PSHE Vocabulary Progression

EYFS	**Autumn:** **Being Me in My World/Celebrating Difference**	Kind, gentle, friend, similar(ity), different, rights, responsibilities, feelings, angry, happy, excited, nervous, sharing, taking turns. Different, special, proud, friends, kind, same, similar, happy, sad, frightened, angry, family.
	Spring: **Dreams and Goals/Healthy Me**	Dream, goal, challenge, job, ambition, perseverance, achievement, happy, kind, encourage. Healthy, exercise, head, shoulders, knees, toes, sleep, wash, clean, stranger, scared, trust.
	Summer: **Relationships/Changing Me**	Family, jobs, relationship, friend, lonely, argue, fall-out, words, feelings, angry, upset, calm me, breathing. Eye, foot, eyebrow, forehead, ear, mouth, arm, leg, chest, knee, nose, tongue, finger, toe, stomach, hand, baby, grown-up, adult, change, worry, excited, memories.

PSHE Vocabulary Progression

Year 1	**Autumn:** **Being Me in My World /Celebrating Difference**	Safe, special, calm, belonging, special, rights, responsibilities, Learning Charter, Jigsaw Charter, rewards, proud, consequences, upset, disappointed, illustration. Similarity, same as, different from, difference, bullying, bullying behaviour, deliberate, on purpose, unfair, included, bully, bullied, celebrations, special, unique.
	Spring: **Dreams and Goals/Healthy Me**	Proud, success, achievement, goal, treasure, coins, goal, learning, Stepping-stones, process, working together, team work, celebrate, learning, stretchy, challenge, feelings, obstacle, overcome, achieve, dreams, goals. Healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), hygienic, safe medicines, trust, safe, safety, Green Cross Code, eyes, ears, look, listen, wait.
	Summer: **Relationships/Changing Me**	Family, belong, same, different, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, skills, self-belief, incredible, proud, celebrate, relationships, special, appreciate. Changes, life cycles, baby, adult, adulthood, grown-up, mature, male, female, vagina, penis, testicles, vulva, anus, learn, new, grow, feelings, anxious, worried, excited, coping.

PSHE Vocabulary Progression

Year 2	**Autumn:** **Being Me in My World /Celebrating Difference**	Worries, hopes, fears, belonging, rights, responsibilities, responsible, actions, praise, reward, consequence, positive, negative, choices, co-operate, Learning Charter, problem-solving. Boys, girls, similarities, assumptions, shield, stereotypes, special, differences, bully, purpose, kind, unkind, feelings, sad, lonely, help, stand up for, male, female, diversity, fairness, kindness, friends, unique, value.
	Spring: **Dreams and Goals/Healthy Me**	Realistic, proud, success, celebrate, achievement, goal, strength, persevere, challenge, difficult, easy, Learning Together, partner, teamwork, product. Healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, healthy, unhealthy, dangerous, medicines, safe, body, balanced diet, portion, proportion, energy, fuel, nutritious.
	Summer: **Relationships/Changing Me**	Family, different, similarities, special, relationship, important, co-operate, touch, physical contact, communication, hugs, like, dislike, acceptable, not acceptable, friends, conflict, point of view, positive problem solving, secret, surprise, Good secret, Worry secret, telling, adult, happy, sad, frightened, trust, trustworthy, honesty, reliability, compliments, celebrate, appreciate. Change, grow, control, life cycle, baby, adult, fully grown, growing up, old, young, change, respect, appearance, physical, baby, toddler, child, teenager, independent, timeline, freedom, responsibilities, male, female, vagina, penis, testicles, vulva, anus, public, private, touch, texture, cuddle, hug, squeeze, like, dislike, acceptable, unacceptable, comfortable, uncomfortable, looking forward, excited, nervous, anxious, happy.

PSHE Vocabulary Progression

Horizon Academy Trust

Year 3	**Autumn:** **Being Me in My World /Celebrating Difference**	Welcome, valued, achievements, proud, pleased, personal goal, praise, acknowledge, affirm, emotions, feelings, nightmare, fears, worries, solutions, support, rights, responsibilities, Learning Charter, dream, behaviour, rewards, consequences, actions, fairness, choices, co-operate, group dynamics, team work, view point, ideal school, belong. Family, loving, caring, safe, connected, difference, special, conflict, Solve It Together, solutions, resolve, witness, bystander, bullying, gay, unkind, feelings, tell, consequences, hurtful, compliment, unique.
	Spring: **Dreams and Goals/Healthy Me**	Perseverance, challenges, success, obstacles, dreams, goals, ambitions, future, aspirations, garden, decorate, team work, Enterprise, design, cooperation, product, strengths, motivated, enthusiastic, excited, efficient, responsible, frustration, 'Solve It Together' technique, solutions, review, learning, celebrate, evaluate. Oxygen, energy, Calories / kilojoules, heartbeat, lungs, heart, fitness, labels, sugar, fat, saturated fat, healthy, drugs, attitude, safe, anxious, scared, strategy, advice, harmful, risk, feelings, complex, appreciate, body, choice.
	Summer: **Relationships/Changing Me**	Men, women, Unisex, male, female, stereotype, career, job, role, responsibilities, respect, differences, similarities, conflict, Win-win, Solution, Solve-it-together, problem-solve, Internet, Social media, online, risky, gaming, safe, unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, inequality, food journey, climate, transport, exploitation, rights, needs, wants, justice, United Nations, equality, deprivation, hardship, appreciation, gratitude, celebrate. Changes, birth, animals, babies, mother, growing up, baby, grow, uterus, womb, nutrients, survive, love, affection, care, puberty, control, male, female, testicles, sperm, penis, ovaries, egg, ovum / ova, womb / uterus, vagina, stereotypes, task, roles, challenge, looking forward, excited, nervous, anxious, happy.

PSHE Vocabulary Progression

Year 4	**Autumn:** **Being Me in My World /Celebrating Difference**	Included, excluded, welcome, valued, team, Charter, role, job description, school community, responsibility, rights, democracy, democratic, reward, consequence, decisions, voting, authority, Learning Charter, contribution, observer, UN Convention on Rights of Child (UNCRC). Character, assumption, judgement, surprised, different, appearance, accept, influence, opinion, attitude, bullying, friend, secret, deliberate, on purpose, bystander, witness, bully, problem solve, Cyber bullying, text message, website, troll, special, unique, physical features, impression, changed.
	Spring: **Dreams and Goals/Healthy Me**	Dream, hope, goal, determination, perseverance, resilience, positive attitude, disappointment, fears, hurts, positive experiences, plans, cope, help, self-belief, motivation, commitment, Enterprise, design, cooperation, success, celebrate, evaluate. Friendship, emotions, healthy, relationships, friendship groups, value, roles, leader, follower, assertive, agree, disagree, smoking, pressure, peers, guilt, advice, alcohol, liver, disease, anxiety, fear, believe, assertive, opinion, right, wrong.
	Summer: **Relationships/Changing Me**	Relationship, close, jealousy, problem-solve, emotions, positive, negative, loss, shock, disbelief, numb, denial, anger, guilt, sadness, pain, despair, hope, souvenir, memento, Memorial, acceptance, relief, remember, negotiate, compromise, trust, loyal, empathy, betrayal, amicable, appreciation, love. Personal, unique, characteristics, parents, sperm, egg / ovum, penis, testicles, vagina / vulva, womb / uterus, ovaries, making love, having sex, sexual intercourse, fertilise, conception, puberty, menstruation, periods, circle, seasons, change, control, emotions, acceptance, looking forward, excited, nervous, anxious, happy.

PSHE Vocabulary Progression

Year 5	**Autumn:** **Being Me in My World /Celebrating Difference**	Goals, worries, Fears, value, welcome, choice, Ghana, West Africa, cocoa plantation, cocoa pods, machete, rights, community, education, wants, needs, Maslow, empathy, comparison, opportunities, education, choices, behaviour, responsibilities, rewards, consequences, empathise, Learning Charter, obstacles, cooperation, collaboration, legal, illegal, lawful, laws, participation, motivation, democracy, decision, proud. Culture, conflict, difference, similarity, belong, culture wheel, racism, colour, race, discrimination, ribbon, bullying, rumour, name-calling, racist, homophobic, Cyber bullying, texting, problem solving, indirect, direct, happiness, Developing World, celebration, artefacts, display, presentation.
	Spring: **Dreams and Goals/Healthy Me**	Dream, hope, goal, feeling, achievement, money, grown Up, adult, lifestyle, job, career, profession, money, salary, contribution, society, determination, perseverance, motivation, aspiration, culture, country, sponsorship, communication, support, rallying, team Work, cooperation, difference. Choices, healthy behaviour, unhealthy behaviour, informed decision, pressure, influence, emergency, procedure, Recovery position, calm, Level headed, body image, Media, Social media, Celebrity, altered, self-respect, comparison, eating problem, eating disorder, respect, debate, opinion, fact, motivation.
	Summer: **Relationships/Changing Me**	Personal attributes, qualities, characteristics, self-esteem, unique, comparison, negative self-talk, Social media, online, community, risky, positive, negative, safe, unsafe, rights, responsibilities, Social network, Gaming, violence, grooming, Troll, gambling, betting, trustworthy, appropriate, screen time, Physical health, Mental health, off-line, social, peer pressure, influences, personal information, passwords, privacy, settings, profile, SMARRT rules. Body-image, Self-image, characteristics, looks, personality, perception, self-esteem, affirmation, comparison, uterus, womb, oestrogen, fallopian tube, cervix, develops, puberty, breasts, vagina, vulva, hips, penis, testicles, Adam's apple, scrotum, genitals, hair, broader, wider, sperm, semen, erection, ejaculation, urethra, wet dream, growth spurt, larynx, facial hair, pubic hair, hormones, scrotum, testosterone, circumcised, uncircumcised, foreskin, epididymis, ovaries, egg (ovum), period, fertilised, unfertilised, conception, having sex, sexual intercourse, making love, embryo, umbilical cord, IVF, foetus, contraception, pregnancy, menstruation, sanitary products, tampon, pad, towel, liner, hygiene, age appropriateness, legal, laws, responsible, teenager, responsibilities, rights.

PSHE Vocabulary Progression

Year 6	**Autumn:** **Being Me in My World /Celebrating Difference**	Challenge, goal, attitude, actions, rights and responsibilities, United Nations Convention on The Rights of the Child, citizen, choices, consequences, views, opinion, collaboration, collective decision, democracy Normal, ability, disability, visual impairment, empathy, perception, medication, vision, blind, male, female, diversity, Transgender, Gender Diversity, courage, fairness, rights, responsibilities, power, struggle, imbalance, harassment, bullying, bullying behaviour, direct, indirect, argument, recipient, Para-Olympian, achievement, accolade, perseverance, sport, admiration, stamina, celebration, conflict.
	Spring: **Dreams and Goals/Healthy Me**	Dream, hope, goal, learning, strengths, stretch, achievement, personal, realistic, unrealistic, feeling, success, criteria, Learning steps, money, Global issue, suffering, concern, hardship, sponsorship, empathy, motivation, admire, respect, praise, compliment, contribution, recognition. Responsibility, choice, Immunisation, prevention, drugs, effects, motivation, prescribed, unrestricted, Over-the□counter, restricted, illegal, volatile substances, 'Legal highs', exploited, vulnerable, Criminal, Gangs, pressure, strategies, reputation, Anti-social behaviour, crime, Mental health, Emotional health, Mental illness, symptoms, stress, triggers, strategies, managing stress, pressure.
	Summer: **Relationships/Changing Me**	Mental health, ashamed, stigma, stress, anxiety, support, worried, signs, warning, self-harm, emotions, feelings, sadness, loss, grief, denial, despair, guilt, shock, hopelessness, anger, acceptance, bereavement, coping strategies, power, control, authority, bullying, script, assertive, risks, pressure, influences, self-control, real / fake, true / untrue, assertiveness, judgement, communication, technology, power, Cyber-bullying, abuse, safety. Body-image, Self-image, characteristics, looks, personality, perception, self-esteem, affirmation, comparison, negative body-talk, mental health, uterus, womb, oestrogen, fallopian tube, cervix, develops, puberty, breasts, vagina, vulva, hips, penis, testicles, Adam's apple, scrotum, genitals, hair, broader, wider, sperm, semen, erection, ejaculation, urethra, wet dream, growth spurt, larynx, facial hair, pubic hair, hormones, scrotum, testosterone, circumcised, uncircumcised, foreskin, epididymis, ovaries, egg (ovum), period, fertilised, unfertilised, conception, having sex, sexual intercourse, making love, embryo, umbilical cord, IVF, foetus, contraception, pregnancy, midwife, labour, menstruation, sanitary products, tampon, pad, towel, liner, hygiene, age appropriateness, legal, laws, responsible, teenager, responsibilities, rights, opportunities, freedoms, responsibilities, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement .