



WOODFIELD
PRIMARY SCHOOL

PSHE

Handbook

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May 2020

PSHE
overviews

The purpose of this document is to be a reference document for the teaching of PSHE. It will include vocabulary to be taught for the breadth and depth of the PSHE curriculum and resources to aid with teaching.

It is broken down by Jigsaw theme and key stage as to the vocabulary and knowledge that is expected to be used and understood. Each definition is in child-friendly terms with examples that children can easily relate to. It is by no means an exhaustive list of all PSHE vocabulary.



Foundation stage

PSHE is taught predominantly through Jigsaw and Thrive in the Foundation Stage and is also interwoven through the Personal, Social and Emotional Development (PSED) strand of Development Matters. Wider opportunities including experiences and visits from external agencies serve to enrich and embed the skills and knowledge.

Children should be hearing and using the vocabulary during taught sessions but also during their independent learning when possible, with adults modelling it and applying it in a variety of scenarios, repeatedly.

It is also very important to link vocabulary to real life experiences and concrete objects where possible at this stage to enable children to practise and embed the vocabulary into their everyday language.

Foundation Stage Glossary

feelings	These are the way we feel inside ourselves. They never stay the same all of the time. We have lots of different feelings and some feel good and some feel bad but there are things we can do to help us when we have these feelings.
safe	We are safe when we are not going to be hurt by someone or something. Some people, places and rules can keep us safe.
healthy	We are healthy when we have a good body or mind. Healthy food and healthy things we can do, give us a good body and mind and keep us feeling good about ourselves.
clean	Being clean means not having any dirt or germs. We can keep ourselves clean by washing our hands and the rest of our body.
perseverance	We show perseverance when we don't give up if we find something tricky. We try again and try different ways to do it instead of giving up. Perseverance makes us better at things.
challenge	A challenge is an interesting or tricky problem which we will have to try really hard to do, but we will feel really good when we have done it and we will learn a lot whilst we are trying to do it.
goal	A goal is something that you really want to get or be able to do. It might need you to work hard to get it.
family	All the people who love and care about you. They might live in your home or they might live in different homes. There are lots of different types of families and each one is special.
friend	A person who you like and who likes you too. A friend is kind to you and makes you feel good most of the time.
special	You are special because there is nobody the same as you and that is good. Something special can happen when it is a fun surprise or it is something that makes you feel good inside. People can give you special things which are things that you care about and keep safe.
celebration	A celebration is something that you plan or do because is happening e.g. it is your birthday and you are having a party. A celebration is a time when family and friends are together and there is usually special food, clothes and things that are done to make it fun.

KS1 and KS2

At Woodfield, PSHE is taught through Jigsaw, Thrive and wider opportunities. Jigsaw is a spiral curriculum where new knowledge and new skills begin to develop at each stage but previous learning is continuously re-visited and built upon, ensuring that knowledge and skills gained throughout each phase is deepened, enhanced and mastered.

The importance of modelling and using the vocabulary that is being taught, regularly and in a wider context than just the lessons, is equally important in KS1 and KS2 as in EYFS.

It is also very important to still link vocabulary to real life experiences and concrete objects where possible to enable all children to practise and embed the vocabulary into their everyday language. Giving children examples from outside of their immediate community allows them to begin to recognise what they have learnt on a global scale and to also apply their knowledge to what it looks like in the wider world and recognise themselves as global citizens.

Being Me in My World

KSI

(Vocabulary from EYFS as well as those listed below)



rights	Things that you should have or the things people should do for you because the law says so e.g. the law says you should be given food and drink every day.
responsibilities	Something which you have to do e.g. You have to look after your puppy, you are responsible for the puppy.
hopes	A wish for something that you think could come true.
fears	When you are worried or frightened about something that might or might not happen.
consequences	Something that might happen because something else has happened or you have done something e.g. If you don't exercise, the consequence is that you will be unhealthy.
contribution	When you give something to a person or a group of people. You can also contribute to a piece of work that lots of people are doing e.g. You can help to build a tower so you are contributing to the building of the tower.
rewards	Something good that you get for doing something else e.g. You get a L4L token for working as part of a team.

Being Me in My World

KS2

(Vocabulary from EYFS & KSI as well as those listed below)



positivity	Believing that something good will happen from what you are doing or are going to do.
perspectives	Looking at things from different views e.g. you might think chocolate isn't good because it has lots of sugar in it but someone else might think it's great because it tastes good.
citizen	A person who is a member of a village, town, city or country e.g. You are a citizen of England and Great Britain.
democracy	When a government's power is in the hands of the people and the people vote for the government. England is a democracy.
voting	Voting is when a group of people make a choice and the result decides what will happen e.g. Each person in your class makes a choice (a vote) about what to do for an end of term treat and the idea with the most votes (people who have chosen that activity) wins.
anti-social behaviour	Unfriendly or harmful behaviour that is also sometimes against the law.
role model	A person whose actions set an example or are copied by others.



Celebrating Difference

KSI

(Vocabulary from EYFS as well as those listed below)

similar	When something or someone is nearly the same as something or someone else.
different	When something or someone is not the same and not alike as something or someone else.
bullying	<p>Bullying is when someone is being hurt either by words or actions on purpose, usually more than once, feels bad because of it, and has a hard time stopping what is happening to them. Bullying can be:</p> <p>Physical</p> <ul style="list-style-type: none"> • hitting • pushing and shoving • fighting • tripping • yelling at someone • making rude gestures • taking or breaking another person's things <p>Emotional</p> <ul style="list-style-type: none"> • name calling • making fun of someone • laughing at someone • leaving someone out on purpose • starting rumors or telling lies about someone • sending mean messages on a computer or phone trying to make someone feel bad about who they are
gender	
diversity	Diversity means variety— lots of different types e.g. In a rainforest there is a great diversity of animals or in Doncaster there is a great diversity of people.



Celebrating Difference

KS2

(Vocabulary from EYFS & KSI as well as those listed below)

family conflict	When some people in a family disagree, argue or fight.
compliments	A compliment is when you say something positive to someone else or they say it to you. This could be because you like something they have done, they own, they are wearing or they have said.
judge	When you decide what you think about somebody else because of who they are, where they are from, or the way they look, act, what they believe, what they like or what they say. Sometimes we do this before we really get to know that person.
unique	Being the only one that is like that. Different to everything or everyone else.
First impressions	What you think about somebody when you first meet them.
culture	The language, customs, ideas, and art of a particular group of people.
race	A group of people that are similar because they have physical features that have been passed down from one generation to the next.
racism	The opinion or belief that a particular race of people is better than another race or races. It is also the unfair treatment of people based on the opinion that one race is better than any other.
material wealth	The money or property you have.
disability	Something that makes a person unable to do certain things that most people can do.
power	The ability to influence or control other people.
inclusion	When somebody is included in things e.g. included in a class, a game or a group.
exclusion	When somebody is not included in things and is left out.



Dreams and Goals

KSI

(Vocabulary from EYFS as well as those listed below)

success	When something goes well or when someone gets what they have aimed for.
obstacles	An obstacle is something that gets in the way e.g. Running out of time was an obstacle to getting his painting finished.
strengths	Things you do well and are good at.
cooperation	Working together e.g. working as part of a pair or a team.



Dreams and Goals

KS2

(Vocabulary from EYFS & KSI as well as those listed below)

ambition	Wanting to become rich, famous or to reach a goal.
motivation	When you are wanting to achieve something and you are happy to work to get it e.g. She had the motivation to save all of her money up to buy a new game.
manage	To succeed in doing something in spite of problems or to handle things with skill e.g. He was able to manage his money so that he could pay his bills and buy his food.
budget	Planning your money to see how much money will be earned and spent and how much money is spare after paying bills.
disappointment	The feeling you get when things don't go the way you wanted them to e.g. She felt disappointment when she saw the goal go in the net and her team lost the football match.
resilience	Being able to bounce back when things go wrong.
jobs	A job is when someone is paid money to do particular things.
careers	A career is the work someone chooses to do through their life.
charity	Charity is when you give something to a person or persons in need. A charity is an organisation which helps people or animals in need.



Healthy Me

KSI

(Vocabulary from EYFS as well as those listed below)

<i>lifestyle</i>	<i>The general way of life of a person, including jobs, activities, attitudes to work, money and health.</i>
<i>medicine</i>	<i>A drug or other substance used to treat a disease, injury, pain or other illness.</i>
<i>happiness</i>	<i>Being happy or glad.</i>
<i>relax</i>	<i>To rest while doing nothing or by spending time doing enjoyable things. It can also mean to loosen tight or stiff muscles.</i>
<i>nutrition</i>	<i>Eating and using food for living and growing.</i>



Healthy Me

KS2

(Vocabulary from EYFS & KSI as well as those listed below)

exercise	An activity that is done to keep your body or mind strong o to make them stronger.
fitness	How fit, strong and healthy your body is.
food labelling	Nutrition labels are often displayed as a panel or grid on the back or side of packaging. This type of label includes information on energy, fat, saturates (saturated fat), carbohydrate, sugars, protein and salt. It may also provide additional information on certain nutrients, such as fibre. They can also give you dietary information such as if it is vegetarian or if it contains things that people could have an intolerance to.
drugs	A drug is a chemical that is not food and that affects your body. Some drugs are given to people by doctors to make them healthy. These are called medicines or prescription drugs. Antibiotics are drugs.
smoking	Using cigarettes.
alcohol	A liquid that can make you drunk.
peer pressure	When a person or a group of people influence you to change your attitude, values, look or behaviour so you become more like them.
inner strength	This is when a person has the ability to cope with the stressful situations that happen in life.
vaping	Vaping is inhaling and exhaling the chemicals produced by an e-cigarette or similar device.
exploitation	Using someone in a selfish or unfair way to make money or gain some other advantage. There is an imbalance of power when somebody is exploited.
Emergency aid	Emergency aid is rapid assistance given to a people in immediate distress by individuals, organizations, or governments to relieve suffering, during and after man-made emergencies (like wars) and natural disasters.
stress	Stress is what you feel when you are worried or uncomfortable about something. This worry in your mind can make your body feel bad. You may feel angry, frustrated, scared, or afraid — which can give you a stomach ache or a headache.



Relationships

KSI

(Vocabulary from EYFS as well as those listed below)

belong	To be a member of a group or fit into a group e.g. You belong to your class and your school.
self-esteem	Self-esteem is when you know you are great and you like yourself.
relationship	A relationship is when you are connected to somebody else somehow. Because you live with them or do something else with them. This can be because they are a member of your family, a friend, you are in a club together or you work with them.
appreciation	Showing appreciation is showing that we are thankful for something we have, we have been given or something somebody has done. E.g. The class showed appreciation for the school trip their teacher had organised.
celebrate	When you celebrate, you do special things to show you care or are happy about something e.g. We celebrate in our assembly every week because we are happy with all of the learning we have done together.



Relationships

KS2

(Vocabulary from EYFS & KSI as well as those listed below)

roles	Your role is the part you play. This could be your role in the Christmas play or your role as a school ambassador. Everyone has their own role when they have a job or when they work as part of a team.
negotiation	A negotiation is a discussion between people to help them agree on something e.g. you might have a negotiation with your adult at home to agree on what time you have to go to bed.
global citizen	Global means the whole world. We are all global citizens as we all live on Earth and what happens in the world is everybody's responsibility.
jealousy	Jealousy can be an uncomfortable feeling that we get when we want something that someone else has or we want to do what they can do e.g. He was jealous when the other boy won the race.
love	When we have strong positive and caring feelings for someone we call it love. We can also love a hobby we do e.g. swimming because we enjoy it so much.
loss	Loss is the difficult feeling we experience when we lose someone or something we care about. We can feel loss when someone or a pet dies, when parents separate, when we fall out with our friends or when we have a big change in our life such as moving school/house.
boyfriend	A boyfriend is what we call a favourite male friend.
girlfriend	A girlfriend is what we call a favourite female friend.
E-safety	Using technology safely and responsibly to keep yourself and others safe.
grooming	When an adult pretends to be your friend but they really mean you harm. They might try to make friends through technology, in real life or they might try to make friends with your family.
gambling	To bet money or other things on the way a game, race or other event will end.
mental health	Feeling in your mind that you belong in your family, school and community. Feeling that you have some control over your own life. Having the strength to cope when something is wrong (resilience) and the ability to solve problems.
assertive	Assertiveness is a healthy way of communicating. It's the ability to speak up for ourselves in a way that is honest and respectful.

Changing Me

KSI

(Vocabulary from EYFS as well as those listed below)



life cycle	The changes that a living thing goes through as it grows. Birth, growth, reproduction, aging, and death are all stages in the life cycle of an animal, including humans.
change	A change is when something becomes different e.g. The weather changed from sunny to cloudy or The boy's hair changed from blonde to brown as he got older.
independence	Independence is freedom from the control or influence of others. When children grow up and move out and start making their own decisions, this is an example of independence

Changing Me

KS2

(Vocabulary from EYFS & KSI as well as those listed below)



conception	Conception is the fertilising of an egg by a sperm. It is the beginning of pregnancy.
IVF	In vitro fertilisation (<i>IVF</i>) is one way that is available to help people who are finding it tricky to have a baby. During <i>IVF</i> , an egg is taken from the woman's ovaries and fertilised with sperm in a laboratory. The fertilised egg, called an embryo, is then returned to the woman's womb to grow and develop.
body image	Body image is how we think about ourselves physically, and how we believe others see us.
puberty	Puberty is when a child's body begins to develop and change as they become an adult. Girls develop breasts and start their periods. Boys develop a deeper voice and facial hair will start to appear. The average age for girls to begin puberty is 11, while for boys the average age is 12. But it's different for everyone, so don't worry if you reach puberty before or after your friends. It's completely normal for puberty to begin at any point from the ages of 8 to 14. The process can take up to 4 years.
transition	Transitions are the moves people make from one place to another or one part of their life to another e.g. making the transition from year 2 to year 3 at school or changing from a child to a young adult during puberty.
physical attraction	You are physically attracted to someone when you think that they look beautiful through your eyes. This might make you have strong feelings including wanting to kiss, cuddle or touch them.
consent	Consent is when you give permission for something to happen and it has been your own decision, with nobody telling you or forcing you to make that decision. Consent is when you know and respect your own body as well as other people's bodies. It means that you have the skills to leave a situation that doesn't feel comfortable, and that you respect when other people want to do the same e.g. being able to tell a friend 'No' if they keep smacking you on the bottom on the playground.
sexting	Sexting is when you talk about, or send pictures or videos of, your own or other people's bodies or body parts.

Links for online PSHE resources

Being Me in My World



Website with links to lots of other resources on all SEMH topics (KSI and KS2)

<https://www.schoolwellbeing.co.uk/pages/emotional-wellbeing-and-mental-health>

Resources and activity ideas linked to local area and environment

<https://www.rootsnshoots.org.uk/resources/>

Website run by parliament. Good resources for teaching about parliament, democracy and voting etc. (KS2)

<https://learning.parliament.uk/>

Celebrating Difference



Charity website with stories and photographs from children in developing countries.

<https://cafod.org.uk/Education/Kidz-Zone>

Dreams and Goals



A good website for resources linked to money sense. Some great scenario stories for KSI too. (KSI & KS2)

<https://www.valuesmoneyandme.co.uk/teachers>

Online PSHE Links

Relationships



Website with links to lots of other resources on all SEMH topics (KSI and KS2)

<https://www.schoolwellbeing.co.uk/pages/emotional-wellbeing-and-mental-health>

Anti-bullying resources

<https://www.anti-bullyingalliance.org.uk/tools-information>

A series of simple lessons to help with transition and changing friendships in KS2

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-%E2%80%98making-sense-relationships%E2%80%99-lesson-plans>

LGBTQ resource pack for primary schools, created by Barnardo's.

<https://www.pshe-association.org.uk/sites/default/files/u.26918/Barnardo%27s%20Primary%20School%20Reource%20Pack.pdf>

Barnardo's LGBTQ resources.

<https://www.barnardos.org.uk/what-we-do/our-work/lgbtq>



Links to information about bereavement, aimed at children and schools

<https://www.winstonswish.org/>

Video clips about puberty (KS2)

<https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-to-my-body/znhdvk7>

Menstruation teaching resources

<https://www.always.co.uk/en-gb/puberty-education-resources>

Consent video aimed at children. A really clear way of explaining it for all ages

<https://www.youtube.com/watch?v=h.3nh.M9ULJjc>

Links for online PSHE resources

General



BBC Bitesize has a few links and learning clips linked to different topics in PSHE (KS2)

<https://www.bbc.co.uk/bitesize/subjects/zqtnvcw>

Red Cross have resources and stories linked to topics in the news as well as PSHE topics (KS2)

<https://www.redcross.org.uk/get-involved/teaching-resources>

News stories and clips linked to current affairs topics (KSI & KS2)

<https://www.bbc.co.uk/newsround>

Free animal welfare teaching resources

https://education.rspca.org.uk/education/teachers/primary/-/articleName/edu_primary

BBC web page about Remembrance Day for children in KS2.

<https://www.bbc.co.uk/newsround/15492752>

Sun safety resources

<https://www.soltansunready.com/>

Information and advice for children on a range of topics

<https://www.childline.org.uk/>

Fire safety resources

<https://www.cbtrust.org.uk/learning-zone-landing-page/>

Charity with resources all about health and sanitation around the world

<https://www.wateraid.org/uk/get-involved/all/schools-and-teachers>

Firework safety resources

http://news.bbc.co.uk/cbbcnews/hi/newsid_4360000/newsid_4361500/4361562.stm

Lots of stories, ppts and resources linked to all areas of PSHE for all ages

www.twinkl.co.uk