



PSHE Vocabulary Progression



| Reception | Year 1 & 2 | Year 3 & 4 | Year 5 & 6 |
|------------------|-------------------------|----------------|-----------------------------|
| Kind | Worries | Included | Citizen |
| Gentle | Hopes | Excluded | Realistic |
| Friend | Fears | Authority | Unrealistic |
| Similar | Responsible | Contribution | Empathy |
| Different | Actions | Determination | Motivation |
| Rights | Positive | Resilience | Praise |
| Responsibilities | Negative | Self-belief | Compliment |
| Taking Turns | Co-Operate | Motivation | Recognition |
| Dream | Problem-Solving | Enterprise | Stigma |
| Goal | Realistic | Jealousy | Self-harm |
| Challenge | Achievement | Loss | Bereavement |
| Achievement | Goal | Denial | Coping strategies |
| Relationship | Strength | Guilt | Authority |
| Feelings | Persevere | Memento | Assertive |
| Angry | Physical contact | Negotiate | Pressure |
| Breathing | Communication | Compromise | Influences, |
| Special | Acceptable | Loyal | Disability |
| Proud | Not acceptable | Empathy | Visual impairment |
| Exercise | Secret | Amicable | Perception |
| Sleep | Surprise | Judgement | Diversity |
| Wash | Trust | Influence | Transgender |
| Clean | Honesty | Bystander | Gender |
| Stranger | Reliability Compliments | Cyber bullying | Rights and Responsibilities |
| Change | Celebrating Difference | Impression | Power |
| Memories | Similarities | Smoking | Imbalance |
| | Assumptions | Pressure | Admiration |
| | Stereotypes | Advice | Immunisation |
| | Differences | Alcohol | Prevention |



PSHE Vocabulary Progression



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| | Diversity Fairness Kindness Unique Value Healthy choices Lifestyle Motivation Relaxation Medicines Body Balanced diet Portion Energy Nutritious Grow Control Respect Appearance Independent Freedom Responsibilities | Disease Anxiety Control <u>Year 4</u> Puberty Sperm Ovaries Egg Ovum/ova Womb/uterus | Prescribed Volatile substances Exploited Vulnerable Criminal Gangs Pressure Mental health Symptoms Triggers Negative body-talk Labour attraction, transition, <u>Year 6</u> Fertilise, Conception, Oestrogen, Fallopian Tube, Cervix, Conception, Embryo, Umbilical cord, IVF, Foetus, Contraception, Hormones, Testosterone, Epididymis, Fertilised, |
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