

# Life to the Full

## Key Vocabulary

**UKS2**  
Year 5/Year 6

### Module 1

Unit/Topic	Session	Key Vocabulary	Notes
<b>Religious Understanding</b>	<b>Calming the Storm</b> (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	
<b>Me, My Body, My Health</b>	<b>Gifts and Talents</b> (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	
	<b>Girls' Bodies</b> (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	
	<b>Boys' Bodies</b> (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	
	<b>Spots and Sleep</b> (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	

<b>Emotional Well-being</b>	<b>Body Image</b> (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	
	<b>Peculiar Feelings</b> (UKS2_1.3.2 or Session ID: UKS2-007)	appropriate inappropriate behaviour actions feelings emotions thoughts manage reframe	
	<b>Emotional Changes</b> (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 Hungry, Angry, Lonely or Tired?) isolation loneliness mental-ill health Childline	
	<b>Seeing Things Online</b> (UKS2_1.3.4 or Session ID: UKS2-009) <b>Key Decision #4</b>	online good bad pornography appropriate inappropriate addictive emotional brain thinking brain harmless harmful truth love respect online safety	
<b>Life Cycles</b>	<b>Making Babies - Part 1</b> (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	
	<b>Making Babies - Part 2</b> (UKS2_1.4.2 or Session ID: UKS2-011) <b>Key Decision #5</b>	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	
	<b>Menstruation</b> (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 fertilisation marriage calling	
	<b>Hope Beyond Death</b> (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	
<b>Module 2</b>			
<b>Religious Understanding</b>	<b>God Is Calling You</b> (UKS2_2.1.1 or Session ID: UKS2-014)	Zacchaeus tax rich unpopular dis/honest un/satisfied material needs outlook called created love others prayer conversation 'thank you' 'help' 'sorry' 'I'm feeling...'	
<b>Personal Relationships</b>	<b>Under Pressure</b> (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	
	<b>Do You Want a Piece of Cake?</b> (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	
	<b>Self-Talk</b> (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	
<b>Keeping Safe</b>	<b>TBC</b> (LKS2_2.3.1 or Session ID: KS1-016)		
	<b>TBC</b> (LKS2_2.3.2 or Session ID: KS1-017)		
	<b>Types of Abuse</b> (UKS2_2.3.3 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	

	<b>Key Decision #6</b>	FGM Female Genital Mutilation vulva genitalia cutting circumcision Sunna Gudniin Halalays Bondo Tahoor illegal risk misinformation campaign	
	<b>Impacted Lifestyles</b> (UKS2_2.3.4 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	
	<b>Making Good Choices</b> (UKS2_2.3.4 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	
	<b>Giving Assistance</b> (UKS2_2.3.6 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	
<b>Module 3</b>			
<b>Religious Understanding</b>	<b>The Holy Trinity</b> (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	
	<b>Catholic Social Teaching</b> (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	
<b>Living in the Wider World</b>	<b>Reaching Out</b> (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	