Life to the Full
Key Vocabulary

UKS2
Year 5 / Year 6

Module 1

Unit/Topic	Session	Key Vocabulary	Notes
Religious Understanding	**Calming the Storm** (UKS2_1.1.1 or Session ID: UKS2-001)	care love faith trust confidence power calm individual doubts troubles fear listen possible change puberty adult	
Me, My Body, My Health	**Gifts and Talents** (UKS2_1.2.1 or Session ID: UKS2-002)	similarities differences gifts talents unique loved child of God accept self-confidence value show off compare community faults weaknesses	
	Girls' Bodies (UKS2_1.2.2 or Session ID: UKS2-003)	body hair growth spurt puberty breasts buds nipples hips widen waist narrows perspiration oily skin genitals vagina uterus menstruation development self-conscious embarrassed changing natural respect boundaries private	
	Boys' Bodies (UKS2_1.2.3 or Session ID: UKS2-004)	body hair growth spurt puberty shoulders widen perspiration oily skin voice breaking genitals penis erections ejaculation semen urethra nocturnal emissions wet dreams hormones development self-conscious natural respect boundaries private	

Key Vocabulary
Upper Key Stage Two

	Spots and Sleep (UKS2_1.2.4 or Session ID: UKS2-005)	embarrassed self-conscious spots sleep exercise personal hygiene screen time gaming addictive protein shake balanced diet choice impact health sun exposure dental hygiene	
Emotional Well-being	**Body Image** (UKS2_1.3.1 or Session ID: UKS2-006)	pressure peer pressure body image media social media expectations teasing banter bullying thankfulness gratitude resist pressure build resilience	
	Peculiar Feelings (UKS2_1.3.2 or Session ID: UKS2-007)	appropriate inappropriate behaviour actions feelings emotions thoughts manage reframe	
	Emotional Changes (UKS2_1.3.3 or Session ID: UKS2-008)	appropriate inappropriate behaviour actions feelings emotions thoughts manage reframe scared excited happy intense crush infatuation puberty hormones mood swings HALT (Am I **H**ungry, **A**ngry, **L**onely or **T**ired?) isolation loneliness mental-ill health Childline	
	Seeing Things Online (UKS2_1.3.4 or Session ID: UKS2-009) **Key Decision #4**	online good bad pornography appropriate inappropriate addictive emotional brain thinking brain harmless harmful truth love respect online safety	
Life Cycles	**Making Babies - Part 1** (UKS2_1.4.1 or Session ID: UKS2-010)	pregnant parents baby conception sperm egg Fallopian Tube womb uterus implantation placenta umbilical cord embryo fetus vagina birth organ development belly button	

	Making Babies - Part 2 (UKS2_1.4.2 or Session ID: UKS2-011) **Key Decision #5**	marriage husband wife God commitment love sex sexual intercourse parents vagina penis sperm erection ejaculation egg conception Fallopian Tube womb uterus Implantation placenta umbilical cord embryo fetus	
	Menstruation (UKS2_1.4.3 or Session ID: UKS2-012)	period menstruation sanitary towel sanitary products period hygiene blood cramps premenstrual syndrome (PMS) moodiness bloating spots the menstrual cycle ovaries egg womb lining tissue implantation sperm vagina fertilization marriage calling	
	Hope Beyond Death (UKS2_1.4.4 or Session ID: UKS2-013)	death cemetery illness accident old age heaven eternal mystery afraid wake coffin funeral inquest obituary burial cremation gravestone epitaph hearse mourning interment urn grave deceased crematorium life everlasting Reception of the Body Requiem Mass memorial organ donation flowers hope grief pride absence natural process sad grumpy angry confused hard to concentrate lonely shocked puzzled messy	
Module 2			
Religious Understanding	**God Is Calling You** (UKS2_2.1.1 or Session ID: UKS2-014)	Zacchaeus tax rich unpopular dis/honest un/satisfied material needs outlook perspective called created love others prayer conversation 'thank you' 'help' 'sorry' 'I'm feeling…'	
Personal Relationships	**Under Pressure** (UKS2_2.2.1 or Session ID: UKS2-015)	pressure un/spoken in/direct un/helpful choice good bad emotional well-being best interests time out critical perspective journal sense of humour	

	Do You Want a Piece of Cake? (UKS2_2.2.2 or Session ID: UKS2-016)	pressure consent permission yes no powerful powerless bodily autonomy respect control freedom confidence decisions choice children of God gift precious dignity	
	Self-Talk (UKS2_2.2.3 or Session ID: UKS2-017)	positive negative self-talk thoughts feelings actions behaviour pressure healthy relationships beneficial risks safe balance expectations realistic emotional well-being	
	Build Others Up (UKS2_2.2.4 or Session ID: UKS2-027)	fairness bullying prejudice discrimination harassment protected characteristics age Disability race marriage civil partnership pregnancy maternity religion belief Kindness dignity worthy honour respect welcome build others up	
Life Online	**Sharing Isn't Always Caring** (UKS2_2.3.1 Session ID: UKS2-018)	personal safety digital world communication information entertainment email search engines websites social media online TV online safety rules age restrictions sharing online username	
	Cyberbullying (UKS2_2.3.2 Session ID: UKS2-019)	online messages chatting online accuracy distorted misinterpreted context cyberbullying bullying banter block delete save evidence report good online behaviour responsibility	
Keeping Safe	**Types of Abuse** (UKS2_2.4.3 or Session ID: UKS2-020)	people places rules un/safe respect bodily privacy bodily autonomy physical touch in/appropriate abuse neglect physical abuse emotional abuse sexual abuse secrets rights freedom protection law intervene discrimination violence health violation	

	Key Decision #6	FGM Female Genital Mutilation vulva genitalia cutting circumcision Sunna Gudniin Halalays Bondo Tahoor illegal risk misinformation campaign	
	Impacted Lifestyles (UKS2_2.4.4 or Session ID: UKS2-021)	drugs alcohol tobacco legal illegal recreational impact lifestyle lungs Oxygen heart blood smoke cigarettes chemicals Nicotine Carbon Monoxide tar organ damage pulse physical financial social impaired moderation responsibility independence honour respect	
	Making Good Choices (UKS2_2.4.4 or Session ID: UKS2-021)	drugs alcohol tobacco pressure choice decision good bad conscience uncomfortable worried anxious upset distressed moderation self-confidence resilience well-being respect	
	Giving Assistance (UKS2_2.4.6 or Session ID: UKS2-023)	First Aid casualty injury safe emergency services recovery position un/conscious DR ABC Danger Response Airway Breathing Circulation Defibrillator life-threatening environment hazards risk innate desire	
Module 3			
Religious Understanding	**The Holy Trinity** (UKS2_3.1.1 or Session ID: UKS2-024)	Holy Trinity God the Father God the Son (Jesus) God the Holy Spirit love mystery of faith helper Good News the Creed the Church God's family home school parish diocese	

	Catholic Social Teaching (UKS2_3.1.2 or Session ID: UKS2-025)	Catholic Social Teaching love relationships created equality justice dignity family community participation rights responsibilities poor vulnerable workers solidarity care	
Living in the Wider World	**Reaching Out** (UKS2_3.2.1 or Session ID: UKS2-026)	Catholic Social Teaching in/justice dignity family community participation rights responsibilities poor vulnerable workers solidarity care protect donate compassion	