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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 scenariosHow 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 teethBrushing Teeth Tooth Dental - Free image on PixabayKnow the differences between healthy and unhealthy choicesFresh 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 sportResilient Resilience Strong - Free photo on PixabayKnow how you can help other people Understand the risks of talking to people you don’t know very well in the communityFile: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 emotionsBe able to recognise and name emotions and their physical effectsEmotions: 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 moneyHD 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  |