

PSHE Vocabulary Progression - Bold words are progressive throughout, red words are new progressive words

| | | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 |
|------------------------|-------------------------|--|--|--|---|---|---|
| Vocabulary Progression | Being me in the world | special, safe, rights, responsibilities, consequences , belong, proud, achievement, choices | special, hopes, fears, worries, rights, responsibilities, rewards, consequences, safe , fair, cooperation | special, value, self worth, welcome, goals, achievements, positive, challenge, sad, scared, worried, emotions, rules, responsibilities , actions, choices rewards, consequences , cooperation, point of view | special, attitudes, actions , difference, include, exclude, welcome, valued, school community, outcome, democracy , charter, empathy, motivate, consequence , behaviour, voice | special, challenge, positivity, personal goal, hopes, empathy, rights, responsibilities , citizen, actions , choices, rewards, consequences , function, democracy , voice | special, goals, fears, worries, welcomed, valued, universal rights , wants, needs, local, global, rights, responsibilities, democracy |
| Vocabulary Progression | Celebrating Differences | similarities, differences , same, bullying , friends, special, unique | stereotypes, different , similar, assume, bullying , right and wrong, special, unique | family, different , same, important, care, conflict, bullying , witness, problem solve, hurtful, compliments | appearance, judge, judgmental, influence, bullying, special, different , same, tolerance, assumption, acceptance, question, target. Witness, unique , impression | cultures, racism, rumours, conflict, attitudes, direct, indirect, support, happiness, material wealth, respect | normal, abnormal, disability, perception, power, excluded, badly treated, bullying , appreciation, empathy, conflict |
| Vocabulary Progression | Dreams and Goals | success, achievement , goal, challenge, difficulty, obstacle, celebrate | successes, achievements , pride, perseverance, strengths, cooperation, problem solving, contribution | difficulty, challenge , respect, admiration, obstacles, achievement, dreams , goals, ambition, motivation, enthusiasm, responsibility, frustration, confidence | hopes, dreams , disappointment, achievement, reflection, experience, cope, resilient, positive attitude, challenge, success , | dreams , aspirations, ambitions, earnings, wage, salary, motivation, opportunities, appreciation, future, reflection, similarities, differences, peers | personal goal, strengths, challenge , realistic, boundaries, problems, emotions, empathise, motivation, inner values, admiration, praise, compliment |
| Vocabulary Progression | Healthy Me | healthy , unhealthy, clean, germs, disease, medicines, safe | healthy , unhealthy, relaxed, stressed, anxious, weak, strong, medicines, protein, carbohydrates, fats, calcium, energy, nutrition | exercise, heart, lungs, organs, fitness challenge, drugs, medicines, safe, unsafe, worried, anxious, scared, harmful, substance, complex, respect | dynamics, friends, smoking, tobacco , alcohol, healthy , embarrassed, hurt, inadequate, emotions, impact, leader, follower, shame, guilt, pressure , assertive, liver, anxiety, peer pressure, right and wrong, inner strength | smoking, tobacco , lungs, heart, liver, effects, informed decision, pressure , risks, misuses, anti social behaviour, emergency, calm, media, celebrity culture, body type, body image, respect | impact, energy, comfort, mood, physical, emotional, drugs, liver, responsible, anti social, misuse, emergency, emotionally well, mental health, stressed, under pressure |
| Vocabulary Progression | Relationships | family , important, good friend, physical contact-touch, safe, unsafe, help, special | family, relationship , values, physical contact, hugging, cuddles, kiss, conflict, argument, resolution, secret, appreciation, trust, special, comfortable, safe | role, responsibility , expectations, friendship, skills, negotiation, conflict, worried, concerned, influence, choice, needs, rights, empathy, appreciate | relationship , love, loss, grief , memory, celebrate, closest, distant, belong, special, remember, opinion | accurate, characteristics, personal qualities, self esteem, negotiation, compromise, attraction, pressure, jealousy, risky, harmful, safe , unsafe | significant, special, loss, bereavement, grief , power, control, responsibility , wellbeing, safety |
| Vocabulary Progression | Changing Me | life cycle , animal, human, changes, growth, same, body, different, penis , testicles, vagina , private | life cycle , old, young, growing, differences, penis , testicles, vagina , breast, private, safe, unsafe, touch, confident | animals, humans, change, conception , female, male, uterus, live, grow, stereotypes, challenge, feelings | unique, characteristics, birth, egg, sperm, human being, internal, external, choice, menstruation, periods, physical changes, emotional changes, puberty , fears, concerns, reflection. | self image, self esteem, puberty , sexual intercourse, conception , IVF, teenager , consent | self image, self esteem, puberty , conception , physical attraction, teenager , transition |