



Subject: RSHE

Year Group	Knowledge/PSHE *non-negotiable knowledge This is directly related to your end of term assessment.	Skills/Social skills and emotional /relationships *non-negotiable knowledge This is directly related to your end of term assessment.	Vocabulary	Inspirational people/ events/books	Club/visit/experts
3	Term 1 – I can explain how my behaviour can affect how others feel and behave.	Term 1 – 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.	Term 1 – Welcome, Valued, Achievements, Proud, Pleased, Personal Goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Fears, Worries, Solutions, Support, Rights, Responsibilities, Learning Charter, Dream, Behaviour, Rewards, Consequences, Actions, Fairness, Choices, Co-Operate, Group Dynamics, Team Work, View Point, Ideal School, Belong		
	Term 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	Term 2 – 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.	Term 2 – Family, Loving, Caring, Safe, Connected, Difference, Special, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Unkind, Feelings, Tell, Consequences, Hurtful, Compliment, Unique		
	Term 3 – I can explain the different ways that help me learn and what I need to do to improve.	Term 3 – 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.	Term 3 – Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Team work, Enterprise, Design, Cooperation, Product, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Celebrate, Evaluate		

Term 4 - 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.	Term 4 - I can express how being anxious/ scared and unwell feels.	Term 4 - Oxygen, Energy, Calories / kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice		
Term 5 - I can explain how my life is influenced positively by people I know and also by people from other countries.	Term 5 - I can explain why my choices might affect my family, friendships and people around the world who I don't know.	Term 5 - Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude, Celebrate		
Term 6 – 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.	Term 6 - I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings. Transition support – be emotionally prepared for new year and have ask and there is a plan for my worries – eg: how adults will support me and I will support myself.	Term 6 - Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum / ova, Womb / uterus, Vagina, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy		

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4	<p>Term 1 – I can explain why being listened to and listening to others is important in my school community.</p> <p>Term 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.</p> <p>Term 3 – – I can plan and set new goals even after a disappointment.</p> <p>Term 4 - I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>Term 5 - I can recognise how people are feeling when they miss a special person or animal.</p> <p>Term 6 - 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>Term 1 – I can explain why being democratic is important and can help me and others feel valued.</p> <p>Term 2 – I can explain why it is good to accept myself and others for who we are.</p> <p>Term 3 – I can explain what it means to be resilient and have a positive attitude.</p> <p>Term 4 - I can identify feelings of anxiety and fear associated with peer pressure.</p> <p>Term 5 - I can give ways that might help me manage my feelings when missing a special person or animal.</p> <p>Term 6 - 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> <p>Transition support – be emotionally prepared for new year and have ask and</p>	<p><u>Term 1</u> Included, Excluded, Welcome, Valued, Team, Charter, Role, Job Description, School Community, Responsibility, Rights, Democracy, Democratic, Reward, Consequence, Decisions, Voting, Authority, Learning Charter, Contribution, Observer, UN Convention on Rights of Child (UNCRC).</p> <p><u>Term 2</u> Character, Assumption, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Bullying, Friend, Secret, Deliberate, On purpose, Bystander, Witness, Bully, Problem solve, Cyber bullying, Text message, Website, Troll, Special, Unique, Physical features, Impression, Changed.</p> <p><u>Term 3</u> Dream, Hope, Goal, Determination, Perseverance, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise, Design, Cooperation, Success, Celebrate, Evaluate.</p> <p><u>Term 4</u> Friendship, Emotions, Healthy, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong.</p> <p><u>Term 5</u> Relationship, Close, Jealousy, Problem-solve, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember,</p>		

		there is a plan for my worries – eg: how adults will support me and I will support myself.	Negotiate, Compromise, Trust, Loyal, Empathy, Betrayal, Amicable, Appreciation, Love. <u>Term 6</u> Personal, Unique, Characteristics, Parents, Sperm, Egg / ovum, Penis, Testicles, Vagina / vulva, Womb / uterus, Ovaries, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy.		
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5	Term 1 – I can compare 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.	Term 1 – 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.	Term 1 Goals, Worries, Fears, Value, Welcome, Choice, Ghana, West Africa, Cocoa Plantation, Cocoa Pods, Machete, Rights, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Choices, Behaviour, Responsibilities, Rewards, Consequences, Empathise, Learning Charter, Obstacles, Cooperation, Collaboration, Legal, Illegal, Lawful, Laws, Participation, Motivation, Democracy, Decision, Proud.		
	Term 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.	Term 2 – – I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.	Term 2 Culture, Conflict, Difference, Similarity, Belong, Culture Wheel, Racism, Colour, Race, Discrimination, Ribbon, Bullying, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem solving, Indirect, Direct, Happiness, Developing World, Celebration, Artefacts, Display, Presentation.		
	Term 3 – I can compare my hopes and dreams with those of young people from different cultures.	Term 3 – I can reflect on the hopes and dreams of young people from another cultures and explain how this makes me feel.	Dream, Hope, Goal, Feeling, Achievement, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Perseverance, Motivation, Aspiration, Culture, Country, Sponsorship, Communication, Support, Rallying, Team Work, Cooperation, Difference.		
	Term 4 - I can explain different roles that food and substances can play in people’s lives. I can	Term 4 - I can summarise different ways that I respect and value my body.	Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Calm, Level-headed, Body image, Media,		

	also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.		Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation.		
	Term 5 - 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.	Term 5 - 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.	Personal attributes, Qualities, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Online, Community, Risky, Positive, Negative, Safe, Unsafe, Rights, Responsibilities, Social network, Gaming, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Physical health, Mental health, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARTT rules.		
	Term 6 - 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.	Term 6 - 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. Transition support – be emotionally prepared for new year and have ask and there is a plan for my worries – eg: how adults will support me and I will support myself.	Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam’s Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights.		
6	Term 1 — I can explain how my choices can have an impact on people in my immediate community and globally. Term 2 – I can explain ways in which difference can be a source of conflict or a cause for celebration. Term 3 – I can explain different ways to work with others to help make the world a better place.	Term 1 – I can empathise with others in my community and globally and explain how this can influence the choices I make. Term 2 – I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.	Term 1 Challenge, Goal, Attitude, Actions, Rights and Responsibilities, United Nations Convention on The Rights of the Child, Citizen, Choices, Consequences, Views, Opinion, Collaboration, Collective Decision, Democracy. Term 2 Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Male, Female, Diversity, Transgender, Gender Diversity, Courage, Fairness, Rights, Responsibilities, Power, Struggle, Imbalance, Harassment,	Term 6 – transition support – I moves from Seaford Baptist church and S	

	<p>Term 4 - 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>Term 5 - 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>Term 6 - I can describe how a baby develops from conception through the nine months of pregnancy and how it is born.</p> <p>Transition support – know what will happen when I move up to the next class.</p>	<p>Term 3 – I can explain what motivates me to make the world a better place.</p> <p>Term 4 - I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</p> <p>Term 5 - 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> <p>Term 6 - 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>Transition support – be emotionally prepared for new year and have ask and there is a plan for my worries – eg: how adults will support me and I will support myself.</p>	<p>Bullying, Bullying behaviour, Direct, Indirect, Argument, Recipient, Para-Olympian, Achievement, Accolade, Perseverance, Sport, Admiration, Stamina, Celebration, Conflict.</p> <p>Term 3 Dream, Hope, Goal, Learning, strengths, Stretch, Achievement, Personal, Realistic, Unrealistic, Feeling, Success, Criteria, Learning steps, Money, Global issue, Suffering, Concern, Hardship, Sponsorship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition.</p> <p>Term 4 Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, ‘Legal highs’, Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure.</p> <p>Term 5 Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real / fake, True / untrue, Assertiveness, Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety.</p> <p>Term 6 Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, negative body-talk, mental health, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam’s Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised,</p>		
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			Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, midwife, labour, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights, opportunities, freedoms, responsibilities, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement .		
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