

PSHE

Core vocabulary

Happy, sad, angry, worried (nervousness), scared (fear), surprise,
reflection, resilience, respect, resourcefulness, reasoning, responsibility, risk-taking.

These words are used all year and across all year groups in PSHE lessons.

Class	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Class 1	Being me in my world 4-5 kind gentle friend similar(ity) different rights responsibilities feelings angry happy excited nervous sharing taking turns	Celebrating difference 4-5 different special proud friends kind same similar happy sad frightened angry family	Dreams and goals 4-5 dream goal challenge job ambition perseverance achievement happy kind encourage	Healthy me 4-5 healthy exercise head shoulders knees toes sleep wash clean stranger scare	Relationships 4-5 family jobs relationship friend lonely argue fall-out words feelings angry upset calm me breathing	Changing me 4-5 eye foot eyebrow forehead ear mouth arm leg chest knee nose tongue finger toe stomach hand baby grown-up adult change worry excited memories

Vocabulary Progression

Class 2 CYCLE A	Being me in my world	Celebrating difference	Dreams and goals	Healthy me	Relationships	Changing me
	5-6	6-7	5-6	6-7	5-6	(Y1 - split into year groups)
	achievement belong(ing) calm choice choices consequences disappointed feelings learn learning charter proud responsibilities rewards rights safe safe place special upset valued views	assumptions belong(ing) boundary boys bully bystander culture courtesy difference different disability fairness family feelings female friends girls identity included inclusive kind(ness) lonely male on purpose respect sad self-respect shield similarities special stereotypes support teasing unkind unique value	achieve achievement active celebrate celebration challenge confidence coins dreams feelings garden goal happiness internal learning obstacle overcome proud process rest self-respect special stepping stones stretchy success team work treasure treasure chest working together	assess balanced diet barriers body choices crossing dangerous energy hazard healthy medicines nutritious portion react risk safe scared stop, drop, roll unhealthy unsafe worry	appreciate belong celebrate community confidence different dislike family feelings friendship friends greeting help(ful) incredible kind like praise proud qualities relationships same skills special texture touch	adult(hood) anus anxious baby change(s) coping curious excited feelings female grow growing up growth happy learn life cycle male nervous new penis proud testicles vulva worried

Vocabulary Progression

Class 2 CYCLE B	Being me in my world	Celebrating difference	Dreams and goals	Healthy me	Relationships	Changing me
	6-7	5-6	6-7	5-6	6-7	(Y2 - split into year groups)
	actions assertive belong(ing) boundaries choices consequence(s) controlling contributions fair fears hopes learning charter negative positive praise problem solving responsible responsibilities reward(s) rights safe worried worries	bully bullied bullying bullying behaviour celebration courtesy courage deliberate difference different from harmful inclusive included lonely manners on purpose safe same as similarity similar special support unique unfair	achievement calm celebrate challenge community courtesy dream feelings goal group health healthy choices hobbies interest(s) learning together lifestyle manners motivation partner product proud realistic relax(ation) safety self-care self-esteem stress success team work tense wellbeing	balanced bacteria body parts choices clean crossing ears exercise eyes germs healthy hygienic keeping clean kerb less healthy listen look medicines nervous pavement safe scared sleep soap traffic traffic lights trust unhealthy virus wait	acceptable adult appreciate celebrate communication compliments conflict cooperate different dislike diverse family frightened friends good secret happy honesty hugs important likes/dislikes negative not acceptable physical contact point of view positive problem solving relationship reliability sad secret special stereotype surprise touch trust trustworthy	adult anus anxious baby change child cope comfortable control dislike elderly excited female freedom fully grown grow growing up hug independent life cycle looking forward male nervous old(er) penis physical private public respect responsibilities teenager testicles texture timeline toddler

Vocabulary Progression

						touch uncomfortable vagina vulva young
Class 3 CYCLE A	Being me in my world 7-8 achievements actions acknowledge affirm assertive behaviour belong challenge choices controlling courtesy consequences dream emotions exclude fairness feelings fears friendship group dynamics ideal school include kind learning learning charter loneliness lonely	Celebrating difference 8-9 accept appearance assumption bully(ing) bystander changed character characteristics courtesy deliberate different empathy friend hurtful impression influence judgement kindness manners on purpose physical features problem solve protected characteristics respect secret special surprised	Dreams and goals 7-8 ambitions challenge(s) community design differences dream(s) enthusiastic evaluate frustration future garden goal(s) healthy identity include learning motivated obstacles outdoors responsible respect review safe choices self-esteem self-review solution strengths	Healthy me 8-9 advice agree/disagree alcohol anxiety assertive believe disease emotions embarrassment fear follower friendship groups friendships guilt healthy leader liver lonely opinion peers pressure puberty relationships right roles smoking trust	Relationships 7-8 age restriction appreciation careers celebrating conflict culture deprivation differences fairness family feelings/emotions female friendship gaming/apps global happiness influence inequality in-app purchases internet interconnected job location settings male manners media messaging	Changing me (Y3 - split into year groups) animals babies birth breasts care challenge change changes control egg family female genitals growing up looking forward male mother ovaries ovum / ova penis personal hygiene puberty pubic hair roles scrotum sperm

Vocabulary Progression

	manners nightmare personal goal pleased praise pride proud responsibilities rewards rights self-respect solutions support team work valued view point welcome wellbeing worries	troll unique witness	success team work wellbeing water safety	value vaping wrong	needs personal information privacy problem solving relationships respect responsibilities rights risky role safe/unsafe sex (male and female) social media solution stereotype support trade trusted adult trust united nations unisex wants wellbeing win-win	stereotypes task testicles vagina womb / uterus worries
Class 3 CYCLE B	Being me in my world 8-9 authority charter choices community conflict consequence contribution courtesy decisions democracy democratic	Celebrating difference 7-8 banter bullying bystander caring compliment conflict connected consequences difference discrimination family feelings	Dreams and goals 8-9 agree/disagree anxious attitude celebrate cope courtesy courage design determination determined disappointed disappointment	Healthy me 7-8 advice ambulance anxious appreciate attitude body calories/kilojoules choice coastguard helicopter complex dangerous drugs	Relationships 8-9 anger appreciation attraction betrayal boyfriend care close comfortable compromise conflict critical thinking emotions	Changing me (Y4 - split into year groups) acceptance anxious belonging care characteristics change choices circle control family fallopian tube

Vocabulary Progression

	excluded friend(ship) healthy help included job description learning charter observer proud responsibility responsibilities respect rights role school self-respect solution team trusted adult un convention on rights of the child valued violence voting welcome wellbeing	gay hurtful include incident isolate kindness lonely love loving protection resolve rights safe security self-regulation similarity solve it together special stability stereotype support tell unique unkind witness	dream(s) follower goal(s) help hope(ful) hurt inspired internal treasure chest leader learning manners motivated plans positive positive attitude problem-solve proud resilience review risk roles safety self-belief self-esteem self-respect setback success wellbeing	emergency emergency services energy fat feelings fire engine fitness harmful heartbeat healthy heart labels lungs oxygen police car responsibility risk safe scared strategy sugar saturated fat unsafe	empathy envy friendships girlfriend jealousy lonely / loneliness loss love loyalty manage memories memento negotiate negative personal positive pressure problem-solve reality relationship remember souvenir special support symbol trust vulnerable	hobbies hormone identity inner circle interests love looking forward menstrual cup menstrual cycle menstrual pads menstrual towel menstruation ovaries panty liner period pants period products periods personality proud proportionate puberty reliable seasons skills support tampons trusted adult trustworthy unique values vagina vulva womb
Class 4 CYCLE A	Being me in my world 9-10 appreciation asylum challenge	Celebrating difference 10-11 achievement accolade admiration	Dreams and goals 9-10 adult aspiration attitudes	Healthy me 10-11 anti-social behaviour choice crime	Relationships 9-10 addiction age restriction appropriate	Changing me (Y5 - split into year groups) affirmation anxious

Vocabulary Progression

choices citizen collaboration cooperation conflict consequences courtesy deprive denied education empathise goals hopes leadership learning charter manners migrant motivation opportunities participation persecution poverty prejudice privilege refugee responsibilities rewards rights self-respect vision wealth	argument assumption banter belonging bullying bullying behaviour celebration community conflict control difference direct disability discrimination empathy equality equality act harassment imbalance indirect misunderstanding normal para olympian perception perseverance power prejudice protected characteristics racism recipient respect rights sport stamina struggle stereotype	barrier career choice community participation country culture digital spending dream environment financial harm goal grown up identity influence job lifestyle media money motivation opportunity profession rallying reliable rights risk salary save self-care self-esteem society spend spending decisions sponsorship support team work technology values	criminal drugs effects emotional health exploited gang illegal immunisation managing stress mental health mental illness motivation new psychoactive substances over-the-counter prevention prescribed pressure reputation responsibility restricted strategies stress synthetic highs symptoms triggers unrestricted volatile substances vulnerable	assertive being responsible bullying characteristics choices community controlling data data protection devices fake online hoaxes gambling / betting grooming harassed hobbies interests location settings lonely loot boxes mental health offline online personal information personal qualities physical health privacy reliable reporting responsibility responsibilities rights risk risky safe screen time self-esteem self-perception social	aspects authentic body image change characteristics cope conception contraception consent erection edited embryo emotions excitement facial hair fallopian tube fear fertilisation fertility treatment (IVF) filter growth spurt hormone hope hormones influences larynx making love manage media media influencer menstrual cycle menstrual pads menstrual towels menstruation mental health/wellbeing milestone opportunities oestrogen
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Vocabulary Progression

					social network targeting troll trustworthy vulnerable wellbeing	ovary ovaries perception perceptions periods pregnancy puberty relationships reliable sources responsibilities scrotum self self-esteem self-image sexual intercourse semen sperm teenager testicles testes testosterone vagina vulva wet dream womb/uterus
Class 4 CYCLE B	Being me in my world 10-11 behaviour choice(s) collaboration community comparison consequences cooperation cocoa plantation cocoa pods courtesy	Celebrating difference 9-10 appearance assumptions banter bullying colour community continuum culture cyber bullying difference direct	Dreams and goals 10-11 achieve achievement admire aspirations awareness collaborate compliment concern contribution cooperate dream	Healthy me 9-10 addicted alcohol altered body image calm celebrity choices comparison debate emergency fact	Relationships 10-11 age restrictions ai (artificial intelligence) anxiety ashamed assertive authority bullying communication consent control courtesy	Changing me (Y6 - split into year groups) adolescent assertive attraction baby caesarean celebrity cervix challenge choice contractions

Vocabulary Progression

decision democracy discernment education empathise empathy fears Ghana goals hazard/risk illegal lawful laws learning charter legal manners Maslow motivation needs obstacles opportunities participation proud report resilience responsibilities rewards rights trusted adult value welcome wants west Africa worries	developing world disability discrimination fair happiness homophobic indirect included name-calling race racist racism respected respect rumour sexist similarity stereotype texting	feeling(s) global goal issue leadership skills learning money motivate personal praise prevention recognition realistic rescue role safety strategy strengths stretch success success criteria suffering support unrealistic	healthy behaviour healthy lifestyle informed decision influence level-headed media motivation nicotine obesity opinion pressure procedure recovery position self-respect smoking social media tobacco unhealthy behaviour vaping	digital rights early warning signs emotions feelings grief influences isolation loneliness mental health personal data power pressure privacy real / fake respect risks safety self-care self-control signs stigma strategies stress support targeting technology true / untrue warning	consent criticise embryo feelings/emotions foetus freedoms identity independence journey labour looking forward love mental health midwife negative body-talk opportunities placenta pregnancy pressure puberty real self relationship relationships responsibilities secondary self-esteem self-image sexting transition umbilical cord values worries
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