PSHE Vocabulary Progression

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|  | Managing Self | Self-regulation | Building Relationships |
| F2 | **1. Respectful, responsible, resilient.**  **2. Knuckles, palms, thumbs, nails, rinse**  **7. Bonfire, firework, sparklers, fences, display, safe, rules**  **8. Respectful, responsible, resilient, sad, disappointed, left out**  **25. Sad, missing their mum, worried, frightened, lonely, brave**  **26. Resilient, challenge**  **29. Respectful, responsible, resilient**  **30. Rules, mistakes, apologise, sorry** | **3.**  **4.**  **9.**  **10.**  **13.**  **14.**  **15. Resilient, challenge, tricky, try hard**  **16. Resilient, try hard**  **19.**  **20.**  **21. Senses, instructions, looking, listening**  **22. Senses, instructions, looking, listening**  **27. Help, selfish, lazy, respectful, responsible**  **28. Team-work, respectful, sad, disappointed, cross, grateful, thankful, happy**  **31. Nervous, worried, upset, sad, frightened**  **32. Nervous, worried, upset, sad, frightened** | **5. Family, friends, important, adults, children**  **6. Kind, funny, caring, happy, friendly, sharing, unkind, selfish, grumpy, unfriendly**  **11. Kind, funny, caring, happy, friendly, sharing, unkind, selfish, grumpy, unfriendly**  **12. Kind, unkind, helpful, unhelpful, friendly, unfriendly, funny, grumpy, sharing, caring, uncaring.**  **17. Respectful, sharing**  **18. Respectful, taking turns**  **23. Sad, angry, upset, furious, cross, sorry, apologise**  **24. Philosophy, deep thinking, friendship** |
| Year Group |  | Health and Wellbeing | Living in the Wider World |
| Year 1 | **Unit 1**  **Like, dislike, prefer, like the least, most/least favourite, in my opinion..., because, special, strengths, unique, qualities, memory, empathy, caring, thoughtful, friendly, resilient same, different, similarities, differences, have in common ..., vagina, penis, testicles breasts, nipples, private, , safe, external genitals**  **Unit 3**  **Family, group, member, relatives, family, responsibility, step-mum, step-dad, step-brother, step-sister, half-brother, half-sister, similar, same, different, trust** | **Unit 2**  **Unit 5** | **Unit 4**  **Coins, notes, bank card, voucher, gift card, wages, jobs, salary, employment, employed, spend, change, total, saving, bank account, piggy bank, emergency, rainy day, needs, wants, rights, responsibilities**  **Unit 6**  **Kind, unkind, caring, uncaring, selfish, selfless, helpful, cooperate, support, assist, helpful responsibility, care for, protect, tend to, environment, recycling, litter-picking, composting, plastic, independent, life cycle, order, baby, child, toddler, teenager, adult, elderly** |
| Year 2 | **Unit 1**  **Friend, friendships, lonely, loneliness, friendly, shared interests, sad, left out, disappointed, worried, anxious resolve arguments, happy, angry, excited, worried, calm. loyal/loyalty, honest/honesty, trustworthy, supportive, caring, kind, amusing, positive, fun, reliable, shared interests, unhappy, melancholy, miserable, depressed, differences, cooperation**  **Unit 3**  **Sad, frightened, distraught, terrified, horrified, bullying, bully, excluded, physically hurt, name-calling, teasing, trust.** | **Unit 2**  **Unit 4**  **Unit 5** | **Unit 6**  **Needs, wants, job, shelter, wages, job, employed, salary, wages, digital, technology, strengths, skills, interests.** |
| Year 3 | **Unit 1**  **Excluded, ostracised, rejected, seek support, body language, facial expressions, strategies, qualities, positive friendships, resolve disputes, reconcile differences, uncomfortable, unsafe, positivity**  **Unit 3**  **Mother, mum, father, dad, brother, sister, sibling, step-brother, step-sister, step-mum, step-dad, nan, nanny, grandma, grandad, grandpa, cousin, auntie, uncle, nephew, niece, similarities, differences, compare, make comparisons between, care, kindness, affection, safety, security, advice, assistance** | **Unit 2**  **Prevent, secure, dangerous, protect, shield, peer pressure, unsafe, safe touches, unsafe touches, breasts, nipples, penis, testicles, vagina, uncomfortable, accident, incident, medicine, medication, tablets, liquid, bleach, washing powder/detergent, washing up liquid, dishwasher tablets, emergency, dangerous, responsibly, responsibility, graze, scratch, cut, burn, scald**  **Unit 4**  **Physical exercise, mental health, emotions, positive effects, negative effects, balance, negative, positive, influence, choices**  **Unit 5**  **Carbohydrate, starch, sugary, energy, protein, repair, fats, oils, energy story, vitamins and minerals, fibre, water, digestive system, chemical reactions, acidic drinks, enamel, gums, plaque, bacteria, cavities, decay, regularly, fluoride, root** | **Unit 6**  **Community, neighbourhood, outsider, included, excluded, diverse, discriminated, emotion words e.g. fear, anger, disgust, sadness, enraged, melancholy, anxious, terrified, unsettled, apprehensive, distressed, uneasy, furious, livid, irate** |
| Year 4 | **Unit 1**  **Impact, effect, respect, respectful, polite, courteous, rights, responsibilities, privacy, disrespect, disrespectful, discrimination, discriminated against, excluded, included, aggression** | **Unit 2**  **Coping strategies, emotions, mindfulness, distraught, devastated, melancholy, depressed, concerned, anxious, furious, enraged, lonely, annoyed, nervous, stressed, terrified, petrified, unsettled, apprehensive, distressed, uneasy, exasperated, irate incensed, envious, resentful, embarrassed, ashamed, remorseful, strategies, express, confidant, worries, concerns, solve the problem, strategy, confidant, grief, bereavement, loss**  **Unit 3**  **Self- esteem, self-worth, pupil voice, assertive, achievement, achieved, resilience, perseverance, growth mindset, positive, negative**  **Unit 4**  **Ethnicity, faith, culture, gender, identity, habits, appearance, discrimination, stereotypes, stereotyping, negatively influence, attitudes, behaviour, prejudice, equality, fairness**  **Unit 5**  **Risk, danger, peer pressure, unkind, disloyal, uncaring, unfriendly, inconsiderate, unhelpful, untrustworthy, unsupportive, inappropriate behaviour, responsibility, friendship, mutual respect (British Values), kindness/unkindness, confident, unconfident** | **Unit 6**  **Responsibility, environment, deforestation, climate change, global warming, pollution, poverty, greenhouse gases, single use plastic, Fairtrade, charity, thriving, contented, flourishing, healthy, shelter, dietary requirements, emotion words including – terrified, distraught, horrified, distressed, fraught, desperate** |
| Year 5 | **Unit 1**  **Communication, communicate, positive, internet, landline, instagram, facebook, email, whatsapp, xbox, online safety, terrified, petrified, anxious, concerned, confused, disappointed, melancholy, devastated, helpful, supportive, penis, vagina, nipples, breasts, testicles encouraging, caring, attentive, peer pressure, inappropriate contact, sad, depressed, frightened, worried, anxious** | **Unit 2**  **Puberty, penis, vagina, nipples, breasts, testicles, oil, greasy hair, spots, sweat, larynx, voice box, Adam’s Apple, periods, menstruation, uterus, fallopian tubes, ovaries, bladder, penis, urethra, foreskin, scrotum, testicle**  **Unit 3**  **First aid training**  **Unit 5**  **Drugs, legal, illegal, restrictions, effects, chemicals, swallowing, absorbing and inhaling, alcohol, nicotine, addictive, prescription, misuse, peer pressure, persuading, power, bullying, gang, physical, emotional, excluding, persuasion, friendship, emotions, empathy** | **Unit 4**  **Influence, decision, manufacturer, advertise, retailer, critical customer, budget, expenses, wants, needs, current account, savings account, store card, credit card, loans, interest, the distribution of wealth, the rule of law, inequality, power, democracy, fairness**  **Unit 6**  **Healthcare, retail, hospitality, construction, finance, organised, friendly, resilient, respectful, initiative, responsible, compassionate, physically strong, patient, ambitious, Equality, fairness, selfishness, responsibility, resilience, respect** |
| Year 6 | **Unit 1**  **Diversity, equality, judge, relationships, romantic, intimate, gender, ethnicity, faith, committed relationship, marriage, civil partnership, forced marriage, responsibilities, rights, kind, caring, respectful, supportive, attentive, helpful, considerate** | **Unit 2**  **Penis, nipples, vagina, breasts, testicles, sexual touching, private parts, adult relationship, appropriate, inappropriate, consent, sexual intercourse, sexual touching, private parts, adult relationship, appropriate, inappropriate, consent, sperm, egg, womb, fallopian tubes, fertilised, communication, technology, safe, consent, information, prejudice, discrimination**  **Unit 3 and 4**  **Healthy diet, diet, proportions, variety, carbohydrates, proteins, dairy, saturated fat, molars, pre-molars, incisors, canines, sugars, carbohydrates, starch, decay, cavities, abscesses, discolouration, misplaced, legal, illegal, cannabis, alcohol, tobacco, peer pressure, balanced diet, limit, screen-time, mindfulness, mental health, stresses, coping, struggling, challenges, manage, disappointed, melancholy, devastated, anxious, concerned, furious, livid, hopes, challenges, responsibilities, reliable sources of support, advice, Supportive, helpful, considerate, understanding, caring, polite, positive, inclusive, patient, discrimination, prejudice, rumours, accused, suffer** | **Unit 5 and 6**  **Editor, reporter, picture editor, journalist, headline, personal story, public news story, targeted information, ranked, selected, fake news, emotional response, action, truth, lies, responsibility, information, democracy, right to free speech, freedom, bullying, anti-bullying, verbal bullying, social bullying, cyber-bullying, physical bullying, mass media, advertising, marketing, propaganda, public relations, entertainment, negative influence, positive influence, refugee, racism, discrimination** |