



Stoke By Nayland Cof E Primary School

KS2 PSHE 4 Year Knowledge Cycle

Cycle 1				
	Respect	Understanding	Communication	Key Vocabulary
<u>Families and Friendships</u>	<p>What makes a family; features of family life</p> <p>Managing friendships and peer influence</p> <p>What a personal goal is</p> <p>What a challenge is</p> <p>Why rules are needed and how these relate to choices and consequences</p> <p>That actions can affect others' feelings</p> <p>That others may hold different views</p> <p>That the school has a shared set of values</p>	<p>That different family members carry out different roles or have different responsibilities within the family</p> <p>That gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc</p> <p>Some of the skills of friendship, e.g. taking turns, being a good listener</p> <p>Some strategies for keeping themselves safe online</p> <p>How some of the actions and work of people around the world help and influence my life</p> <p>That they and all children have rights (UNCRC)</p> <p>The lives of children around the world can be different from their own</p> <p>That they are important</p>	<p>Why families are important</p> <p>That everybody's family is different</p> <p>That sometimes family members don't get along and some reasons for this</p> <p>That conflict is a normal part of relationships</p> <p>What it means to be a witness to bullying and that a witness can make the situation worse or better by what they do</p> <p>That some words are used in hurtful ways and that this can have consequences</p>	<p>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, cooperate, group dynamics, team work, view point, ideal school, belong</p>
<u>Respecting Ourselves and Others</u>	<p>Recognising respectful behaviour; the importance of self respect; courtesy and being polite</p> <p>Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p>how fairness may not always mean equal treatment</p> <p>some causes and effects of poverty and inequality (including gender inequalities) at local, national and global levels</p> <p>Courageous Advocacy</p>	<p>some causes and effects of conflict at all levels from personal to global</p> <p>strategies for managing, resolving and preventing conflict, including 'win-win' solutions</p> <p>examples of conflicts past and present in own society and others</p>	<p>family, loving, caring, safe, connected, difference, special, conflict, solve it together, solutions, resolve, witness, bystander, bullying, gay, unkind, feelings, tell, consequences, hurtful, compliment, unique</p>
<u>Belonging to a Community</u>	<p>The values of rules and laws</p> <p>Compassion towards others</p>	<p>diversity of cultures and societies within and beyond own experience</p> <p>contributions of different cultures to our lives</p> <p>nature of prejudice, racism and sexism and ways to combat these impacts of stereotyping, prejudice and discrimination and how to challenge these</p>	<p>impacts of stereotyping, prejudice and discrimination and how to challenge these</p> <p>importance of language, beliefs and values in cultural identities</p>	<p>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,</p>
<u>Money and Work</u>	<p>Different jobs and skills, job stereotypes; setting personal goals</p> <p>Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p>About specific people who have overcome difficult challenges to achieve success</p> <p>What dreams and ambitions are important to them</p> <p>How they can best overcome learning challenges</p> <p>That they are responsible for their own learning</p> <p>What their own strengths are as a learner</p> <p>What an obstacle is and how they can hinder achievement</p>	<p>Consider careers</p> <p>Increase aspiration by sharing new careers</p> <p>Consider how to do a job that interests you</p> <p>Work ethic</p>	<p>men, women, unisex, male, female, stereotype, career, job, role, responsibilities, respect, differences, similarities, conflict, w</p>

		How to take steps to overcome obstacles How to evaluate their own learning progress and identify how it can be better next time		
<u>Physical Health and Mental Well Being</u>	Health choices and habits; what affects feelings; expressing feelings Healthy sleep habits, sun safety; medicines, vaccinations, immunisations and allergies	How exercise affects their bodies Why their hearts and lungs are such important organs That the amount of calories, fat and sugar that they put into their bodies will affect their health That there are different types of drugs That there are things, places and people that can be dangerous	A range of strategies to keep themselves safe That their bodies are complex and need taking care of	enterprise, design, cooperation, product, strengths, motivated, enthusiastic, excited, efficient, responsible, frustration, 'solve it together' technique, solutions, review, learning, celebrate, evaluate
<u>Keeping Safe</u>	Risks and hazards; safety in the local environment and unfamiliar places Keeping safe in different situations including responding in emergencies	Identify the responsibilities they have within their family Use Solve-it-together in a conflict scenario and find a win-win outcome Know how to access help if they are concerned about anything on social media or the internet Empathise with people from other countries who may not have a fair job/ less fortunate	Understand that they are connected to the global community in many different ways Identify similarities in children's rights around the world Identify their own wants and needs and how these may be similar or different from other children in school and the global community	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

Cycle 2

	Respect	Understanding	Communication	Key Vocabulary
<u>Families and Friendships</u>	Positive friendships including online Attraction to others; romantic relationships	That different family members carry out different roles or have different responsibilities within the family That gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc Some of the skills of friendship, e.g. taking turns, being a good listener Some strategies for keeping themselves safe online	How some of the actions and work of people around the world help and influence my life That they and all children have rights (UNCRC) The lives of children around the world can be different from their own	men, women, unisex, male, female, stereotype, career, job, role, responsibilities, respect, differences, similarities, conflict, winwin, 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
<u>Safe Relationships</u>	Personal boundaries; safely responding to others Physical contact and staying safe online	Why families are important That everybody's family is different That sometimes family members don't get along and some reasons for this That conflict is a normal part of relationships	Show appreciation for their families, parents and carers Use the 'Solve it together' technique to calm and resolve conflicts with friends and family Empathise with people who are bullied	family, loving, caring, safe, connected, difference, special, conflict, solve it together, solutions, resolve, witness, bystander, bullying, gay, unkind, feelings, tell, consequences, hurtful, compliment, unique

		<p>What it means to be a witness to bullying and that a witness can make the situation worse or better by what they do</p> <p>That some words are used in hurtful ways and that this can have consequences</p>	<p>Employ skills to support someone who is bullied</p> <p>‘Problem-solve’ a bullying situation accessing appropriate support if necessary</p> <p>Recognise, accept and give compliments</p> <p>Recognise feelings associated with receiving a compliment</p>	
<u>Belonging to a community</u>	What makes a community Compassion towards others	<p>How to face new challenges positively</p> <p>Understand how to set personal goals</p> <p>Understand the rights and responsibilities associated with being a citizen in the wider community and their country</p> <p>Know how an individual’s behaviour can affect a group and the consequences of this</p> <p>Understand how democracy and having a voice benefits the school community</p> <p>Understand how to contribute towards the democratic process</p>	<p>Identify what they value most about school</p> <p>Identify hopes for the school year</p> <p>Empathy for people whose lives are different from their own</p> <p>Consider their own actions and the effect they have on themselves and others</p> <p>Work as part of a group, listening and contributing effectively</p> <p>Understand why the school community benefits from a Learning Charter</p> <p>Help friends make positive choices</p> <p>Know how to regulate their emotions</p>	<p>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</p>
<u>Media Literacy and digital resilience</u>	How the internet is used – Fake news How information online is targeted	<p>That a personality is made up of many different characteristics, qualities and attributes</p> <p>That belonging to an online community can have positive and negative consequences</p> <p>That there are rights and responsibilities in an online community or social network</p> <p>That there are rights and responsibilities when playing a game online</p> <p>That too much screen time isn’t healthy</p> <p>How to stay safe when using technology to communicate with friends</p>	<p>Fake news and its impact</p> <p>Power of social media</p> <p>Risks associated with social media</p> <p>Ways to keep yourself safe online</p>	<p>Fake news,</p> <p>Power</p> <p>Social media</p> <p>Safety</p> <p>Reporting</p> <p>Choices</p>
<u>Physical health and Mental well being</u>	Maintaining a balanced lifestyle; oral hygiene and dental care What affects mental health and ways to take care of it	<p>That it is important to take care of their own mental health</p> <p>Ways that they can take care of their own mental health</p> <p>The stages of grief and that there are different types of loss that cause people to grieve</p> <p>That sometimes people can try to gain power or control them</p>	<p>Some of the dangers of being ‘online’</p> <p>How to use technology safely and positively to communicate with their friends and family</p>	<p>mental health, ashamed, stigma, stress, anxiety, support, worried, signs, warning, selfharm, 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>
<u>Growing and changing</u>	Personal strengths and achievements; managing and reframing set backs Human reproduction and birth; increasing independence; managing transition	<p>What perception means and that perceptions can be right or wrong</p> <p>How girls’ and boys’ bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>That sexual intercourse can lead to conception</p> <p>That some people need help to conceive and might use IVF</p> <p>That becoming a teenager involves various changes and also brings growing responsibility</p>	<p>How girls’ and boys’ bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>How a baby develops from conception through the nine months of pregnancy and how it is born</p> <p>How being physically attracted to someone changes the nature of the relationship</p> <p>The importance of self-esteem and what they can do to develop it</p>	<p>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, 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, ovaries, egg (ovum), period, fertilised, unfertilised, conception, sexual intercourse, foetus, contraception, pregnancy,</p>

			What they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class	midwife, labour, menstruation, sanitary products, tampon, pad, towel, liner, hygiene, age appropriateness, legal, laws, responsible, teenager, responsibilities, rights, opportunities, freedoms, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement
Cycle 3				
	Respect	Understanding	Communication	Key Vocabulary
<u>Respecting ourselves and others</u>	What makes a family; features of family life Managing friendships and peer influence	The different perceptions of 'being normal' and where these might come from Being different could affect someone's life Power can play a part in a bullying or conflict situation People can hold power over others individually or in a group	Why some people choose to bully others People with disabilities can lead amazing lives Differences can be a source of celebration as well as conflict Social responsibility	normal, ability, disability, visual impairment, empathy, perception, medication, vision, blind, male, female, diversity, transgender, gender diversity, courage, fairness, rights, responsibilities, power, struggle, imbalance, harassment, bullying, bullying behaviour, direct, indirect, argument, recipient, para Olympian, achievement, accolade, perseverance, sport, admiration, stamina, celebration, conflict
<u>Safe relationships</u>	Recognising respectful behaviour; the importance of self respect; courtesy and being polite Responding respectfully to a wide range of people; recognising prejudice and discrimination	How to set goals for the year ahead What fears and worries are About children's universal rights The lives of children in other parts of the world How personal choices can affect others locally and globally	That their own choices result in different consequences and rewards How democracy and having a voice benefits the school community How to contribute towards the democratic process	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, antisocial behaviour, crime, mental health, emotional health, mental illness, symptoms, stress, triggers, strategies, managing stress, pressure.
<u>Money and work</u>	The values of rules and laws Compassion towards others	That they will need money to help them to achieve some of their dreams About a range of jobs that are carried out by people I know That different jobs pay more money than others The types of job they might like to do when they are older That young people from different cultures may have different dreams and goals	That communicating with someone from a different culture means that they can learn from them and vice versa Ways that they can support young people in their own culture and abroad Courageous advocacy	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
<u>Media Literacy and digital resilience</u>	Different jobs and skills, job stereotypes; setting personal goals Identifying job interests and aspirations; what influences career choices; workplace stereotypes	How to set goals for the year ahead What fears and worries are About children's universal rights The lives of children in other parts of the world How personal choices can affect others locally and globally	That their own choices result in different consequences and rewards How democracy and having a voice benefits the school community How to contribute towards the democratic process	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.
<u>Keeping safe</u>	Health choices and habits; what affects feelings; expressing feelings	The health risks of smoking How smoking tobacco affects the lungs, liver and heart	That the media, social media and celebrity culture promotes certain body types	responsibility, choice, immunisation, prevention, drugs, effects, motivation, prescribed, unrestricted, over-the-counter, restricted, illegal,

	Healthy sleep habits, sun safety; medicines, vaccinations, immunisations and allergies	Some of the risks linked to misusing alcohol, including antisocial behaviour Basic emergency procedures including the recovery position and how to get help How to get help in emergency situations	The different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure What makes a healthy lifestyle	volatile substances, 'legal highs', exploited, vulnerable, criminal, gangs, pressure, strategies, reputation, antisocial behaviour, crime, mental health, emotional health, mental illness, symptoms, stress, triggers, strategies, managing stress, pressure.
<u>Physical health and mental well being</u>	Risks and hazards; safety in the local environment and unfamiliar places Keeping safe in different situations including responding in emergencies	How to take responsibility for their own health How to make choices that benefit their own health and well-being About different types of drugs and their uses How these different types of drugs can affect people's bodies, especially their liver and heart	That some people can be exploited and made to do things that are against the law Why some people join gangs and the risk that this can involve (including information about country lines) What it means to be emotionally well That stress can be triggered by a range of things That being stressed can cause drug and alcohol misuse	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
Cycle 4				
	Respect	Understanding	Communication	Key Vocabulary
<u>Families and Friendships</u>	Positive friendships including online Attraction to others; romantic relationships	Their own learning strengths How to set realistic and challenging goals What the learning steps are they need to take to achieve their goal A variety of problems that the world is facing How to work with other people to make the world a better place	Some ways in which they could work with others to make the world a better place What their classmates like and admire about them Courageous advocacy across the world	body-image, self-image, characteristics, looks, personality, perception, self-esteem, affirmation, comparison,
<u>Safe Relationships</u>	Personal boundaries; safely responding to others Physical contact and staying safe online	Why families are important That everybody's family is different That sometimes family members don't get along and some reasons for this That conflict is a normal part of relationships	What it means to be a witness to bullying and that a witness can make the situation worse or better by what they do That some words are used in hurtful ways and that this can have consequences	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, SMARRT rules.
<u>Belonging to a community</u>	What makes a community Compassion towards others	What culture means That differences in culture can sometimes be a source of conflict What racism is and why it is unacceptable That rumour spreading is a form of bullying on and offline External forms of support in regard to bullying e.g. Childline That bullying can be direct and indirect Know how their life is different from the lives of children in the developing world	Consider ways to support the school community, the local community, the wider community, the national community the international community and the global community How small changes can have a great impact	Courageous advocacy, global, national, international, community Local School, wider

<u>Media Literacy and digital resilience</u> <hr/>	How the internet is used – Fake news How information online is targeted	our understanding of topical events and what is happening in the world is dependent on different sources of information. Consider sources of information that provide us with our understanding about topical events. Discuss how these could be ranked in terms of the most IMPORTANT, and why.	determine how far we can trust what we are being told by asking interrogative questions such as who wrote it, and why. consider most IMPORTANT also the most RELIABLE, or not? Which are the most reliable/unreliable overall and why?	Fake news Impact Control Bias Target Audience Politics Beliefs
<u>Physical health and Mental well being</u>	Maintaining a balanced lifestyle; oral hygiene and dental care What affects mental health and ways to take care of it	How to face new challenges positively Understand how to set personal goals Understand the rights and responsibilities associated with being a citizen in the wider community and their country Know how an individual’s behaviour can affect a group and the consequences of this	Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process School council Voting in class	choices, healthy behaviour, unhealthy behaviour, informed decision, pressure, media, influence, emergency, procedure, recovery position, calm, levelheaded, body image, media, social media, celebrity, altered, self-respect, comparison, eating problem, eating disorder, respect, debate, opinion, fact, motivation
<u>Growing and changing</u>	Personal strengths and achievements; managing and reframing set backs Human reproduction and birth; increasing independence; managing transition	That in animals and humans lots of changes happen between conception and growing up That in nature it is usually the female that carries the baby That in humans a mother carries the baby in her uterus (womb) and this is where it develops That babies need love and care from their parents/carers Some of the changes that happen between being a baby and a child	That the male and female body needs to change at puberty so their bodies can make babies when they are adults Some of the outside body changes that happen during puberty Some of the changes on the inside that happen during puberty Children will not yet be taught that: That the male and female body needs to change at puberty so their bodies can make babies when they are adults	uterus, womb, oestrogen, fallopian tube, cervix, develops, puberty, breasts, vagina, 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, testosterone, ovaries, egg (ovum), period, fertilised, unfertilised, conception, sexual intercourse, embryo, umbilical cord, foetus, contraception, pregnancy, menstruation, sanitary products, tampon, pad, towel, liner, hygiene, age appropriateness, legal, laws, responsible, teenag