Uplands Junior Academy Subject Overview

Personal, Social, Health and Economic education

Intent:

At Uplands, PSHE education enables children to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. At Uplands, we have considered current issues and challenges that face children and young people growing up in Leicester and we aim, through PSHE education, to help pupils to manage the physical and emotional changes at puberty, introduce them to a wider world and enable them to make an active contribution to their communities. Our curriculum is based on the programme of study devised by the PSHE Association and is taught through three core themes: **Health and wellbeing**; **Relationships**; and **Living in the Wider World**.

British Values (the rule of law; democracy; mutual respect for and tolerance of those with different faiths and beliefs, individual liberty) and protected characteristics (age; disability; gender reassignment; marriage and civil partnership; pregnancy and maternity; race; religion and belief; sex; sexual orientation) are taught through assemblies and are revisited in class at every opportunity.

| | Year 3 | Year 4 | Year 5 | Year 6 |
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| | Wider or enrichment activities: Doctor visit | Wider or enrichment activities: Dentist visit | Wider or enrichment activities: Cycling training First Aid with IW | Wider or enrichment activities: Warning Zone Residential Mock 'job interviews' with SLT |
| | Unit: <u>Health and wellbeing</u> | Unit: <u>Health and wellbeing</u> | Unit: <u>Health and wellbeing</u> | Unit: Health and wellbeing |
| | <u>Healthy lifestyles (physical</u> wellbeing) | <u>Healthy lifestyles (physical</u> <u>wellbeing)</u> | <u>Healthy lifestyles (physical</u> <u>wellbeing)</u> | <u>Healthy lifestyles (physical</u> <u>wellbeing)</u> |
| Autumn 1 | H8. Know how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn. H6. Know about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. | H14. Know how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health. H11. Know how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking). Links to science: Animals including humans Spring 1 | H10. Know how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisation; how allergies can be managed. H9. Know that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it. Key Vocabulary: diseases, allergies, infection, vaccination, immunisation. | H4. Know how to recognise that habits can have both positive and negative effects on a healthy lifestyle. H7. Know how regular (daily/weekly) exercise benefits mental and physical health (walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle. Links to science: Animals including humans Spring 1 |
| | including humans Autumn 2 Key Vocabulary: wellbeing, | Key Vocabulary: support, decay. | Mental health | H12. Know about the benefits of sun exposure and risks of |
| | sleep, routine, behaviour, | Mental health | | overexposure; how to keep sa |

| balanced, choice, nutrition, obesity. | <u>Online safety – Project Evolve:</u> Health, Well-being and | Online safety – Project Evolve: Health, Well-being and | from sun damage and sun/heat stroke and reduce the risk of skin |
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| Mental healthH15. Know that mental health,just like physical health, is partof daily life; the importance oftaking care of mental health.H16. Know about strategies andbehaviours that support mentalhealth — including how goodquality sleep, physicalexercise/time outdoors, beinginvolved in community groups,doing things for others, clubs,and activities, hobbies andspending time with family andfriends can support mentalhealth and wellbeing.Key Vocabulary: mental health,community, hobby, strategies. | lifestyle Name times or situations when somebody might need to limit the use of technology. H18. Know about everyday things that affect feelings and the importance of expressing feelings. H19. Demonstrate a varied vocabulary to use when talking about feelings; about how to express feelings in different ways. H22. Recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult. Key Vocabulary: feelings, expressing, ill, trust. | lifestyleRecognise the risks and benefits of accessing. information about health and well-being online. Describe ways that technology can affect health.H17. Recognise that feelings can change over time and range in | cancer. H13. Know about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online. Key Vocabulary: hygiene, exposure, cancer Mental health H23. Know about change and loss including death, and how these can affect feelings; ways of expressing and managing grief and bereavement. H24. Know problem-solving strategies for dealing with emotions, challenges and change, including transition to new schools. Key Vocabulary: change, loss, death, bereavement, grief. |

| Unit: <u>Health and wellbeing</u> | Unit: <u>Health and wellbeing</u> | Unit: <u>Health and wellbeing</u> | Unit: <u>Health and wellbeing</u> |
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| CODENTITY Contine safety – Project Evolve: Health, Well-being and lifestyle Explain why some online activities have age restrictions. H44. Know how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say. H37. Know reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming. | Keeping safe H41. Know strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about. Links to PE: swimming water safety Drugs, alcohol and tobacco H48. Know about why people choose to use or not use drugs (including nicotine, alcohol and medicines). Key Vocabulary: Nicotine, tobacco, alcohol, medicine. | Keeping safe H39. Name hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe. H43. Know about what is meant by first aid; basic techniques for dealing with common injuries. Drugs, alcohol and tobacco H46. Know about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break. Key Vocabulary: Vaping, habits, cigarettes. | Keeping safe Online safety – Project Evolve: Health, Well-being and lifestyle Describe common systems that regulate age-related content. Understand how and why some apps request payment. H42. Know about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact Drugs, alcohol and tobacco H49. Know about the mixed messages in the media about drugs, including alcohol and smoking/vaping. |

| | | | | H50. Know about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns. Key Vocabulary: Media. |
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| | Unit: <u>Relationships</u> | Unit: <u>Relationships</u> | Unit: <u>Relationships</u> | Unit: <u>Relationships</u> |
| Spring 1 | Families and close positive relationshipsR6. Know that a feature of positive family life is caring relationships; about the different ways in which people care for one another.R8. Recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty. | Families and close positive relationshipsR1. Recognise that there are different types of relationships (friendships, family relationships, romantic relationships, online relationships).R5. Know that people who love and care for each other can be in a committed relationship (marriage), living together, but may also live apart. | Families and close positive relationshipsR3. Know about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong.R4. Know that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others. | Families and close positive relationshipsR2. Know that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different.R7. Recognise and respect that there are different types of family orientation are series. |
| | <u>Friendships</u> | <u>Friendships</u> | R9. Know how to recognise if family relationships are making | structure (including single parents, same-sex parents, step- parents, blended families, foster parents); that families of all types |

| | D1C Know how fitter debies | | and alive femally as such and laws |
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| R10. Know about the | R16. Know how friendships can | them feel unhappy or unsafe, and | can give family members love, |
| importance of friendships; | change over time, about making | how to seek help or advice. | security and stability. |
| strategies for building posit | | | |
| friendships; how positive | having different types of friends. | <u>Friendships</u> | <u>Friendships</u> |
| friendships support wellbei | • | | |
| | R17. Know that friendships have | R11. Know what constitutes a | R12. Recognise what it means to |
| R14. Know that healthy | ups and downs; strategies to | positive healthy friendship | 'know someone online' and how |
| friendships make people fe | | (mutual respect, trust, | this differs from knowing |
| included; recognise when | differences positively and safely. | truthfulness, loyalty, kindness, | someone face-to-face; risks of |
| others may feel lonely or | | generosity, sharing interests and | communicating online with others |
| excluded; strategies for how | v to | experiences, support with | not known face-to-face. |
| include them. | | problems and difficulties); that | |
| | Key Vocabulary: marriage, | the same principles apply to | R15. Know strategies for |
| Key Vocabulary: commitme | ent, disputes, reconcile. | online friendships as to face-to- | recognising and managing peer |
| inclusive, characteristics. | | face relationships | influence and a desire for peer |
| | | | approval in friendships; to |
| | | R13. Know the importance of | recognise the effect of online |
| | | seeking support if feeling lonely or | actions on others. |
| | | excluded. | |
| | | | |
| | | R18. Recognise if a friendship | Key Vocabulary: emotionally, |
| | | (online or offline) is making them | romantically, sexual orientation, |
| | | feel unsafe or uncomfortable; | blended, security, stability. |
| | | how to manage this and ask for | blended, security, stability. |
| | | support if necessary. | Unity Living in the wider world |
| | | support in necessary. | Unit: <u>Living in the wider world</u> |
| | | | For a state of the state of the state |
| | | Key Vocabulary: mutual, | Economic wellbeing: money |
| | | | |
| | | generosity, experiences. | L22. Know about risks associated |
| | | | with money (money can be won, |
| | | | lost or stolen) and ways of |
| | | | keeping money safe. |
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| | | | | L23. Know about the risks |
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| | | | | involved in gambling; different |
| | | | | ways money can be won or lost |
| | | | | through gambling-related |
| | | | | activities and their impact on |
| | | | | health, wellbeing and future |
| | Unit. Deletionshins | Unit: Relationships | Unit: Relationships | aspirations. Unit: Relationships |
| | Unit: <u>Relationships</u> | Unit: <u>Relationships</u> | Unit: <u>Relationships</u> | Unit: <u>Relationships</u> |
| | | | | |
| | Managing hurtful behaviour | Managing hurtful behaviour | Managing hurtful behaviour | Managing hurtful behaviour |
| | and bullying | and bullying | and bullying | and bullying |
| | R19. Know about the impact of | R20. Know strategies to respond | R21. Know about discrimination: | Know how to challenge a friend if |
| | bullying, including offline and | to hurtful behaviour experienced | what it means and how to | you see them hurting or bullying |
| | online, and the consequences | or witnessed, offline and online | challenge it. | others. |
| | of hurtful behaviour. | (including teasing, name-calling, | _ | |
| | | bullying, trolling, harassment or | Understanding protected | Revisit protected characteristics. |
| 5 | | the deliberate excluding of | characteristics and how this | Understand misogyny and how |
| Spring 2 | Safe relationships | others); how to report concerns | applies to school. | this may be displayed in school. |
| Spr | <u> Online safety – Project</u> | and get support. | | Links to History: Did war change |
| | Evolve: Online relationships | | Safe relationships | life for women in Britain? |
| | Explain what it means to | Understanding the impact of | Online safety – Project Evolve: | Autumn 1. |
| | 'know' someone online. | racist bullying in school. | Online relationships | |
| | know someone onnie. | | Demonstrate how to support | Safe relationships |
| | R22. Know about privacy and | Safe relationships | others online. | <u>Online safety – Project Evolve:</u> |
| | personal boundaries; what is | <u>Online safety – Project Evolve:</u> | | Online relationships |
| | appropriate in friendships and | Online relationships | R27. Know about keeping | Explain the impact of sharing |
| | wider relationships (including | Explain how someone can get | something confidential or secret, | inappropriate. |
| | online). | help if they are having | when this should (e.g. a birthday | Explain how sharing things |
| | | problems. | surprise that others will find out | privately online can have |
| | | | about) or should not be agreed to, | unintended consequences. |

| R24. Know how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know. Respecting self and others R31. Recognise the importance | Recognise healthy and unhealthy behaviours online. R23. Know about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns. | and when it is right to break a confidence or share a secret. R28. Know how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. <u>Extremism and radicalisation</u> | R25. Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. R26. Know about seeking and giving permission (consent) in different situations. |
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| of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support | R29. Know where to get advice and report concerns if worried about their own or someone else's personal safety (including online). | Understand the terms extremism and radicalisation. Understand some of the ways in which people can become radicalised. Know what to do if worried about that it may be happening to self or others. <u>Respecting self and others</u> | Extremism and radicalisation Revisit the terms extremism and radicalisation and how to recognise and prevent these things happening. Understand the impact of radicalisation and extremism on individuals and communities. |
| courteous, respectful relationships. Key Vocabulary: bullying, consequence, boundaries, traditions. | R32. Know about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background. Key Vocabulary: teasing, trolling, harassment, background. | R33. Listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own. Key Vocabulary: discrimination, confidentiality, anonymous, courteous, extremism, radicalisation. | Street gangs Understand the term criminal exploitation. Know what street gangs are, why people join them and the risks to self and others. Understand the law regarding carrying knives and the impact that knife crime has on families. Respecting self and others R30. Know that personal |
| | | | behaviour can affect other |

| | | | | people; to recognise and model respectful behaviour online |
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| | | | | R34. Know how to discuss and |
| | | | | debate topical issues, respect |
| | | | | other people's point of view and |
| | | | | constructively challenge those |
| | | | | they disagree with. |
| | | | | Key Vocabulary: consent, |
| | | | | constructive, permission, criminal exploitation, misogyny. |
| | | Unit: <u>Living in the wider world</u> | Unit: Living in the wider world | Unit: <u>Living in the wider world</u> |
| | Moved here due to visitor | | | |
| | time constraints | | | |
| | Health and wellbeing | | | |
| | Drugs, alcohol and tobacco | Shared responsibilities | Shared responsibilities | Shared responsibilities |
| | H47. Recognise that there are | L5. Know ways of carrying out | L3. Know about the relationship | L4. Know the importance of |
| | laws surrounding the use of | shared responsibilities for | between rights and | having compassion towards |
| г Н | legal drugs and that some drugs | protecting the environment in | responsibilities. | others; shared responsibilities we |
| me | are illegal to own, use and give to others. | school and at home; how | | all have for caring for other |
| Summer 1 | to others. | everyday choices can affect the environment (reducing, reusing, | <u>Communities</u> | people and living things; how to show care and concern for others. |
| 0 | H40. Know about the | recycling; food choices). | 19. Know about diversity what it | show care and concern for others. |
| | importance of taking medicines | | L8. Know about diversity: what it means; the benefits of living in a | |
| | correctly and using household | | diverse community; about valuing | |
| | products safely, (following | Communities | diversity within communities. | |
| | instructions carefully). | | | Communities |
| | | L7. Know to value the different | Media literacy and digital | |
| | Key Vocabulary: legal, illegal, | contributions that people and | <u>resilience</u> | L9. Know about stereotypes; how |
| | | | | |
| | drugs. | groups make to the community. | | they can negatively influence |

| Unit: Living in the wider worldMedia literacy and digital resilience Online safety – Project Evolve Online safety – Project Evolve Online safety – Project Evolve Online reputation Explain ways that some information about people online could have been created, copied or shared by others.L1. Recognise there are human rights, that are there to protect everyone.I.1. Know about some of the different ways information and data is shared and used online, including for commercial purposes.L6. Know about the different groups that make up their community; what living in a community means.Key Vocabulary: diversity, commercial, data.Media literacy and digital resilience Online safety – Project Evolve: Online reputation Explain the need to be careful about sharing anything personal onlineKey Vocabulary: diversity, commercial, data. | Online safety – Project Evolve: Online reputation Explain how information about others online can be used by others to make judgements. Search for information about someone online and summarise the information found. L12. Know how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results. L14. Know about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. L15. Recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images. | behaviours and attitudes towards others; strategies for challenging stereotypes. Links to geography: Why do some people think Africa is a country? Summer 2 L10. Know about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced. Media literacy and digital resilience Online safety – Project Evolve: Online reputation Describe ways in which anyone can develop a positive online reputation. Describe strategies anyone can use to protect their online identity. L16. Know about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation. |
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| | can be used both positively and negatively. Key Vocabulary: rules, laws, | | Key Vocabulary: distribution, reliable. | Key Vocabulary: compassion, sterotypes, discrimination, manipulation, misinformation. |
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| | community. | | | |
| Summer 2 | Unit: <u>Health and wellbeing</u> <u>Online safety – Project</u> <u>Evolve: Self-image and</u> <u>identity</u> Explain what is meant by the term identity. Explain how people can represent themselves in different ways online. <u>Ourselves, growing and</u> <u>changing</u> H25. Know about personal identity; what contributes to who we are (ethnicity, family, gender, faith, culture, hobbies, likes/dislikes). H27. Recognise their individuality and personal qualities. | Unit: <u>Health and wellbeing</u> Online safety – Project Evolve: Self-image and identity Explain how my online identity can be different to my offline identity. Explain how others online can pretend to be someone else. Ourselves, growing and changing H28. Identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth. H29. Know about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking. | Unit: <u>Health and wellbeing</u> Online safety – Project Evolve: Self-image and identity Explain how identity can be copied, modified or altered. Ourselves, growing and changing H30. Identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. H31. Know about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams). | Unit: Health and wellbeing Online safety – Project Evolve: Self-image and identity Identify and critically evaluate online content and reject inappropriate representations. Ourselves, growing and changing H26. Know that for some people gender identity does not correspond with their biological sex. H32. Know about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. A basic understanding of contraception can be taught at primary level. This may include |
| | | | | basic information about common forms of contraception (for |

| H36. Know strategies to | Key Vocabulary: identity, | H34. Know about where to get | example, condoms and the |
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| manage transitions between | ethnicity, gender, faith, culture, | more information, help and | contraceptive pill) and how these |
| classes and key stages. | self-worth | advice about growing and | can prevent a baby being made. |
| | | changing, especially about | Schools will need to decide |
| Key Vocabulary: individuality, | | puberty. | whether this is appropriate for |
| independence, responsibility, | Unit: Living in the wider world | Links to science: Animals | their community and cohorts and |
| transition. | | including humans Summer 1 | consider how to approach this as |
| | Economic wellbeing: money | | part of Sex Education. |
| | | Key Vocabulary: biology, puberty, | |
| Unit: Living in the wider | 118. Recognise that people have | menstruation, erection, wet | H33. Know about the processes of |
| world | | dream, period, genitalia. | reproduction and birth as part of |
| | | | <mark>the human life cycle; how babies</mark> |
| Economic wellbeing: money | | | are conceived and born (and that |
| | | Unit: Living in the wider world | there are ways to prevent a baby |
| 117 Know about the different | | | being made); how babies need to |
| | | Economic wellbeing: money | be cared for. |
| | L20. Recognise that people make | | |
| | - · · · | L19. Know that people's spending | H35. Know about the new |
| 121. Know different ways to | | | opportunities and responsibilities |
| | | | that increasing independence may |
| | Economic wellbeing: | | bring. |
| Fconomic wellbeing: | | | |
| | aspirations, work and career | L24. Identify the ways that money | |
| aspirations, work and career | 128 Know about what might | can impact on people's feelings | Key Vocabulary: reproduction, |
| 125 Recognise positive things | 0 | and emotions. | genitalia, birth, contraception. |
| | | | |
| | | Economic wellbeing: | Unit: <u>Health and wellbeing</u> |
| | | | |
| demetre personal outcomes. | - | | Keeping safe |
| 126 Know that there is a broad | | 127 Know about stereotypes in | |
| | L31. Identify the kind of iob that | | H45. Know that female genital |
| | | | mutilation (FGM) is against British |
| | are older. | | law, what to do and whom to tell |
| | manage transitions between classes and key stages. Key Vocabulary: individuality, independence, responsibility, transition. | manage transitions between classes and key stages.ethnicity, gender, faith, culture, self-worthKey Vocabulary: individuality, independence, responsibility, transition.Unit: Living in the wider worldUnit: Living in the wider worldUnit: Living in the wider economic wellbeing: moneyUnit: Living in the wider worldL18. Recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'.L17. Know about the different | manage transitions between classes and key stages.ethnicity, gender, faith, culture, self-worthmore information, help and advice about growing and changing, especially about puberty.Key Vocabulary: individuality, independence, responsibility, transition.Unit: Living in the wider worldUnit: Living in the wider worldLinks to science: Animals including humans Summer 1Unit: Living in the wider worldL18. Recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'.Unit: Living in the wider worldL17. Know about the different ways to pay for things and the choices people have about this.L20. Recognise that people make spending decisions based on priorities, needs and wants.Unit: Living in the wider worldL21. Know different ways to keep track of money.Economic wellbeing: aspirations, work and career alob or career (personal interests and values, family connections to certain trades or businesses, strengths and qualities.)L24. Identify the ways that money can impact on people's feelings and emotions.L26. Know that there is a broad range of different jobs/careers that people can have; thatL31. Identify the kind of job that they might like to do when theyL27. Know about stereotypes in the workplace and that a person's |

| people often have more than | | career aspirations should not be | <mark>if they think they or someone they</mark> |
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| one career/type of job during | Key Vocabulary: influence, | limited by them. | <mark>know might be at risk.</mark> |
| their life. | priorities, career, trade | | |
| | | L29. Know that some jobs are paid | Economic wellbeing: |
| | | more than others and money is | aspirations, work and career |
| Key Vocabulary: achievements, | | one factor which may influence a | |
| goals | | person's job or career choice; that people may choose to do | L30. Know about some of the skills |
| | | voluntary work which is unpaid. | that will help them in their future |
| | | | careers e.g. teamwork, communication and negotiation. |
| | | | communication and negotiation. |
| | | Key Vocabulary: charity, | L32. Recognise a variety of routes |
| | | aspirations, voluntary, | into careers (college, |
| | | stereotypes. | apprenticeship, university). |
| | | | |
| | | | |
| | | | Key Vocabulary: risks, gambling, |
| | | | aspirations, apprenticeship, college, university, negotiation, |
| | | | teamwork. |