

Key Knowledge

We need to keep healthy by eating, drinking, playing, and sleeping.

We need to keep ourselves clean.

We need to know how to keep ourselves safe

Moods and feelings are normal

Embarrassed -Feeling shy or guilty for doing something wrong or foolish.

Feelings -This is how we react to something that we see, hear, remember or do.

Feelings are also called emotions.

Guilt -A feeling because you have done something or think that you have done something wrong.

Nervous -To feel frightened or worried about something that is happening or might happen.

Proud- Feeling pleased about something good that you or someone else has done. S

Self regulate -To control something.

Zones of regulation help us identify how we are

PSHE

Year 1 Autumn 1

Health and wellbeing
Identity and feelings



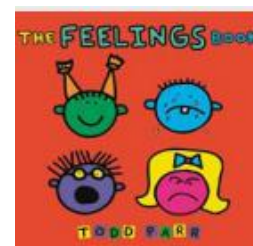
Dig Deeper Questions:

DDQ1 Describe a situation where you have managed your feelings

DDQ2 Describe your bedtime routine.

DDQ3 Draw a risky situation - and what did you do.

Deeper Reading:



Let's Remember

Vocabulary:

Baby , parents , feelings , falling out , sleep , bed, room,

New vocabulary

Interests, Strengths , unique, Toddler Child Teenager Adult Elderly

Emotions Body language Change Loss

Playing imagination Learning

Indoor play Outdoor play Fear

Danger , Safe stranger Uniform Police officer Firefighter,

Key Websites

[Feelings | Health for Kids](#)

[Sleep for Kids - Teaching Kids the Importance of Sleep](#)

[Stranger Danger Tips - Safety 4 Kids](#)

Key Knowledge

Respect means treating someone in a way that makes them feel cared for and important.

We can show respect by being polite using words please , thank you and excuse me.

Sharing means playing fairly with others.

A helping hand can make a big difference, especially when we get stuck, hurt, or have too many things to do!

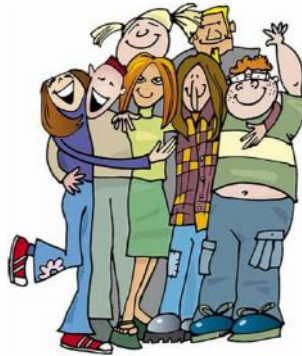
When we are kind, we do our best to treat people well.

The unpleasant feeling, we get when we hurt ourselves is called pain.

Pain is your body's way of telling you that something is wrong.

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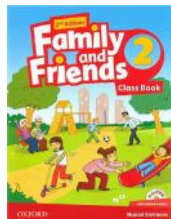
Year 1 Autumn 2 My Relationships



Dig Deeper Questions:

- DDQ1 Give an example of respectful and disrespectful behaviour
- DDQ2 Give 3 examples of polite words and when to use them.
- DDQ Give an example of when someone has shown kindness to you

Deeper Reading:



Let's Remember Vocabulary:

Respect, caring , helpful, brave
kind

New vocabulary

Respectful, disrespectful,
please, thank you, excuse
me, polite, respect, un-
grateful, rude, sharing,
fair, taking turns, helpful,
unhelpful, citizen ,

Key Websites

[KSI Relationships education: Our Family](#)
[- BBC Teach](#)

[My family - BBC Bitesize](#)

Key Knowledge

Money has changed over time.

We can use different methods to pay for things.

We need jobs so that we can earn money.

Sometimes we need to save and sometimes we need to spend.

We need money to pay for things that we want to buy.

We can use cash or a debit card.

People are paid for the jobs that they do.

The money they are paid is called an 'income'.

People need to buy essential things.

Once they have bought these things, they need to decide whether to spend or save their leftover money.

Wants and Needs Need - A need is something that is essential in order to live. It is necessary for survival.

Want - A want is something that you would like to have but you could live without it.

PSHE

Year 2 Autumn 1 Living in the wider world Money



Dig Deeper Questions:

DDQ1 What were the problems with a barter system?

DDQ2 Why do we need to be careful choosing a payment method?

DDQ3 Why is it important to manage money carefully?

Deeper Reading:



Let's Remember

Vocabulary:

Money, pay, buy, sell, cash

New vocabulary

Currency, Banknote, Barter system, coins, pounds sterling, Debit card,

Credit card, contactless, mobile pay, job, bank, salary, prize, gift, chores, pension, interest, spending, saving, sharing, want, need, food bank

Cash- Coins and notes.

Income- The money people earn from a job.

Job -Work that pays a wage (money).

Salary -The amount a person can earn over a year.

Saving -Keeping money in a safe place until you need it.

Wasting- Spending money when you don't need to

Key Websites

[Money and Me | Bank of England](#)

[Money Heroes | Helping you teach children about money](#)

Key Knowledge

A habit is something that you do regularly, such as once a day, or twice per week.

Some habits are good for us, like washing our hands before eating or brushing our teeth morning and night.

Having healthy teeth means taking the time to look after them.

During sleep, your body rests, but your brain is still active, sorting through all the information you learned that day.

Medicine is a drug that helps you to get better when you are unwell.

Everyone has feelings - when things happen in our lives, they almost always affect how we feel.

Big feelings are powerful emotions that can make it hard for us to focus on our work or enjoy the things we like to do.

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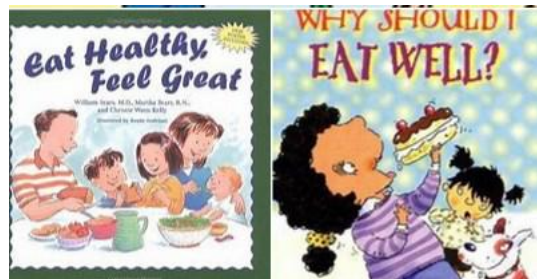
Year 2 Autumn 2 Staying Healthy



Dig Deeper Questions:

- DDQ1 Describe how habits and routines can help us to stay healthy.
- DDQ2 Describe how to brush teeth correctly- draw a diagram.
- DDQ3 Describe how medicines can help people to stay healthy.

Deeper Reading:



Let's Remember

Vocabulary:

Healthy , sleep, cough, medicine , worry

New vocabulary

unhealthy, habit , active , toothbrush, toothpaste, floss, dentist, enamel, cavity, dentine, pulp, nerves, blood vessels, bedtime routine, relax, inhaler, antibiotics, allergy medicines , pain medicine , feelings, emotions , , big feelings ,

Key Websites

[A fun way to learn about health \(healthforkids.co.uk\)](http://healthforkids.co.uk)

[Keeping my body healthy - BBC Teach](http://www.bbc.co.uk/teach/keeping_my_body_healthy)

Key Knowledge

Keeping physically active can help our physical and mental health.

It is important to get enough rest and sleep.

Self-esteem and self-worth reflects how you feel about yourself.

Personal setbacks happen and we need to show resilience and perseverance to overcome them

Feelings and emotions are normal and are a psychological state brought on as a reaction to what happens to you.

You should aim to do **60 minutes** of moderate exercise every day. Moderate exercise means something that makes your body work a bit harder than normal.

Regular exercise is good for both your mental and physical health.

When you exercise, your brain releases **dopamine**, a chemical that makes you feel good.

Exercising gives your heart a workout. It beats faster to supply oxygen to various parts of your body.

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Year 3 Autumn 1 Identity



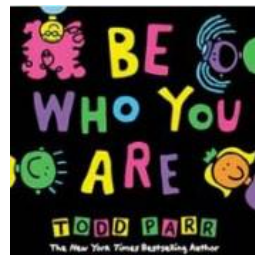
Dig Deeper Questions:

DDQ1 Describe three ways how you can manage difficult emotions

DDQ2 How can we re-frame unhelpful negative thoughts?

DDQ3 Write a short paragraph about your personal strengths and how these make you feel .

Deeper Reading :



Let's Remember

Vocabulary:

Happy, Silly , happy sad , bored , angry , wellbeing , exercise

New vocabulary

focussed, , content , relaxed, scared , anxious , calm , disgusted , confused , devastated , frustrated , excited , high self esteem , setback , resilience , low self esteem frustration , physical wellbeing , stress, anxiety , mental wellbeing , personal qualities , interests , values, ethnicity , identity , dopamine

Being **physically active** simply means moving your body!



Exercise is any movement which makes your body work a bit harder than it normally does, but even gentle activity is good for your health!

Key Websites

[PSHE KS1/KS2: What makes me, me? - BBC Teach](#)

[Premier League Primary Stars | Self-esteem \(plprimarystars.com\)](#)

NHS Live Well Website:
<https://www.nhs.uk/live-well/>

Key Knowledge

Respectful behaviour means treating people kindly. When we talk about showing respect to somebody, we mean treating them well and thinking about what they need.

A role model is someone who is very good at showing respectful behaviour. A role model is somebody who other people look up to, especially younger people.

When you have good manners and are polite, it means you think about what other people need as well as what you need.

There are different types of family e.g Two-parent families, single parent families , blended families, foster families.

Your family are responsible for looking after you at home, but there are others too E.g teachers, friends and club leaders.

Compassion means caring for others. It means showing that you are concerned about people who are in difficulty.

PSHE

Year 3 Autumn 2 **Caring Relationships**

Let's Remember

Vocabulary:

Respectful, polite, family, kindness, please , thank you

New vocabulary

Role model , respectful behaviour, manners , please, thankyou , excuse me , pardon me , you're welcome , two parent family , single parent family , blended family , foster family , compassion, empathy , justice , support ,

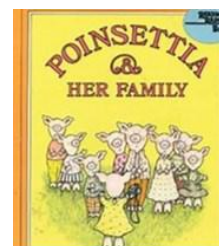
Dig Deeper Questions:

DDQ1 Describe how we can all model respectful behaviour

DDQ2 Explain why good manners are so important

DDQ3 Who is in your family? describe what it is like being in your family .

Deeper Reading:



Key Websites

[Healthy Relationships | Childnet](#)

[Healthy relationships | NSPCC](#)

Key Knowledge

People make decisions about spending and saving money and what influences them.

When deciding on a purchase it is worth comparing what is on offer to work out the best deal. It is a good idea to compare at least two similar items for each of the products you are thinking of paying for.

You should look at:

what you actually want or need
information you can compare on the product or service

terms on offer

the price.

Keeping track of money helps people know how much they must spend or save.

People make choices about ways of paying for things they want and need (e.g., from current accounts/savings; store card/credit cards; loans).

PSHE

Year 4 Autumn 1
Living in the wider world
Money



Dig Deeper Questions:

DDQ1 Explain how you decide if something is "good value for money".

DDQ2 What strategies can we use to prevent overspending?

DDQ3 Is gambling dangerous? explain your answer.



Deeper Reading:

Let's Remember Vocabulary:

Money, pay, card

New vocabulary

Price, quality, budget, branding, value, fairtrade, charity, eco-friendly produce, single use plastic, organic produce, budget, debt, rent, bills, loan, interest, gambling, addiction, lottery, risk advert, pop up, cookie, paid placement, clickbait.

Key Websites

[Money Heroes | Helping you teach children about money](#)

[Money Games and Online Financial Resources | MoneySense \(mymoneysense.com\)](#)

Key Knowledge

An allergic reaction is when your body thinks it's being attacked and starts fighting off the invader.

Anaphylaxis is a severe allergic reaction, which is a serious medical emergency. It is a life-threatening condition which needs immediate medical treatment.

Germs are tiny living things which invade our bodies - there are 4 different main types: bacteria, viruses, fungi and protozoa.

Immunity is the body's ability to protect itself from infection and disease.

Vaccination is a way of making people immune to a particular disease.

A drug is a chemical which changes the way the body works. Drugs are taken as pills, liquids, powders, patches or are sometimes injected. Not all drugs are good for you.

Some things can become addictive. This means that you want to keep doing them again and again, in unhealthy amounts.

PSHE

Year 4 Autumn 2 Health



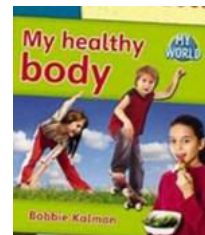
Dig Deeper Questions:

DDQ1 How would you respond to someone having a severe allergic reaction?

DDQ2 Why it is important to wash our hands properly

DDQ3 How do habits and routines affect our health?

Deeper Reading:



Vocabulary:

Medicine, illness, unwell

Hay fever, allergic reaction, symptoms, nasal sprays, epi-pen anti-histamine anaphylaxis, germ, infection, hand sanitiser, contagious, immunity, symptoms, genes, rickets, bacteria, viruses, fungi, parasites, vaccination, immune, antibodies, drugs, medicines, legal, illegal, addiction, habit, dopamine,

Key Websites

<http://pbskids.org/arthur/health>

<http://www.nourishinteractive.com/kids/kidsarea.html>

Key Knowledge

There are many important skills that are needed for the world of work, for example: positivity; problem-solving; listening to others; presenting and creating ideas; teamwork; making decisions

We all have wonderful skills and strengths; some of which might suit certain jobs more than others. It is important to remember that anyone can have these skills and strengths, regardless of their gender or their background. It is people's skills and interests that determine what job they may choose - nothing else matters. We need to avoid using stereotypes, for example, thinking that only males can be footballers or that all nurses are female.

It is important to balance screen time and other activities.

Age restrictions are in place to protect young people from potential harm.

We must consider our suitability of different careers and roles in relation to our personal abilities

Stereotypes can have a negative effect on our career choices, and we must embrace diversity and inclusion.

Search engines, such as Google, rank information online skewing results.

We must check information online before accepting it is true.

PSHE

Year 5 Autumn 1 Living in the wider world Careers and Media awareness



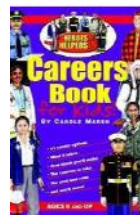
Dig Deeper Questions:

DDQ1 What are the dangers of too much screen time? What can we do to prevent these happening?

DDQ2 What must we consider when thinking about our future career choices?

DDQ3 What measures must we take during Guy Fawkes celebrations ?

Deeper Reading:



Let's Remember

Vocabulary:

Career , qualifications, talents , interests , choices , skills

New vocabulary

Dopamine, focus, circadian rhythm, addiction, melatonin, age restriction, online predator, exploit, age appropriate content, stereotype, employee, salary, career self employed , fake news , propaganda, advertisement, bias, fireworks, sparkler, nylon, rocket

Key Websites

[Screen time advice hub for parents | Internet Matters](#)

[Careers - BBC Bitesize](#)

[Firework safety guide - BBC Newsround](#)

Key Knowledge

Emotions change for all kinds of reasons.

There can be internal and external factors that affect our emotions.

Some emotions can feel intense so it is important that we can express them using our words.

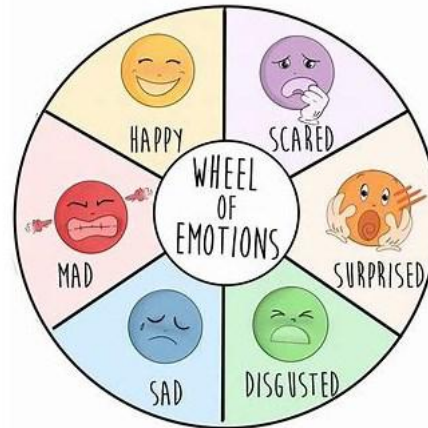
We need to feel proud of our positive qualities and protect our self-esteem.

Mental and physical health are interlinked and we need to look after them using positive strategies.

FGM stands for Female Genital Mutilation and is a form of child abuse.

PSHE

Year 5 Autumn 2 Wellbeing and emotions



Dig Deeper Questions:

DDQ1 Explain how our feelings can vary in intensity over time.

DDQ2 Explain the different ways we can look after our mental health

DDQ3 Describe the dangers of FGM and how we can help others who might be at risk as well as ourselves.

Deeper Reading:



Let's Remember

Vocabulary:

Happy , sad , angry , bored, silly, excited

New vocabulary

focussed, content , relaxed, scared , anxious , calm , disgusted , confused , devastated , frustrated , excited , high self esteem , setback , resilience , low self esteem frustration , physical wellbeing , stress, anxiety , exercise , mental wellbeing , personal qualities , interests , values, ethnicity , identity , body image, CBT, nutrient, protein, wholegrain ,symptom , Elder, community, rite of passage, genitals,

Key Websites

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Wellbeing Activities | The Children's Society \(childrensociety.org.uk\)](http://childrensociety.org.uk)

Key Knowledge

Not eating well and not being active can affect out health.

The five food groups are proteins, carbohydrates, fats, vitamins and minerals and dairy.

Oral hygiene is important so that our teeth don't decay and fall out.

Being outdoors doing physical activities can help our physical health and mental wellbeing. It improves: our levels of vitamin D, vital to help our immune systems and bone growth; our activity levels; our creativity and love of nature; our ability to take risks safely; our relationships with friends; confidence, happiness and self-esteem, and will also reduce anxiety!

Vaccines are safe and effective— Any licensed vaccine is tested before it is approved for use. Vaccines prevent deadly illnesses.

Vaccines provide better immunity than natural infections Combined vaccines are safe and beneficial

If we stop vaccination, diseases will return.

Vaccines protect against 26 diseases. Increasing immunisation globally could save an additional 1.5 million people every year. Even with better hygiene, sanitation and access to safe water, infections still exist. When people are not vaccinated infectious diseases can quickly spread.

PSHE

Year 6 Autumn 1 Health and wellbeing Physical health



Dig Deeper Questions:

DDQ1 Give 5 benefits of following a healthy diet and exercise routine.

DDQ2 Design a meal that has the 5 main food groups in it- include annotations

DDQ3 What are the main differences between virus and bacteria – How can we stop them spreading?

Deeper Reading:



Let's Remember

Vocabulary:

Diet, health, exercise , carbohydrates, fats, protein, vitamins and minerals, dairy

Self—esteem, vaccination , diseases,

New vocabulary

Vitamin D , cavities, Dentyne , plaque, decay,

Vaccine, Healthy living , food groups , exercise, eat well , dental hygiene, infection, antibiotic contagious, virus, bacteria, germ, infectious, global, sanitation,

Key Websites

[Activities for kids - Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Children's teeth - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Microbiology for Kids: OLogy | AMNH](https://www.amnh.org)

Key Knowledge

We can reduce conflict, respect the views of others and disagree with people respectfully.

Some dangerous people seek out the vulnerable and we need to know how not to fall for their traps.

Online predators might lie about who they are or might want to make unwanted contact with you online.

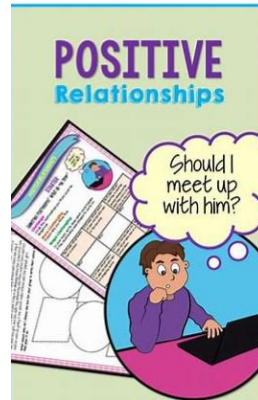
There are many types of love however real love does not tolerate abuse.

There are different ways of showing commitment.

There are different types of families we can have.

PSHE

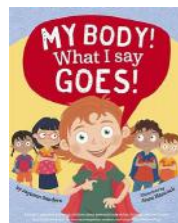
Year 6 Autumn 2 Safe Relationships



Dig Deeper Questions:

- DDQ1 Describe some ways of avoiding dangerous relationships
- DDQ2 Describe how we can react respectfully in different situations
- DDQ3 Describe some common signs of abuse and how to report it .

Deeper Reading:



Let's Remember Vocabulary:

Bullying , online, conflict, abuse, love

New vocabulary

Cyber -bullying , online predator, domestic abuse, respect, marriage, civil partnership, love , abuse, identity theft, scam, online gaming

Key Websites

[Healthy relationships | NSPCC](#)

[Relationships - BBC Bitesize](#)