



Riverside Primary School and Nursery
Key Learning and Vocabulary - Unit-by-unit
PSHE

Year 1					
Unit 1 My Healthy self: How can we look after our emotions?	Unit 2 Connecting with others: How can I help myself and others feel happy and safe?	Unit 3 The online world: How do we spend time online?	Unit 4 Citizenship: how can I help others and the environment?	Unit 5 Health Protection: How can I protect myself and others in daily life?	Unit 6 Staying safe: How can I stay safe?
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
To recognise and name 6 emotions	To recognise what makes me special and talk about my strengths.	To recognise online activities and in-person activities.	To recognise some of the needs of babies and toddlers.	To explain how we wash our hands.	To identify what is safe and unsafe in the home and for our bodies.
To recognise people's emotions and what they might look like	To explore how families care for and support each other.	To recognise that polite behaviour online is the same as polite behaviour in-person.	To understand how to care for animals.	To describe how to protect myself in any weather.	To explain how rules keep us safe.
To recognise other people's emotions and what they may look like	To understand that families should make me feel safe and cared for.	To explain why it is important to balance screen time with in-person behaviour.	To identify how to look after the school environment.	To recognise people who keep us healthy.	To describe how to stay safe near roads.
To know what we can do when our feelings get tricky	To explain how to be a good friend.	To understand when and how to tell an adult about something I see online.	To show respect when sharing ideas and opinions.	To talk about how my body feels when I am ill.	To recognise how I feel when I feel unsafe and identify how to ask for help.
	To explore kind and respectful behaviours.	To describe how I stay safe online.	To recognise how rules help.	To recognise if an injury is serious and identify who can help.	
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Behaviour, emotions, feelings, friendly, care, friend, problem,	Care, trust, safe, kind, friendly, family, lonely, strengths	Online, screen time, internet, safe, trusted adult, polite, healthy	Care, need, rule, safe	Illness, injury, emergency, 999, doctor, urgent, protect	Road safety, rule, uncomfortable, danger, harm, unsafe, emergency



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Year 2					
Unit 1 - My healthy self: How can we look after our bodies?	Unit 2 - Connecting with others: How can I build safe, kind and caring relationships with others?	Unit 3 - The world online: How can i stay safe online?	Unit 4 - Citizenship: How do people belong to a community and earn money?	Unit 5 - Growing up: How can we look after ourselves and respect our bodies as we grow?	Unit 6 - Staying safe: How can i make safe choices in different places?
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
To describe how being active makes me feel.	To recognise and celebrate how people and families are different and special	To describe some things people can do online and how to use devices safely	To identify the communities that people belong to and how they contribute to them	To identify how we grow and change as we get older	To identify what is safe and unsafe in the home and for our bodies
To explain why sleep is important.	To solve a falling-out kindly	To understand private information shouldn't be shared as it can be seen by many people.	To describe jobs people do to help my local community	To express personal boundaries using simple language	To explain how rules keep us safe
To explain how healthy food and drink choices help the body and mind.	To know who I can talk to and what I can say if something feels unsafe or wrong.	To identify when private information has been shared online	To understand what money is and how people use it	To talk about body parts correctly	To describe how to stay safe near roads
To identify ways to keep my teeth clean and healthy.	To recognise bullying behaviour and know what to do if it happens	To understand not everything we see online is real	To recognise different ways adults get money	To talk about how to respect other people's belongings and bodies	To notice how I feel when something is unsafe
To use what I know about looking after my body to create a healthy daily routine.		To explain what to do if something online worries us		To describe how to get help if you feel unsafe or uncomfortable	To recognise who and how to ask for help
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Active, exercise, calm, rest, bedtime routine, healthy, protect, dentist, healthy	Belong, bullying, calm, care, carer, fair, family, share, trust, trusted adult	Digital device, internet, online, private information, rule, safe, sharing online, trusted adult,	community , skills, money, coin, pay, services, belong, contribute, knowledge,	Body, change, grow, nipples, penis, private parts, respect, scrotum, testicles, trusted	Body cues, comfortable, danger, emergency, harmful, road safety, rule, safe,



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habits, hydrated, balanced diet,		uncomfortable		adult, vagina, vulva	trusted adult, uncomfortable, unsafe, 999
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Year 3					
Unit 1 My healthy self: How can I take care of my mind and body?	Unit 2 Connecting with others: What helps us feel safe and included?	Unit 3 The online world: How should we communicate online?	Unit 4 Citizenship: What rights and responsibilities do we have?	Unit 5 Health protection: How can we prevent illness and injury and respond if they happen?	Unit 6 Citizenship: What careers do people choose and why?
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
To understand how emotions effect the body and mind and how these are connected.	To understand what personal boundaries are and how to respect themselves.	To describe respectful ways to communicate online and how online communication can be misunderstood..	To recognise that everyone has rights and responsibilities.	To understand how hygiene can prevent illness.	
To understand how we can tell how someone else is feeling.	To understand how to be a good friend and how we can repair a friendship after a falling out.	To understand how to respond safely to online bullying.	To recognise that children have rights and why they matter.	To understand how sun safety protects our health.	
To understand what we can do when we feel strong emotions and who we can talk to when needed.	To understand what makes a family.	To explain why we must be careful when communicating online.	To understand how reducing and reusing what we use protects the environment.	To understand how vaccinations help the immune system and respond to some diseases.	
To understand how sleep helps my body and mind.	To know the different types of bullying.	To explain and practise ways to stay safe online.	To recognise our responsibility to recycle at home, school and the local area.	To identify when to ask for help to manage a health concern.	
			To recognise how local councils	To recognise basic first aid	



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			look after local communities.	and how to get help in an emergency.	
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
health,routine, support,mind,respect,bullying, feelings, hydrated, mood, trusted	friendship,communicate self-respect,unfair,falling-out strengths,boundaries behaviour,value comfortable	communicate, report, block, anonymous, respect, screenshot, trusted adult, online, internet, age restriction	Community, budget, business,environment, human rights, local council, respect, responsibility	999, emergency, allergy, asthma, choking, disease, first aid, disease, germs	

Year 4					
My Healthy Self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Citizenship:How can I spend money responsibly?	Growing up: How will my body and emotions change?	Staying safe: What signs help me recognise what is safe or unsafe? and Transition
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
To explore the importance of having a balanced diet.	To practise being respectful in different settings.	To recognise how the internet can be challenging	To explore different ways to pay for things.	To explain what body boundaries are	To identify warning signs that a situation may be unsafe
To investigate how physical activity affects the body.	To describe a range of ways to build trusting relationships.	To recognise not all online content is appropriate for children	To recognise how tracking money and budgeting can help people make spending and saving decisions.	To explore how bodies change during puberty	To respond to an uncomfortable situation safely



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To recognise when someone may need support and how to seek help.	To consider how actions help us look after our friendships.	To recognise that some online information can be misleading	To recognise how people decide if something is good value for money.	To explain how to manage emotions during puberty	To identify common risks and explain how to stay safe
To understand that being kind can help me too.	To explain when and how to ask for help when I see bullying.	To check whether online information is reliable	To recognise that money can impact how people feel.	To explain what a period is and what happens when you have one	To explain how to stay safe in water
	To know what stereotypes are and why they are unfair.	To evaluate sources of information online		To describe how and why we should treat others kindness and respect	To explain when drugs and medicines are harmful
		To recognise the importance of questioning online content		To identify trusted adults and how they can help with worries about changes	To recognise hazards and explain how thinking ahead reduces risks
					To cope with changes when moving to a new class
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Mental health, physical health, nutrients, balance diet, support, trust	Bullying, compromise, disrespectful, loneliness, manners, self-respect, stereotype,	age-restriction, online content, reliable, search engine, search result	bank, budget, feelings, money, need, save, value	Boundaries, breast, communicate, emotions, feelings, period, permission, physical change, puberty, respect, trusted adult, uncomfortable	alcohol, boundaries, cigarettes, crossing, hazard, inappropriate, personal space, pressure, risks, vape, tide



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Year 5					
My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
To explore how food labels can help in making healthier choices	To describe how our identities are influenced by different factors.	To analyse how online adverts influence what we click, buy or watch.	To recognise how to show care for others	To discuss the physical and emotional changes that happen during puberty.	To prioritise needs over wants.
To reflect on how active I am.	To understand what commitment means and how it is shown in family relationships.	To explain how online adverts are targeted.	To recognise how individuals and groups can contribute to a community	I can explain how good hygiene helps me look after my body, including my private parts.	To create a weekly budget.
To compare the impact of different physical activities on the body.	To identify different ways that families can support and protect each other.	To recognise how different types of online content influence choices and behavior.	To recognise how the UK government works	To recognise how to treat others with kindness during puberty,	To understand how borrowing and loans work.
To recognise a range of complex feelings	To evaluate healthy and unhealthy friendships	To explain how online trends influence behavior.	To understand the role of a local councillor	To describe what a period is and how to manage it.	To understand risk when spending money online.
To recognise and respond to strong and complex feelings.	To develop and apply positive ways to respond to friendship challenges.	To recognise that online messages can be misleading.	To recognise the role of pressure groups	To identify emotions that may change during puberty and know who to talk to for support.	To know how money can be kept safe online and offline.
To recognise how to look after mental health.	To reflect on what assertive communication looks like and why it is important.	To analyse how opinions shared online can shape our views.	To recognise how people can influence decisions made by the government.	To recognise personal boundaries and know how to respond when they are crossed.	To recognise the risks of gambling.



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Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Active, emotions, exercise, feelings, light activity, mental health, moderate activity, nutrients, regulate, response,	Civil partnership commitment influence marriage	Advert, fact influence, mislead, opinion, scam, sponsored targeted advert.	Budget, campaign, citizen, councillor, democracy, government, influence, issue, local council, Member of Parliament, national, tax	Eggs, erection, genitals, hormones, hygiene, menstrual cup, period pad, period pants, self-conscious, sensitive, tampon, wet dream, womb, uterus.	Budget, need, expenditure, income, expenditure, income, loan, private information, gambling.



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Year 6					
Unit 1 - My healthy self: How do my choices today affect my future	Unit 2 - Connecting with others: What does it mean to stand up for myself and others	Unit 3 - Online world: How do I feel about the things I see online	Unit 4 - Citizenship: How can we protect everyone's rights	Unit 5 - Staying safe: how can I stay safe as I grow up	Unit 6 - Sex education: How do people become parents and carers
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
To understand how daily habits protect long term dental healthy	To make links between values and personal growth	To understand how online platforms engage users and recognise ways to manage online activity		To describe how to keep myself safe when I am at home without adult support	To use the correct scientific vocabulary to name private body parts respectfully
To interpret nutritional information to help inform choices about food.	To evaluate how to be respectful in different situations	To recognise why some online gaming can be risky and how to make safe choices		To predict and plan for risks outside the home	To describe how a baby is made using scientific vocabulary
To describe how habits can influence long term health	To select and respect personal boundaries seeking and giving consent.	To analyse how online context can influence how people think and feel		To explain how to stay safe near railways	To understand the stages of pregnancy and the different ways babies are born
To recognise and regulate strong and complex feelings	To evaluate safe, respectful ways to challenge unfairness in everyday situations	To recognise and respond to harmful online behaviours		To manage risk in, on and around water by following the water safety code	To recognise that families can be formed in different ways
To explain how our mindset can affect our personal growth	To describe how to respond to bullying safely.	To understand how what we share online can affect ourselves and others		To recognise and respond to peer pressure	To consider some of the responsibilities of having a baby
To understand how my actions can impact myself and others	To explain when to seek help for yourself or someone else	To recognise the impact of online experiences on wellbeing and how to respond positively		To recognise the risks of drug mis use and how to make safe choices	To understand what consent means



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Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Dental hygiene, self-esteem, tooth decay, calories, flossing, mental health, regulate.	bystander , consent, discrimination, empathy, self-esteem, stereotype, threat, upstander	Harmful Online bullying Online reputation Realistic unrealistic		Addictive, coastguard, drugs, public transport, violence, cautious, peer pressure	Conception, consent, ovary, pregnant, sexual intercourse, sperm, egg