**CYCLE: A**

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| **SUBJECT:**  **PSHE** | **Autumn** | **Spring** | **Summer** |
| **KS1** | **Unit Name: Being Me in My World**  rights, responsibilities, rewards, consequences, achievement, proud,  **Unit Name: Celebrating Differences**  similarities, differences, bullying, friend, celebrate | **Unit Name: Dreams and Goals**  achievement, evaluate, product, collaboration, goal, steps  **Unit Name: Healthy Me**  healthy/unhealthy, green cross code, balanced diet, nutrients, medicine, trusted adult | **Unit Name: Relationships**  conflict, resolve, family, physical contact, inappropriate, good secret, worry secret  **Unit Name: Changing Me**  lifecycle, young, adult, old, elderly, vulva, nipples, testicles, bottom, anus, breasts, penis |
| **LKS 2** | **Unit Name: Being Me in My World**  included, excluded, role, democracy, democratic, authority  **Unit Name: Celebrating Differences**  assumption, judgement, influence, bullying, bystander, witness, cyber bullying, troll | **Unit Name: Dreams and Goals**  resilience, perseverance, determination, disappointment, commitment, enterprise  **Unit Name: Healthy Me**  friendship groups, roles, leader/follower, assertive, smoking, peer pressure, vapes/vaping, alcohol | **Unit Name: Relationships**  loss, denial, shock, depression, acceptance, memorial  **Unit Name: Changing Me**  unique, characteristics, sperm, egg/ovum, penis, vagina/vulva, womb/uterus, ovaries, having sex/making love/sexual intercourse, fertilise, conception |
| **UKS2** | **Unit Name: Being Me in My World**  Ghana, plantation, machete, Maslow, obstacles, lawful,  **Unit Name: Celebrating Differences**  disability, visual impairment, perception, diversity, gender, transgender, harassment, direct/indirect bullying, accolade | **Unit Name: Dreams and Goals**  realistic/unrealistic, criteria, global, hardship, sponsorship, admire  **Unit Name: Healthy Me**  immunisation, prescribed, over the counter, unrestricted, volatile substances, synthetic highs, psychoactive substances, | **Unit Name: Relationships**  stigma, self-harm, grief, bereavement, coping strategies, abuse  **Unit Name: Changing Me**  self-image, self-esteem, public hair, voice breaking, erection, breast, hormones, wet dream, ovulation, masturbation, clitoris, embryo, foetus, placenta, labour, umbilical cord, contractions, midwife, cervix, sexting |

**CYCLE: B**

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| **SUBJECT:**  **PSHE** | **Autumn** | **Spring** | **Summer** |
| **KS1** | **Unit Name: Being Me in My World**  rights, responsibilities, rewards, consequences, achievement, proud,  **Unit Name: Celebrating Differences**  similarities, differences, bullying, friend, celebrate | **Unit Name: Dreams and Goals**  achievement, evaluate, product, collaboration, goal, steps  **Unit Name: Healthy Me**  healthy/unhealthy, green cross code, balanced diet, nutrients, medicine, trusted adult | **Unit Name: Relationships**  conflict, resolve, family, physical contact, inappropriate, good secret, worry secret  **Unit Name: Changing Me**  lifecycle, young, adult, old, elderly, vulva, nipples, testicles, bottom, anus, breasts, penis |
| **LKS 2** | **Unit Name: Being Me in My World**  affirm, personal goal, fairness, co-operate, group dynamics, viewpoint, ideal  **Unit Name: Celebrating Differences**  conflict, situations, resolve, gay, witness, bystander, consequences | **Unit Name: Dreams and Goals**  perseverance, ambitions, aspirations, motivations, frustration, obstacle, evaluate  **Unit Name: Healthy Me**  oxygen, kilojoules, calories, heartbeat, lungs, fat/saturated fat, emergency services | **Unit Name: Relationships**  unisex, stereotype, interconnected, global, deprivation, United Nations, Equality/Inequality  **Unit Name: Changing Me**  Birth, Uterus/Womb, nutrients, puberty, testicles, sperm, penis, ovaries, ovum/ova/egg, vagina |
| **UKS2** | **Unit Name: Being Me in My World**  citizen, refuge, migrant, persecution, asylum, poverty, privilege  **Unit Name: Celebrating Differences**  culture, racism, discrimination, rumour, homophobic | **Unit Name: Dreams and Goals**  lifestyle, career, profession, salary, contribution, society, sponsorship, rallying  **Unit Name: Healthy Me**  informed decision, pressure, recovery position, body image, filters, altered, eating disorder | **Unit Name: Relationships**  grooming, gambling/betting, age limits, social network, community  **Unit Name: Changing Me**  puberty, menstruation, sanitary towels, periods, tampons, ovary/ovaries, vagina, vulva, oestrogen, womb/uterus |