



Margaret Wix Primary School

Progression in PSHE Vocabulary

Being Me In My World	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Vocabulary	kind, gentle, friend, similar(ity), different, rights, responsibilities, feelings, angry, happy, excited, nervous, sharing, taking turns	safe, special, calm, belonging, special, Learning Charter, Jigsaw Charter, rewards, proud, consequences, upset, disappointed, responsibility	worries, hopes, fears, responsible, actions, praise, positive, negative, choices, co-operate, problem-solving	welcome, valued, achievements, pleased, personal goal, acknowledge, affirm, emotions, feelings, nightmare, solutions, support, dream, behaviour, fairness, group dynamics, team work, view point, belong	included, excluded, role, job description, school community, democracy, democratic, decisions, voting, authority, contribution, observer, UN Convention on Rights of Child (UNCRC)	opportunities, motivation, appreciation, refugee, empathise, prejudice, participation, persecution, conflict, migrant, challenges, wealthy, privilege, deprive, cooperation, collaboration, attitude, denied, asylum, vision, citizen, views, collective decision	community, education, Maslow, empathy, comparison, opportunities, empathise, obstacles, motivation, participation, lawful, wants, needs, legal, illegal

Celebrating Difference	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Vocabulary	different, special, proud, friends, kind, same, similar, happy, sad, frightened, angry, family	similarity, same as, different from, difference, bullying, deliberate, on purpose, unfair, included, bully, bullied, celebrations, special, unique	boys, girls, similarities, assumptions, shield, stereotypes, special, differences, bully, purpose, unkind, feelings, sad, lonely, help, stand up for, male, female, diversity, fairness, kindness, unique, value	loving, caring, safe, connected, conflict, solve it together, solutions, resolve, witness, bystander, bullying, gay, feelings, tell, consequences, hurtful, compliment	character, judgement, surprised, different, appearance, accept, influence, opinion, attitude, secret, deliberate, bystander, witness, problem-solve, cyber bullying, text message, website, troll, physical, impression	conflict, homophobic, ethnicity, discrimination, rumour, name calling, cyber bullying, texting, indirect, developing, celebration, continuum, belong, racism, colour, culture, race, direct, banter	individuality, diverse, equality, identity, courage, disability, visual, empathy, perception, imbalance, harassment, achievement, perseverance, admiration, stamina, conflict, rights, banter, ability, vision, power

Dreams and Goals	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Vocabulary	dream, goal, challenge, job, ambition, perseverance, achievement, happy, kind, encourage	success, internal treasure chest, stretchy learning, stepping stones, process, working together, teamwork, celebrate, challenge, obstacle, overcome, achieve, dreams, goal, proud	realistic, achievement, goal, strength, persevere, difficult, easy, learning together, partner, product	co-operation, motivated, enthusiastic, excited, efficient, responsible, frustration, evaluate, respect, solutions, review, admire, ambition, 'solve it together' technique	hope, determination, resilience, positive attitude, disappointment, fears, hurts, positive experiences, plans, cope, help, self-belief, motivation, commitment, enterprise	lifestyle, career, profession, salary, contribution, society, culture, sponsorship, aspiration, communication, support, rallying, difference	personal, realistic, unrealistic, success, criteria, learning steps, global issue, suffering, concern, hardship, sponsorship, empathy, motivation, admire, respect, praise, compliment, contribution, recognition

Healthy Me	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Vocabulary	healthy, exercise, shoulders, stranger, head, knees, toes, sleep, wash, clean, scared, trust, heart, active, safe, adult	unhealthy, balanced, exercise, sleep, choices, clean, body parts, keeping clean, toiletry items (e.g. toothbrush, shampoo, soap), hygienic, safe medicines, safe, safety, Green Cross Code, eyes, ears, look, listen, wait	healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, dangerous, medicines, body, balanced diet, portion, proportion, energy, fuel, nutritious	oxygen, calories kilojoules, heartbeat, lungs, heart, fitness, labels, sugar, fat, saturated fat, healthy, drugs, attitude, anxious, scared, strategy, advice, harmful, risk, feelings, complex, appreciate, body, choice, emergency services, emergency, fire engine, ambulance, police car, coastguard, helicopter	friendship, emotions, relationships, friendship groups, value, roles, leader, follower, assertive, agree, disagree, smoking, vaping, pressure, peers, guilt, advice, alcohol, liver, disease, anxiety, fear, believe, assertive, opinion, right, wrong	choices, healthy behaviour, unhealthy behaviour, informed decision, pressure, media, influence, emergency, procedure, recovery position, level-headed, body image, media, social media, celebrity, altered, self-respect, comparison, respect, debate, opinion, fact, motivation	responsibility, immunisation, prevention, drugs, prescribed, unrestricted, over-the- counter, restricted, illegal, volatile substances, 'legal highs', exploited, vulnerable, criminal, gangs, pressure, strategies, reputation, anti-social behaviour, crime, mental health, mental illness, symptoms, triggers, strategies, managing stress, pressure, new psychoactive substances

Relationships	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Vocabulary	family, friends, relationships, lonely, feelings, Calm Me, jobs, angry, argue, upset	family, self-belief, belong, caring, friendship, special, feelings, kind, dislike, like, proud	similarities, differences, communication, conflict good, secret, worry secret, telling, honesty, compliments, touch, trust	Stereotype, career, responsibilities, social media, interconnected, appreciation, equality, male, online, rights, female, global	jealousy, acceptance, relief, negotiate, compromise, attraction, despair, loss, numb, shock, love	personal qualities, characteristics, self esteem, online community, age restriction, grooming, trustworthy, peer pressure, influences, privacy, settings, troll, risky	mental health, stress, anxiety, support, self care, coping, power, control, assertive, self control, judgement, cyber bullying, grief

Changing Me	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Vocabulary	eyebrow, forehead, tongue, finger, stomach, grown-up, change, worry, excited, memories, healthy, grow, child, eye, ear, arm, chest, nose, foot, mouth, leg, knee, toe, hand, baby	changes, learn, life cycles, growing up, private, feelings, anxious, worried, coping, testicles, baby, new, male, vagina, vulva, adult, grow, female, penis, anus	control, fully grown, life cycle, respect, appearance, physical difference, toddler, teenager, independent, freedom, responsibilities, acceptable, unacceptable, comfortable, uncomfortable, nervous, excited, old, child, private, like, young, public, touch, dislike	animals, babies, mother, nutrients, affection, puberty, breasts, ovaries, ovum/ova, stereotypes, challenge, birth, womb, care, sperm, task, uterus, love, cope, egg, roles	personal, unique, characteristics, conception, menstruation, fallopian tube, menstrual cycle, periods, change, emotions, acceptance, making love, having sex, sexual intercourse, fertilise, gene, pads, love	body image, self-image, personality, perception, self-esteem, affirmation, comparison, oestrogen, develops, Adam's apple, scrotum, genitals, broader, erection, ejaculation, urethra, wet dream, growth spurt, facial hair, pubic hair, testosterone, circumcised, uncircumcised, foreskin, epididymis, unfertilised, embryo, umbilical cord, fertility treatment, contraception, pregnancy, hygiene, age appropriate,	real self, negative body-talk, pregnancy, placenta, contraception, midwife, strategies, mental health, opportunities, freedoms, relationship, transition, secondary, journey, worries, assertive, anxiety, adolescent, labour, love, cervix, sexting

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