excited Nervous	Female Vagina Penis Testicles Vulva Anus Public Private Acceptable Unacceptable

		Anxious Happy Uncomfortable	Like Dislike	Comfortable
Year Group: Year 3	Knowledge	Vocabulary		
Being me in my world (Puzzle 1 – Autumn 1)	I can explain how my behaviour can affect how others feel and behave. 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.	Welcome Valued Achievements Proud Pleased Personal goal Emotions Feelings Nightmare Fears Worries	Praise Acknowledge Affirm Behaviour Rewards Consequences Actions Feelings Viewpoint Ideal school Belong Teamwork	Solutions Support Rights Responsibilities Learning charter Dream Fairness Choices Co-operate Challenge Group dynamics
Celebrating difference (Puzzle 2 – Autumn 2)	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. 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.	Family Loving Caring Safe Connected Difference Consequences Hurtful	Special Conflict Solve it together Solutions Resolve Unique Similarity	Witness Bystander Bullying Gay Unkind Feelings Tell Compliment
Dreams and goals (Puzzle 3 – Spring 1)	I can explain the different ways that help me learn and what I need to do to improve. 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.	Perseverance Challenges Successes Obstacles Dreams Goals Ambitions Future Aspirations Garden Decoration	Frustration Solve it together Solution Review Learning Self-review celebrate Goal Teamwork	Enterprise 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	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 Differences Similarities Respect Stereotypes	Needs Wants Rights Deprivation United nations Equality Justice Happiness Celebrating Relationships Appreciation Gaming	Conflict Solution Problem solving Friendship Win-win Safe Unsafe Risky Internet Social media Private messaging (PM)	Global Communications Transport Interconnected Food journeys Climate Trade Inequality Friendship Family Thank you
Changing me (Puzzle 6 – Summer 2)	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. I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.	Changes Birth Animals Babies Mother Growing up Baby Grow Uterus	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 Womb Nutrients
Year Group: Year 4	Knowledge	Vocabulary			
Being me in my world (Puzzle 1 – Autumn 1)	I can explain why being listened to and listening to others is important in my school community. I can explain why being democratic is important and can help me and others feel valued.	Included Excluded Consequence Welcome Valued Team	Charter Decisions Voting Authority Learning Charter Role	Role Job description Reward School community Responsibility Rights	Contribution Observer Choices UN convention Democratic Democracy

Celebrating difference (Puzzle 2 – Autumn 2)	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. I can explain why it is good to accept myself and others for who we are.	Character Assumption Judgement Surprised Different Appearance Accept Assumption	Appearance Opinion Attitude Judgment Characteristics Physical features Impression Changed	Bullying Friend Secret Deliberate On purpose Bystander Witness Bully	Cyber bullying Text message Website Troll Special Unique Influence Problem solve
Dreams and goals (Puzzle 3 – Spring 1)	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.	Dream Hope Goal Determination Perseverance Resilience Positive attitude Disappointment	Learning Strengths Success Fears Hurt Resilience Review	Positive experience Plans Cope Help Resilience Self-belief Motivation	Teamwork Enterprise Design Cooperation Celebrate Evaluate Commitment
Healthy me (Puzzle 4 – Spring 2)	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.	Friendships Emotions Healthy Relationships Friendship groups Value	Roles Leader Follower Assertive Agree/disagree Right Wrong	Smoking Pressure Guilt Peers Advice Alcohol Liver disease	Anxiety Fear Believe Assertive Opinion
Relationships (Puzzle 5 – Summer 1)	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.	Relationship Close Jealousy Problem solve Emotion Positive Negative Souvenir Memento Memorial Loss Memories	Special Remember Friendships Negotiate Compromise Trust Loyalty Anger Betrayal Empathy Relief Care	Loss Strategy Shock Disbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness	Acceptance Depression Boyfriend Girlfriend Attraction Pressure Personal Comfortable Special Love Appreciation Symbol

Changing me (Puzzle 6 – Summer 2)	I can summarise the changes that happen to boys’ and girls’ bodies that prepare them for making a baby when they are older. 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	Personal Unique Characteristics Parents Sperm Egg/ovum Penis	Vagina/vulva Womb/uterus Ovaries Making love Having sex Happy Testicles	Sexual intercourse Fertilise Conception Puberty Masturbation Periods Circle Seasons	Change Control Acceptance Looking forward Excited Nervous Anxious
Year Group: Year 5	Knowledge	Vocabulary			
Being me in my world (Puzzle 1 – Autumn 1)	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. 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.	Education Appreciation Opportunities Goals Motivation Vision Hopes Challenge	Citizen Denied Empathise Refugee Persecution Conflict Asylum Migrant	Rights Wealth Poverty Prejudice Privilege Deprive Rewards Rights	Consequences Choices Learning charter Cooperation Collaboration Participation Responsibilities
Celebrating difference (Puzzle 2 – Autumn 2)	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. I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.	Culture Conflict Difference Similarity Belong Culture wheel Racism Colour	Race Discrimination Culture Ribbon Bullying Rumour Direct	Name-calling Racist Homophobic Cyber bullying Texting Problem-solving Indirect	Happiness Continuum Developing world Artefacts Celebration Display Presentation
Dreams and goals (Puzzle 3 – Spring 1)	I can compare my hopes and dreams with those of young people from different cultures. I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.	Dream Goal Hope Feeling Achievement Money Grown up Adult	Lifestyle Job Career Profession Money Salary Country	Contribution Society Goal Determination Perseverance Motivation Aspiration Culture	Sponsorship Communication Support Rallying Teamwork Cooperation Difference
Healthy me (Puzzle 4 – Spring 2)	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	Choices Healthy Unhealthy Informed decision	Procedure Recovery position Calm Level-headed	Body image Social media Celebrity Altered	Eating problem Respect Pressure Debate

	body image pressures and how smoking and alcohol misuse is unhealthy. I can summarise different ways that I respect and value my body.	Media Pressure Influence	Choices Healthy lifestyle Motivation	Self-respect Comparison Emergency	Opinion Fact Eating disorder
Relationships (Puzzle 5 – Summer 1)	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. 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.	Characteristics Personal qualities Attributes Self-esteem Responsibility Age-limit Social network Community	Online Offline Rights Risky Choices Vulnerable	Violence Appropriate Grooming Trolled Gambling Betting Trustworthy Devices	Screen time Social Offline Mental health Physical health Personal information Safe
Changing me (Puzzle 6 – Summer 2)	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. 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.	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	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
Year Group: Year 6	Knowledge	Vocabulary			
Being me in my world (Puzzle 1 – Autumn 1)	I can explain how my choices can have an impact on people in my immediate community and globally. I can empathise with others in my community and globally and explain how this can influence the choices I make.	Goals Worries Fears Value Welcome Choice Ghana West-Africa Cocoa plantation Cocoa pods	Rights Community Education Wants Needs Maslow Democracy Decision Proud Machete	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)	I can explain ways in which difference can be a source of conflict or a cause for celebration. I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.	Normal Ability Disability Visual impairment Empathy Perception Medication Vision Blind Male	Female Diversity Transgender Gender diversity Courage Fairness Celebration Difference Conflict Argument	Rights Responsibility Power Struggle Imbalance Control Harassment Bullying Direct Indirect	Recipient Para Olympian Achievement Accolade Disability Sport Perseverance Admiration Stamina
Dreams and goals (Puzzle 3 – Spring 1)	I can explain different ways to work with others to help make the world a better place. I can explain what motivates me to make the world a better place.	Dream Hope Goal Learning Stretch Achievements Strengths	Feeling Compliment Contribution Recognition Personal Realistic Unrealistic	Success Criteria Learning Steps Admire Respect Praise Motivation	Money Global Issue Suffering Concern Hardship Empathy
Healthy me (Puzzle 4 – Spring 2)	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. I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure	Responsibility Choice Immunisation Prevention Drugs Effects Motivation Prescribed	Restricted Illegal Volatile substances Triggers Unrestricted Over the counter Anti-social behaviour	'Legal highs' Exploited Vulnerable Criminal Gangs Pressure Strategies Reputation	Crime Mental health Emotional health Mental illness Symptoms Stress
Relationships (Puzzle 5 – Summer 1)	I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. 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.	Mental health Ashamed Stigma Stress Anxiety Support Worried Signs Warning Self-harm Control Cyberbullying	Emotions Feelings Sadness Loss Grief Denial True/untrue Assertiveness Judgement Communication Technology Power	Despair Guilt Shock Hopelessness Anger Acceptance Bereavement Coping strategies Power Control Authority Bullying	Real/fake Abuse Safety Script Assertive Strategies Risks Pressure Influences Self-control

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>	<p>Self-image</p> <p>Self-esteem</p> <p>Real-self</p> <p>Celebrity</p> <p>Opportunities</p> <p>Freedom</p> <p>Responsibilities</p> <p>Pubic hair</p> <p>Voice breaks</p> <p>Choice</p> <p>Feelings/emotions</p> <p>Challenge</p> <p>Mental health</p> <p>Transition</p>	<p>Menstruation</p> <p>Semen</p> <p>Growing Taller</p> <p>Erection</p> <p>Tampon</p> <p>Breasts</p> <p>Hormones</p> <p>Wet Dream</p> <p>Ovulation</p> <p>Masturbation</p> <p>Sanitary Towel</p> <p>Clitoris</p> <p>Testicles</p> <p>Sperm</p>	<p>Penis</p> <p>Vagina</p> <p>Womb</p> <p>Fallopian Tube</p> <p>Vulva</p> <p>Pregnancy</p> <p>Embryo</p> <p>Foetus</p> <p>Placenta</p> <p>Umbilical Cord</p> <p>Labour</p> <p>Contractions</p> <p>Cervix</p> <p>Midwife</p>	<p>Secondary</p> <p>Journey</p> <p>Worries</p> <p>Anxiety</p> <p>Hopes</p> <p>Excitement</p> <p>Love</p> <p>Sexting</p> <p>Self-esteem</p> <p>Negative body-talk</p> <p>Relationship</p> <p>Pressure</p> <p>Attraction</p>
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