

PSHE Whole School Vocabulary Progression



Reception				
	Relationships Education	Physical Health and Mental Wellbeing	Living in the wider world	
	 boy, girl, family, different, same, face, skin, hair, body, like, don't like, clean, smelly, sponge, towel, hands, washing, brushing teeth, getting dressed, undress, safe/unsafe. mum, dad, sister, brother, grandparents, auntie, uncle, sharing, bullying, family, jobs, relationship. kind, gentle, different, friends, feelings, falling out, making up, listening, argument, happy, sad, worried, angry, apologise, fair, unfair, lonely, calm, taking turns, rules, school, community, classroom, rights. grow, young, old, change, hungry, healthy, tired, rest, play, safety, risk. good/bad choice, school rules, local area, money, notes, coins, bank, spending, shopping, saving, selling, shops. 			
Year 1	Relationships Education	Physical Health and Mental Wellbeing	Living in the wider world	
	Kind, unkind, behaviour, actions, feelings, respect, polite, share, turn taking, hurt, private, touch, uncomfortable, ask internet, digital, device, communicate, safely people, family, families, different, love	healthy, unhealthy, washing, physical activity, play, sun safety internet, digital, device, communicate, safely, restrictions, online safety, feelings, keeping safe special, wrong, same, different, feelings, act	Rules, needs, care, living things, environment, recycling internet, digital, device, communicate, safely strength, interest, jobs, community, different jobs, (examples of different jobs e.g. teacher, doctor, fireman, bus driver, etc)	
Year 2	Relationships Education	Physical Health and Mental Wellbeing	Living in the wider world	
	Common, classmates, similar, situation, sharing, important, listening, understanding hurtful, behaviour, bullying, online, surprise, secret, worried, pressured, unsafe, worried internet access, purpose, value, content, online information friend, positive play, argument, resolved, lonely, unhappy	healthy, unhealthy, habit, routine, growing, medicines, dentist, dental health, mood , internet access, purpose, value, content, online information risks, medicine, familiar, unfamiliar, potentially, electrical appliance, household products, accident, emergency human life cycle, needs, body parts, opportunities, grow up, goals	Groups, belong, role, rights, responsibility, community, equal, different internet access, purpose, value, content, online information money, kept, looked after, job, paid, need, want, spends	
Year 3	Relationships Education	Physical Health and Mental Wellbeing	Living in the wider world	
	Respectful, self-respect, courtesy, Personal boundaries, impact, privacy Online information, sources, reliability Family structures, relationships, stability, security, commitment,	Health choices, feelings, informed decisions, healthy lifestyle, healthy diet, exercise benefits, Online information, sources, reliability Risks, hazards, reduce risks Achievements, personal strengths, setbacks, personal qualities, individuality, body parts including penis and vulva.	Freedom, laws, responsibility, consequences, human rights, Online information, sources, reliability Skills, job stereotypes, personal goals, aspirations, career, teamwork	
Year 4	Relationships Education	Physical Health and Mental Wellbeing	Living in the wider world	
	Differences, similarities, traditions, beliefs Confidentiality, online risks, support, appropriate, permission consent, peer pressure Data sharing Positive friendships, friendship qualities,	Balanced lifestyle, hygiene, dental care, oral hygiene, Data sharing Medicines, legal drugs, habit, vaccinations, immunisation, allergies, personal hygiene, physical changes, puberty, external genitalia, personal identify, individuality, personal quality, emotional wellbeing	Community, shared responsibility, compassion, contribution Data sharing Money decisions, tracking money,	

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Year 5	Relationships Education	Physical Health and Mental Wellbeing	Living in the wider world		
	equality, lifestyle, discrimination, trolling, harassment, self-respect, anonymous consent, appropriate and inappropriate contact, acceptable, unacceptable, confidential media, opinion, stereotype, suspicious content, reliability, sources, ranked peer influence, peer approval, positive resolution, reconciliation, consent	lifestyle, sleep hygiene, mental health, sun exposure, heat stroke, disease prevention, vaccination, immunisation, bacteria, virus, skin cancer media, opinion, stereotype, suspicious content, reliability, sources, ranked risky, positive risk taking, predict, assess and manage risk in different situations Physical changes, puberty, gender identity, biological sex, intensity, genitalia, conception, sexual intercourse, intimate relationship, reproduction, contraception	compassion, shared responsibility, spending decisions media, opinion, stereotype, suspicious content, reliability, sources, ranked career ambition, diversity, inclusion, career opportunities, stereotyping, workplace, aspiration, voluntary work		
Year 6	Relationships Education	Physical Health and Mental Wellbeing	Living in the wider world		
	constructive challenge, conflict, personal behaviour, debate, topical healthy and unhealthy friendship, shared responsibility, risk assessment, personal safety, consent manipulated, altered, fake, restrictions, regulations, compliance, commercial purpose, misinformation loving relationships, gender, ethnicity, faith, gender identity, sexual orientation, healthy relationships, family, commitment, marriage, civil partnership, emotionally, romantically	mental ill- health, adverse experiences, conflicted feelings, grieving process, bereavement mental health and wellbeing manipulated, altered, fake, restrictions, regulations, compliance, commercial purpose, misinformation personal information, impact, misuse, legal and illegal drugs, complying transition, committed relationship, conception, sexual intercourse, intimate relationship, contraception, reproduction,	prejudice, discrimination, stereotypes, diversity manipulated, altered, fake, restrictions, regulations, compliance, commercial purpose, misinformation value for money', critical consumer, emotions, health and wellbeing, fraud, debt and gambling financial risk		