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|  | ***PSHCE- Keeping/staying safe (Tying shoelaces)*** | |
| **Key vocabulary** | Explanation/ definition | Key knowledge |
| Laces | Material used to tie shoes | Developing understanding of safe and unsafe scenarios  How to Tie Your Shoes | learn how to tie your shoes! | Flickr 100+ Free Hazard & Warning Vectors - Pixabay |
| Safety | Being protective and unlikely to cause danger |
| Hazard | A danger or risk |
| Warning | Cautionary advise |
| Dangerous | Able or likely to cause harm |
| Prevention | Action to stop something arising |
| Accidents | An unfortunate incident |

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|  | ***PSHCE- Keeping/staying healthy (Brushing teeth, healthy eating)*** | |
| **Key vocabulary** | Explanation/ definition | Key knowledge |
| Milk teeth | Early teeth in children | Understand how and why to brush your teeth  Brushing Teeth Tooth Dental - Free image on Pixabay  Know the differences between healthy and unhealthy choices  Fresh Healthy Food | #vegan #food #vegetables #fruit #natura… | Flickr |
| Floss | Clean between one’s teeth |
| Decay | Rot |
| Filling | Used to fill holes in teeth |
| Plaque | A sticky deposit on teeth |
| Oral hygiene | Keeping mouth healthy |
| Canine, incisors and molars | Types of teeth |
| Protein | A type of nutrients found in food |
| Food groups | Groups of nutrients made up in food |
| Vitamins and minerals | Compounds necessary for the healthy functioning of our bodies |

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|  | ***PSHCE- Relationships (Bullying, body language)*** | |
| **Key vocabulary** | Explanation/ definition | Key knowledge |
| Bullying | Repetitive unkindness to another to target them | Be able to see and understand bullying behaviours.  Know how to cope with bullying behaviours.  Understand that feelings can be shown without words.  Understand why it is important to care about other people’s feelings.  Take a stand, lend a hand > Vandenberg Air Force Base > Display |
| Kindness | The quality of being friendly, generous, and considerate |
| Caring | Displaying kindness and concern for others |
| Empathy | The ability to understand and share the feelings of another |
| Body language | The movements used to communicate |
| Emotions | A strong feeling |

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|  | ***PSHCE- Being responsible (Practise makes perfect, helping someone in need, schools linking)*** | |
| **Key vocabulary** | Explanation/ definition | Key knowledge |
| Physical | Relating to the body as oppose to the mind | Be able to name ways you can improve in an activity or sport  Be able to see the benefits of practising an activity or sport  Resilient Resilience Strong - Free photo on Pixabay  Know how you can help other people  Understand the risks of talking to people you don’t know very well in the community  File:01 Icon-Community@2x.png - Wikimedia Commons |
| Goals | Aiming to achieve something |
| Achievement | Something done successfully |
| Resilience | Not giving up |
| Growth mind-set | Believing you can develop further |
| Enthusiasm | Intense interest |
| Community | A group of people living in the same area |
| Reliable | Can be trusted |
| Tolerance | Respecting others |

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|  | ***PSHCE- Feelings and emotions (Worry, Anger)*** | |
| **Key vocabulary** | Explanation/ definition | Key knowledge |
| Scared | Feeling fearful or frightened | Learn a range of skills for coping with unpleasant / uncomfortable emotions  Be able to recognise and name emotions and their physical effects  Emotions: Reverse-engineered | LIKING, is the emotion that i… | Flickr |
| Anxious | Worried or uneasy |
| Nervous | Alarmed about something |
| Frustrated | Annoyed or disappointed |
| Respect | Regard for the feelings, wishes, or rights of others |
| Unpleasant/Uncomfortable | Causing discomfort or distress |
| Mental health | Psychological and emotional wellbeing |
| Reflective | Thinking back over an event in deep thought. |

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|  | ***PSHCE- Computer safety (Image sharing, online safety day)*** | |
| **Key vocabulary** | Explanation/ definition | Key knowledge |
| Privacy | Secrecy- not intruded by others | Understand how your online actions can affect others  Know the risks of sharing images without permission.  online safety | paul.klintworth | Flickr |
| Permission | Giving allowance to someone or something |
| Passwords | A secret word or phrase |
| Image sharing | Sharing images online |
| Online | Controlled by or connected to a computer |
| ICT | Information- communication- technologies |

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|  | ***PSHCE- Money matters*** | |
| **Key vocabulary** | Explanation/ definition | Key knowledge |
| Sensible | Something or someone practical | Understand different ways we can receive money  Know how to keep money safe  Understand the importance of saving money  HD wallpaper: 10, 20, and 5 English pounds and coins, currency ... |
| Saving | The practise of saving money for future use |
| Resourceful | Having the ability to find quick and clever ways to overcome difficulties |
| Value | Placing importance on something or somebody |
| Denominations | A face value of money |