



# PSHE Vocabulary Progression

## Me and my Relationships – Garden Class

### Year A

All about me (R)	What makes me special (R)	Why we have classroom rules (1)	Thinking about feelings (1)	Our ideal classroom (2)	How are you feeling today (2)
special	special	rules	feelings	happy	feelings
practice	favourite	safe	body language	safe	showing feelings
effort	same	responsibility	emotions	caring	help
same	different	work together	safe	friendly	
			support		
			feelings		

### Year B

Me and my special people (R)	Who can help me? (R)	Our Feelings (1)	How are you listening (1)	Types of Bullying (2)	Don't do that (2)
family	family	feelings	listening	bullying	bullying
help	friends	behaviour		repeated	help
special people	help				don't do that
same					
different					

### Year C

My Feelings (R)	My feelings 2 (R)	Good friends (1)	Feelings and Bodies (1)	Being a good friend (2)	Let's all be happy (2)
feelings	feelings	friendship	hurt	friendly	feelings
happy	happy	making up	help	friendship	help
sad	sad		feelings		
kind	kind		heal		
	helpful				



# PSHE Vocabulary Progression

## Me and my Relationships – Meadow Class

### Year A

Dan's Dare (3)	Looking after our special people(3)	Ok or not ok (part 1) (4)	Ok or not ok (part 2) (4)	Collaboration Challenge (5)	Let's negotiate (6)
dare	friendship	positive	Friendly	collaborate	negotiation
persuade	falling out	healthy relationship	Rude		compromise
feelings	making up	respect	aggressive		
	compromise	responsibilities	consequences		
		qualities	face-to-face		
		excluded	assertive		
		assertive	compromise		
		aggressive	respectful		
		negotiate			

### Year B

Thunks (3)	Human Machines (4)	Different Feelings(4)	How good a friend are you? (5)	Give and take (5)	Behave yourself(6)
continuum	collaborate	feelings	insensitive	negotiation	assertiveness
opinions	collaboration	physical effects	sensitive	compromise	resolution
respectful	collaborative			conflict	
courteous	teamwork			resolution	
challenging					

### Year C

Friends are special(3)	As a rule (3)	Being Assertive(5)	Our emotional needs(5)	Don't force me(6)	Acting Appropriately (6)
strategies	rules	assertive	emotions	marriage	appropriate
point of view	safety	passive	emotional needs	civil partnership	inappropriate
calm		aggressive	emotions	forced marriage	illegal
apologise				illegal	
listen					
Making up					



## PSHE Vocabulary Progression

### Year D

How can we solve this problem? (3)	Under pressure (4)	An email from Harold (4)	Relationship cake recipe (5)	Solve the friendship (6)	Working together (6)
conflict	unkind	feelings	unhealthy relationship	balanced friendship	collaboration
point of view	tease	physical effects	verbal abuse	respectful	teamwork
	bully	emotions words such as unhappy, devastated, miserable, regretful etc	physical abuse	assertive	
	pressure		sexual abuse		
	independent		uncomfortable touching		
			Unsafe		



# PSHE Vocabulary Progression

## Valuing Difference – Garden Class

### Year A

I'm special, you're special (R)	Same and different (R)	It's not fair (1)	Unkind, tease or bully? (1)	What makes us who we are? (2)	My special people (2)
special	same	fair	Unkind	unique	special people
likes	different	unfair	unkindness	respect	help
dislikes	kind	kind	Tease		
favourite	unkind	unkind	Teasing		
		bullying	Bully		
			Bullying		
			behaviour		

### Year B

Same and different families (R)	I am a friend (R)	Harold's school rules (1)	Who are our special people? (1)	An act of kindness(2)	When someone is feeling left out (2)
same	new friend	rules	special people	kind	feelings
different	friendship	safe	qualities	kindness	cooperate
family	kindness	fair	Feelings	unkind	
				feelings	

### Year C

I am caring (R)	Same and different homes (R)	Our special people balloons (1)	Its not fair (1)	How do we make others feel (2)	Solve the problem (2)
kind	same	family	Fair	feelings	listening
kindness	different	special people	Unfair	behaviour	being listened to
	home		Kind	calm	listen
			Unkind	aggressive	problem
			Bullying	solve	



# PSHE Vocabulary Progression

## Valuing Difference – Meadow Class

### Year A

Our friends and neighbours (3)	Respect and challenge(3)	Can you sort it? (4)	Kind conversations (5)	Ok to be different(6)	We have more in common than not(6)
similarities	respect	negotiation	listening skills	witness	unique
differences	cooperation	compromise	Respect	bystander	diversity
identity	listening skills			unique	biological sex
respect	politeness			positive feedback	sexual orientation
	courtesy			confidence	gender identity
	manners			self-esteem	gender expression
					stereotype

### Year B

Lets celebrate our differences(3)	Friend or acquaintance?(4)	Islands(4)	Happy being me(5)	The land of the red people (5)	Tolerance and respect for others(6)
similarities	sharing	body space	excluded	metaphor	unique
differences	acquaintances	invade	discrimination	diverse	identity
name calling			prejudice	multicultural society	prejudice
bullying					respect
					diversity
					tolerance

### Year C

Zeb (3)	The people we share the world with(4)	That is such a stereotype(4)	Is it true(5)	Advertising friendships(6)	Boys will be boys-challenging gender stereotypes(6)
prejudice	similarities	stereotype	Sex	relationships	stereotype
disability	differences		sexual orientation	friend	gender stereotype
gender	respect		gender identify	acquaintance	media influence
race			gender expression		assumption
colour					
sexuality					



## PSHE Vocabulary Progression

### Year D

Family and friends (3)	My community (3)	What would I do(4)	Stop, start stereotypes(5)	Qualities of friendship(5)	Respecting differences(6)
family	community	aggressive	prejudice	friendship	point of view
adoption	belonging	apologise	biological sex	talking	cultural norms
fostering			sexual orientation	listening	respect
same-sex couple			gender identity		disrespect
blended family			gender expression		body language
			verbal abuse		empathy
			Physical abuse		



# PSHE Vocabulary Progression

## Keeping myself safe – Garden Class

### Year A

What's safe to go onto my body (R)	People who help me keep safe (R)	Sharing Pictures (1)	Super sleep (1)	Harold's picnic (2)	How safe would you feel? (2)
keep clean	safe	consent	Sleep	sleep	safe
keep safe	worried	entertainment	Rest	medicines	unsafe
	tell	donating	Grow	safety	feelings
	adult	risks	Tired		worried
	trust	harmful			
	address				

### Year B

Safe indoors and outdoors (R)	Listening to my feelings (1) (R)	Who can help? (1)	Harold loses Geoffrey (1)	What should Harold say? (2)	I don't like that! (2)
safe	safe	feelings	Feelings	safe	touch
unsafe	unsafe	worried	emotions	unsafe	feelings
detective	tummy feelings	nervous	Loss	feelings	uncomfortable
	uncomfortable	scared	Lost	getting help	
		support			
		unsafe			

### Year C

Keeping safe online (R)	Keeping myself safe: What's safe to go into my body (including medicines) (R)	Good or bad touches (1)	What could Harold do?(1)	Fun or not?(2)	Should I tell (2)
safe	sleep	private	medicine	touch	surprise
worried	water	trust	Safe	hurt	secret
tell	food	privates	Harmful	uncomfortable	safe
adult	fresh air	penis	responsibility		unsafe
trust	cuddle	vagina			tell
	medicine	vulva			
	chemist	nipples			
	doctor	buttocks			
		bottom			
		testicle			



# PSHE Vocabulary Progression

## Keeping myself safe – Meadow Class

### Year A

Alcohol and cigarettes (3)	Danger, risk or hazard?(4)	How dare you!(4)	Spot bullying(5)	Think before you click(6)	To share or not to share(6)
risk	danger	dare	bullying	social media	right to privacy
drugs	dangerous	assertive	cyberbullying	parental consent	sharing online
cigarettes	risk			trolling	permission
nicotine	risky			online safety	illegal
alcohol	hazard			sharing	sexual images
	hazardous				

### Year B

Safe or unsafe(3)	Danger or risk(3)	Medicines: Check the label(4)	Ella's diary dilemma (5)	Vaping: healthy or unhealthy(5)	Rat park (6)
trust	danger (dangerous)	medicine	dare	substance	habit
safe	risk (risky)	drug	pressure	stimulant	addiction
unsafe	feelings		resist pressure		emotional needs
	strategies				
	consequence				

### Year C

Help or harm (3)	The risk robot(3)	Keeping ourselves safe(4)	Would you risk it?(5)	Decision dilemmas(5)	Alcohol: what is normal(6)
medicines	risk	persevere	risk taking	assessing risk	alcohol
drugs	safer		assertive	pressure	short-term effects
harmful				influence	long-term effects
helpful				risk taking	risks
instructions					norms





## PSHE Vocabulary Progression

### Year D

Super searcher(3)	Picture wise(4)	Raisin challenge 2(4)	Play, like, share(5)	What sort of drug is .....?(6)	Drugs: it's the law(6)
risk	privacy	influence	personal information	drug	drug laws
browsing	privacy settings	consequences	privacy settings	legal	age restrictions
phishing	security			illegal	possess
search engine				medical	supply
fake news				non-medical	produce
internet safety					illegal
					penalties



# PSHE Vocabulary Progression

## Rights and Respect – Garden Class

### Year A

Looking after my special people (R)	Looking after money (recognising, using, spending) (R)	Harold has a bad day (1)	Around and about the school (1)	Harold saves for something special (2)	Getting on with others (2)
family	working together	behaviour	environment	money	safe
look after	responsibility	consequences	responsibility	spending	unsafe
help each other	helpful	special person		saving	uniform
be alone	caring	promise			ask for help

### Year B

Caring for our world (R)	Looking after my friends (R)	Taking care of something (Y1)	Harold's money (Y1)	When I feel like erupting (2)	How can we look after our environment (2)
environment	friends	needs	money	feelings	environment
litter	look after	responsible	cost	control	responsibility
electricity	help each other	responsibility	bills	erupt	
pollution	be alone	rules	spending		
recycling			afford		

### Year C

Looking after money 2- saving money and keeping it safe (R)	Being helpful at home and caring for the classroom (R)	How should we look after our money (1)	Basic first aid (1)	Feeling safe(2)	Playing games (2)
money	working together	money	first aid	responsibility	gamer
save	responsibility	bank	risk	help	personal information
safe place	helpful	coin	accident	share	internet
	caring	note	danger	take turns	risk
	working together	worth	hazard	listen	
		saving	kettle		
		safe	safe		
			burn		
			scald		
			accident		
			emergency		



# PSHE Vocabulary Progression

## Rights and Respect – Meadow Class

### Year A

Harold's Environment(3)	Who helps us stay healthy and safe?(4)	How do we make a difference?(4)	Fact or opinion(5)	Two sides to every story(6)	Fakebook friends (6)
environment	being responsible	rules	fact	biased	social media
waste	reliable	democracy	opinion	unbiased	profile
	trustworthy		biased	fact	image
	being responsible		unbiased	opinion	online safety
				stereotype	sharing

### Year B

Our helpful volunteers(3)	Can Harold afford it (3)	It's your right(4)	Mo makes a difference(5)	Spending wisely(5)	Happy shoppers(6)
environment	income	safe	voluntary group	costs	environmentally sustainable
waste	saving	healthy	community group	wages	composting
	spending	rules	pressure (action) group	salaries	recycling
		laws		rent	energy
		rights		Fair Trade	materials
		responsibility			waste
		United Nations			transport
					shop local
					food miles
					Fair Trade
					reuse



# PSHE Vocabulary Progression

## Year C

Earning money(3)	Helping each other to stay safe(3)	In the news(4)	Lend us a fiver(5)	Democracy in Britain 1 -elections (6)	Democracy in Britain 2- how (most) laws are made(6)
earning	helper	influence	borrow	democracy	proposal
income	responsible	opinion	loan	election	debate
	safe	respectful	credit	manifesto	amendments
	healthy	courteous	debit	candidate	penalties
			interest	voting	enforcement
				policies	majority
				voting booth	House of Commons
				ballot slip	House of Lords
				ballot box	Royal Assent
				constituencies	
				House of Commons	
				MP	

## Year D

Recount task (3)	Safety in numbers (4)	Why pay taxes?(4)	What's the story(5)	Rights, responsibilities and duties (5)	What's it worth (6)
fact	influence	income tax	responsibility	rights	saving
opinion	opinion	national insurance		responsibility	bank (building society) account
	respectful	VAT		duties	Junior ISA
		deductions			interest
		public services			debit card
					cash
					value



# PSHE Vocabulary Progression

## Being my best – Garden Class

### Year A

Bouncing back when things go wrong (R)	Yes I can (R)	I can eat a rainbow (1)	Harolds wash and brush up (1)	You can do it! (2)	Harold's postcard – helping us to keep clean and healthy (2)
bounce back	try	starchy	hygiene	practice	vaccination
encourage	try again	dairy	routine	encourage	injection
try again	bounce back	protein	clean	goal	disease
		fruit		achieve	hygiene
		vegetables		challenge	germs
		vitamins			
		portion			

### Year B

Healthy Eating	My healthy mind (R)	Harold learns to ride his bike (1)	Pass on the praise (1)	Harold's bathroom (2)	My day (2)
food	food	learning	praise	teeth	choose
energy	exercise	practice	support	dental	choices
grow	sleep	make mistakes	feedback	hygiene	healthy
healthy	wash	confidence	encourage		unhealthy
fruit	healthy	achievement	feelings		
vegetable	energy	learning			
dairy	grow				

### Year C

Move your body (R)	A good nights sleep (R)	Eat well (1)	Catch it, bin it, kill it (1)	My body needs...(2)	What does my body do? (2)
exercise	routine	healthy	germs	oxygen	brain
heart	calm	fruit	disease	water	heart
muscles	sleep	vegetables	hygiene	food	lungs
		dairy	spread	exercise	stomach
		meat	germs	rest	small intestine
		sugar			large intestine
		salt			food
		cereal			water



# PSHE Vocabulary Progression

## Being my best – Meadow Class

### Year A

I am fantastic(3)	Derek cooks dinner(3)	What makes me me!(4)	Basic first aid (5)	It all adds up(5)	Our recommendations (6)
goals	balanced diet	individual	life skill	organs	health
ambitions	proteins	unique	sepsis	body systems	wellbeing
improve	muscles				accurate
achieve	dairy				reliable
	teeth				sources
	bones				
	starchy carbohydrates				
	energy				
	fruit & veg				
	healthy				

### Year B

Poorly Harold(3)	Scarf hotel (4)	Making choices(4)	Different skills(5)	My school community (5)	Basic first aid including sepsis awareness (6)
infection	balanced diet	choices	perseverance	community	Red Cross
cleanliness	wellbeing		commitment	school community	first aid
hygiene	mental health		resilience		emergency
rest			determination		999
sleep			patience		ambulance
water			interpersonal skills		operator
medicine					information
drug					serious
dose					adult
safety					scenario
instructions					script
					role
					feelings
					panic
					calm
					responsive
					unresponsive



## PSHE Vocabulary Progression

### Year C

Body team work(3)	Top Talents(3)	Basic first aid (4)	Independence and responsibility(5)	Five ways to wellbeing (6)	This will be your life(6)
intestine	goal-setting	first aid	independence	wellbeing	aspirations
vessels	talents	injury	responsibility	connect	goal setting
veins	skills	minor		be active	perseverance
arteries	intelligence	accident		take notice (mindful)	
lungs		emergency		keep learning (get creative)	
liver		blood		give	
		nose bleed			
		choking			
		breathing			
		airway			
		unresponsive			
		casualty			
		burn			
		wound			
		recovery			
		scald			

### Year D

For and Against(3)	Harolds Seven R's (4)	My School Community (4)	Star qualities (5)	Whats the risk 1 (6)	Whats the risk 2 (6)
debate	refuse	community	personal qualities	assessing risk	assessing risk
discussion	reduce		celebrities	weigh up	weigh up
continuum	re-use			dilemma	choices
courteous	rot				influence
respectful	recycle				
justify	repair				
	re-think				



# PSHE Vocabulary Progression

## Growing and Change (taught in year groups)

### Reception

Seasons	Life stages	Life stages: who will I be?	Where do babies come from?	Getting bigger	Me and my body - girls and boys
seasons	growing	baby	family	baby	private parts
spring	life cycles	child	baby	child	penis
summer	egg	teenager	love	teenager	vulva
autumn	seed	adult	care	adult	testicles
winter	baby	old age	tummy	grow	vagina
cycle	grow	baby	womb	messages (DNA/Genes)	eggs
seasons	change	child	pregnancy	families of different beliefs	sperm
	old		egg	adoption	privacy
	young		sperm	surrogacy	my body is mine (body autonomy)
			adoption	IVF	dolls and cars are for everyone (gender stereotyping)
			surrogacy		privacy
			donated sperm/eggs		
			same-sex parents		
			One- parent families		





# PSHE Vocabulary Progression

## Year 1

Healthy me	Then and now	Taking care of a baby	Who can help? (2)	Surprises and secrets	Keeping privates private
energy	change	caring	unkind	surprise	privates
food	growing	love	unkindness	secret	private
water	size	attention	tease	uncomfortable	penis
air	height	needs	teasing		vulva
oxygen	needs	help	bully		hygiene
exercise	help	caring	bullying		help
sleep		love	witness		change
healthy		attention	experience		sore
			getting help		doctor
					private activity
					Private places
					My body is mine ( body autonomy)



# PSHE Vocabulary Progression

## Year 2

A helping hand	Sam moves away	Haven't you grown!	My body, your body	Respecting privacy	Some secrets should never be kept
help	change	growing	unique	genitals	genitals
support	loss	food	special	penis	penis
supportive	feelings	rest	penis	vulva	vulva
help	emotions	sleep	testicles	private	private
	frightened	care	vulva	privacy	private parts
	nervous	learning	nipples	consent	consent
		change	private parts	permission	permission
		forward looking	my body is mine (body autonomy)		secret
		making choices	sperm		uncomfortable
		asking permission	eggs		unsafe
			ovaries		tell
			womb		someone you trust
			pregnancy		



## PSHE Vocabulary Progression

### Year 3

Relationship Tree	Body space	None of your business!	Secret or surprise?	My changing body		Basic First Aid
relationships	personal space	internet safety	secret	egg	womb	first aid
positive	body space	private	surprise	sperm	wet dream	risk
healthy	invade	public	feelings	puberty	penis	accident
trust	uncomfortable	profile	uncomfortable	period	mammals	danger
caring	stop	personal information	angry	ovary	fertilise	hazard
	respect		upset	fallopian tube	birth	kettle
	touch		jealous	uterus (womb)	hips	safe
			worried	lining	periods	burn
			excited	vagina	spots	scald
			scared	period/menstruation pad	sweat	accident
			talk	tampon	pubic hair	emergency
				menstruation cup	cervix	
				breasts	menstrual cycle	
				genitals	fertilise	
				testicles	menstruation	



## PSHE Vocabulary Progression

### Year 4

Moving house	My feelings are all over the place!	All change!	Preparing for puberty		Secret or surprise?	Together
learning line	compromise	puberty	puberty	genitals	secret	marriage
practice	hormones	pubic hair	menstrual cycle	pubic hair	surprise	live together
	puberty	eggs	eggs	voice deepens	uncomfortable feelings	civil partnership
	feelings	sperm	periods	testicles		forced marriage
	independence	penis	menstruation	ovaries		
	conflict	testicles	period/menstruation pad	penis		
		breasts	tampons	breasts		
		ovaries	menstruation cup	vagina		
		womb	wet dreams	fallopian tube		
		vagina	testicles	cervix		
		vulva	sperm	lining of the uterus		
		clitoris	semen	pads		
		labia	hips	tampons		
		semen	periods	menstrual cup		
		legal age of consent	spots			
		marriage	sweat			



# PSHE Vocabulary Progression

## Year 5

How are they feeling?	Taking notice of our feelings	Dear Ash	Changing bodies and feelings		Growing up and changing bodies	Help! I'm a teenager - get me out of here!
Well being	trust	in confidence	pubic hair	hips widen	puberty	hormones
Resilience	resilience	break a confidence	clitoris	height gain	genitalia	compromise
	unwanted attention	confidential	vulva	periods	semen	respect
	unwanted touch	scrotum	vaginal opening	pubic hair	menstruation	mood swings
		testicles	urinary opening	FGM/cuts to vulva	period	conflict
		foreskin	lips (labia)	menstruation	period/menstruation pads	puberty
		anus	penis	genitalia	tampon	emotional changes
		wet dream	menstruation cup	deodrant	managing feelings	
		erection	period protection	shower gel		
		stretch marks	sweat	tissues		
		crush	washing	washing powder		
		Height gain	body confidence	spot cream		
		Penis	emotions	facial wash		
		Weight gain	spots	period products		
		Masturbation	hair removal	exercise		
		Wearing a bra	body autonomy	sleep		
		Body anxiety	vaginal discharge	breast development		
		Hair removal	involuntary erections			
		FGM/cuts to the vulva	wet dreams			
		Wet dreams				



## PSHE Vocabulary Progression

### Year 6

I look great!	Media manipulation	Pressure online	Helpful or unhelpful?	Is this normal?	Making babies	
body image	media manipulation	peer pressure	change	puberty	egg	age of consent
self esteem	stereotype	right to privacy	support	physical changes	ovaries	miscarriage
manipulation	gender stereotype	sharing online	conversation	emotional changes	sperm	conception
body image		online safety	discuss	rights	testicles	condom
				FGM	puberty	consensual relationship
				periods	vagina	hug
				mood swings	penis	cuddle
				spots	orgasm	kiss
				voice deepening	embryo	erection
				period products	womb	Vaginal wetness
				vulva	sexual intercourse	excited
					consensual	pleasurable feeling
					condom	implant
					surrogacy	pregnancy
					adoption	birth
					IVF	caesarean
					muscles	cut
					cervix	labour