

Year 5&6	PSHE Knowledge organiser			Pentecost 1
Life to the full	Prayers and songs	Key Vocabulary and Knowledge		In the Wider World
Making good choices Giving assistance 	'Like the Good Samaritan, may we not be ashamed of touching the wounds of those who suffer, but try to heal them with concrete acts of love.' Pope Francis.	pressure	Feeling like you have to do something because people around you want you to or expect you to.	Earth Day Earth Day is an annual day recognised and celebrated around the world to demonstrate support for protecting the environment. It was first celebrated in 1970 and now more than 193 countries take part.
		First aid	Helping a sick or injured person until medical help arrives.	
Gifts and talents Girl's bodies & Boy's bodies Spots and sleep	O Lord my God, Teach my heart this day where and how to see you, Where and how to find you. You have made me and remade me, And you have bestowed on me All the good things I possess... Amen	DR ABC	A way to remember how to safely give first aid: Danger, Response, Airways, Breathing, Circulation.	World day for Cultural Diversity. This is an important day that is held every year on 21 st May, to help people to learn about the importance of cultural diversity. It is a great chance to celebrate our differences and talk about our cultures.
		Recovery position	A position a first aider will lie a person in to help them until medical help arrives. - The recovery position can be used when a person is unconscious but breathing. - DR ABC is used to find out how to treat life-threatening conditions in order of importance. - We are entitled to say "no" for all sorts of reasons, but not least in order to protect our bodies.	
		adulthood	When a person is physically fully developed and mature.	
		Puberty	The stage in life when a child begins to grow to become an adult.	
		hormones	Chemicals that tell cells and body parts to do certain things. For example, hormones tell the body when to grow and when to stop growing.	
		hygiene	Practices of cleanliness to maintain health and wellbeing. - The unique growth and development of humans, and the changes that girls and boys will experience during puberty. - Puberty is part of God's plan for our bodies. - What changes will happen to them. - The importance of rest and sleep, exercise, personal hygiene, and the impact of not prioritising them.	