**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 |