



PSHE and RSE Knowledge Organiser

Year 6



Keeping and Staying Safe



Key Vocab

trespassing
warning sign
consequences
influenced risk
prevent current
accidental drownings
water pollution
unfamiliar

By the end of the 'Water Safety' topic, I should know:

~ how to identify a range of danger signs (caution/danger/no entry)
~ ways to manage peer pressure
~ how to develop and name strategies that can help keep ourselves and others safe
~ the impact and possible consequences of an accident or incident (very cold temperatures in water can prevent us from being able to swim, hidden currents could pull us in different directions)

Keeping and Staying Healthy



Key Vocab

alcohol
chemical
ethanol
fermentation
units
Legal age limit
Legal/illegal
drug
alcohol poisoning

By the end of the 'Alcohol' topic, I should know:

~ what a risky choice is
~ the risks associated with alcohol (it can change the way people feel, think or behave)
~ the ways in which alcohol can affect your immediate and future health (affect your senses and judgements, increase blood pressure, increase cholesterol, cause liver damage)
~ some skills and strategies to keep safe

Growing and Changing



Key Vocab

conceive
sexual intercourse
delivery caesarean
egg sperm vagina
cervix womb
ovaries testicles
semen penis
legal age
consent

By the end of the 'Conception' topic, I should know:

~ what the terms 'conception' and 'reproduction' mean and I can explain these (conception is the process of conceiving a baby)
~ how to describe the function of the female and male reproductive systems
~ the various way adults can have a child (naturally, IVF)
~ how to explain the various stages of pregnancy
~ the laws around consent

Being Responsible



Key Vocab

borrow steal
theft crime
possession
belonging(s)
consent
permission trust
relationship
honesty

By the end of the 'Stealing' topic, I should know:

~ how to explain what consent means (when the owner gives you permission)
~ the importance of being honest and not stealing
~ why it is important to have a trusting relationship between friends and family
~ that making some choices can impact others' lives in a negative way

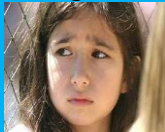


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Feelings and Emotions



Key Vocab

*anxious troubled
prepare manage
positive advice
transition
relaxation
mindfulness*

By the end of the 'Worry' topic, I should know;

~ how to recognise our thoughts, feelings and emotions
~ ways in which we can reduce our feelings of worry (for example if I am worried about change/moving to a new school I could speak to a trusted adult about my worries, join clubs to make new friends, practise mindfulness, list the positives of moving/change)
~ how we can support others who feel worried
~ that we can choose how we act on our emotions and that our choices can affect ourselves and others

Computer Safety



Key Vocab

*online offline
dangers pretend
applications (apps)
age-appropriate
age restrictions
recommendations*

By the end of the 'Making Friends Online' topic, I should know;

~ a range of the key applications that we may use now and in the future (Facebook, Twitter, Instagram, WhatsApp, YouTube, TikTok, Snapchat)
~ and understand why some applications have age restrictions
~ some ways to keep myself and others safe in a range of situations online and offline (do not give out passwords/personal details, think before you share an image, only accept requests from friends that you know, speak to someone if you are receiving unkind messages online)
~ that people may not always be who they say they are online

The Working World



Key Vocab

*In-app purchases
bank account
debt loan
tax interest
debit card
credit card
wages budget
price comparisons
online spending
gambling addictive*

By the end of 'In-App Purchases' topics, I should know;

~ and understand some money-related terms
~ how to recognise some of the ways we can spend money via technology
~ the potential impact of spending money without permission
~ some strategies to save money (Use less electricity, encourage parents and carers to buy cheaper food and household items)

A World without Judgement



Key Vocab

*Inclusive values
religions beliefs
cohesion justice
equality democracy
individual liberty
tolerance peace
acceptance freedom
stereotype*

By the end of the 'British Values' topics, I should know;

~ that there are a wide range of religions and beliefs in the UK
~ how to explain each of the British values (Democracy, The rule of Law, Individual Liberty, Mutual Respect, Tolerance)
~ how to create a range of values for my educational setting (eg, to always tell the truth)
~ that all religions can live in cohesion