

PSHE Tier 2 and 3 Vocabulary Progression

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	<p><u>Being Me in My World</u> safe, special, calm, belonging, rights, responsibilities, learning charter, rewards, proud, consequences, upset, disappointed, rewards, consequences</p>	<p><u>Celebrating Difference</u> similarity, same as, different from, difference, bullying, bullying behaviour, deliberate, on purpose, unfair, included, bully, bullied, celebration, special, unique.</p>	<p><u>Dreams and Goals</u> proud, success, achievement, goal, treasure, learning, stepping-stones, process, working together, team work, celebrate, challenge, feelings, obstacle, overcome, achieve, dreams, success, celebration</p>	<p><u>Healthy Me</u> healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, toiletry items (e.g. toothbrush, shampoo, soap), hygienic, germs, virus, safe medicines, trust, safe, safety, green cross code, eyes, ears, look, listen, wait.</p>	<p><u>Relationships</u> family, belong, same, different, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, skills, self-belief, proud, celebrate, incredible, relationships, special, appreciate.</p>	<p><u>Changing Me</u> changes, life cycles, baby, adult, adulthood, grown-up, mature, male, female, vagina, penis, testicles, vulva, anus, learn, new, grow, feelings, anxious, worried, excited, coping</p>
Y2	<p><u>Being Me in My World</u> worries, hopes, fears, belonging, rights, responsibilities, responsible, actions, praise, reward, consequence, positive, negative, choices, cooperate, learning charter, problem solving</p>	<p><u>Celebrating Difference</u> assumptions, stereotypes, boys, girls, male, female, similarities, differences, stereotypes, special, shield, bully, on purpose, kind, unkind, feelings, sad, lonely, help, stand up for, male, female, diversity, fairness, kindness, friends, unique, value</p>	<p><u>Dreams and Goals</u> realistic, proud, success, celebrate, dream, achievement, goal, strength, persevere, challenge, difficult, easy, learning together, partner, teamwork, product, problem solve</p>	<p><u>Healthy Me</u> healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, stress, healthy, unhealthy, dangerous, medicines, safe, body, balanced diet, portion, proportion, energy, fuel, nutritious</p>	<p><u>Relationships</u> family, different, similarities, special, relationship, important, co-operate, touch, physical contact, communication, like, dislike, acceptable, not acceptable, conflict, point of view, positive problem solving, secret, adult, trust, frightened, trustworthy, honesty, reliability, compliments, celebrate, appreciate.</p>	<p><u>Changing Me</u> change, grow, control, life cycle, baby, toddler, child, teenager, adult, fully grown, growing up, old, young, respect, appearance, physical, independent, timeline, freedom, responsibilities, male, female, vagina, penis, testicles, vulva, anus, public, private, touch, texture, squeeze, like, dislike, acceptable, unacceptable</p>

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<p>Y3</p>	<p><u>Being Me in My World</u> welcome, valued, achievements, proud, pleased, personal goal, praise, acknowledge, affirm, emotions, feelings, nightmare, dream, fears, worries, solutions, support, rights, responsibilities, learning charter, behaviour, rewards, consequences, actions, fairness, choices, co-operate, challenge, group dynamics, teamwork, viewpoint, ideal school, belong</p>	<p><u>Celebrating Difference</u> family, loving, caring, safe, connected, difference, special, conflict, solve it together, solutions, resolve, witness, bystander, bullying, gay, unkind, feelings, consequences, hurtful, compliment, unique.</p>	<p><u>Dreams and Goals</u> perseverance, challenges, success, obstacles, dreams, goals, ambitions, future, aspirations teamwork, enterprise, design, cooperation, product, strengths, motivated, enthusiastic, excited, efficient, responsible, frustration, 'Solve It Together', technique, solutions, review, celebrate, evaluate</p>	<p><u>Healthy Me</u> oxygen, energy calories/ kilojoules, heartbeat, lungs, heart, fitness, labels, sugar, fat, saturated fat, healthy, drugs, attitude safe, anxious, scared, strategy, advice, harmful, risk, feelings, complex, appreciate, body, choice</p>	<p><u>Relationships</u> healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, healthy, unhealthy, dangerous, medicines, safe, body, balanced diet, portion, proportion, energy, fuel, nutritious.</p>	<p><u>Changing Me</u> changes, birth, animals, babies, mother, growing up, nutrients, survive, love, affection, care, puberty, control, male, female, testicles, sperm, penis, ovaries, egg, ovum / ova, uterus, womb, vagina, stereotypes, challenge, looking forward, excited, nervous, anxious, happy.</p>
<p>Y4</p>	<p><u>Being Me in My World</u> included, excluded, welcome, valued, team, charter, role, job description, school community, responsibility, rights, democracy, democratic, reward, consequence, decisions, voting, authority, learning Charter, contribution, observer, UN Convention on Rights of Child (UNCRC)</p>	<p><u>Celebrating Difference</u> character, assumption, judgement, surprised, different, appearance, accept, influence, opinion, attitude, judgement, bullying, friend, secret, deliberate, bystander, witness, problem solve, cyber bullying, text message, website, troll, special, unique, different, characteristics, physical features, impression</p>	<p><u>Dreams and Goals</u> dream, hope, goal, determination, perseverance, resilience, positive attitude, disappointment, fears, hurt, positive experiences, plans, cope, help, self-belief, motivation, commitment, enterprise, design, teamwork, cooperation, success, celebrate, evaluate.</p>	<p><u>Healthy Me</u> friendship, emotions, healthy, 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</p>	<p><u>Relationships</u> relationship, close, jealousy, problem-solve, emotions, positive, negative, loss, shock, disbelief, numb, denial, anger, guilt, sadness, pain, despair, hope, souvenir, memento, memorial, acceptance, relief, remember, negotiate, compromise, trust, loyal, empathy, betrayal, amicable, appreciation, love</p>	<p><u>Changing Me</u> personal, unique, characteristics, parents, sperm, egg / ovum, penis, testicles, vagina / vulva, womb / uterus, ovaries, making love, having sex, sexual intercourse, fertilise, conception, puberty, menstruation, periods, circle, seasons, change, control, emotions, acceptance, looking forward, excited, nervous, anxious, happy</p>

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Y5	<p><u>Being Me in My World</u> challenge, goal, attitude, actions, rights and responsibilities, United Nations Convention on The Rights of the Child, citizen, choices, consequences, views, opinion, collaboration, collective, decision, democracy</p>	<p><u>Celebrating Difference</u> culture, conflict, difference, similarity, belong, culture, racism, colour, race, discrimination, bullying, rumour, name-calling, racist, homophobic, cyber bullying, texting, problem solving, direct, indirect, happiness, celebration, artefacts developing world, display, representation,</p>	<p><u>Dreams and Goals</u> dream, hope, goal, feeling, achievement, money, grown up, adult, lifestyle, job, career, profession, money, salary, contribution, society, determination, perseverance, motivation, aspiration, culture, country, sponsorship, communication, support, rallying, teamwork, cooperation, difference.</p>	<p><u>Healthy Me</u> choices, healthy behaviour, unhealthy behaviour, informed decision, pressure, media, influence, antisocial behaviour emergency, procedure, recovery position, calm, level-headed Body image, social media, celebrity culture, altered, self-respect, comparison, eating disorder, debate, motivation</p>	<p><u>Relationships</u> attributes, qualities, characteristics, self-esteem, unique, comparison, negative self-talk, social media, online, community, safe, unsafe, gaming, violence, grooming, troll, gambling, betting, trustworthy, appropriate, physical health, mental health, peer pressure, influences, personal information, passwords, privacy, settings, profile, SMARTT rules</p>	<p><u>Changing Me</u> body-image, uterus, womb, oestrogen, fallopian tube, cervix, develops, puberty, breasts, vagina, vulva, hips, penis, testicles, Adam's apple, scrotum, genitals, hair, broader, wider, sperm, semen, erection, ejaculation, urethra, wet dream, growth spurt, larynx, facial hair, pubic hair, hormones, testosterone, circumcised, uncircumcised, foreskin, epididymis, ovaries, egg (ovum), period, fertilised, unfertilised, conception, having sex, sexual intercourse, making love, embryo, umbilical cord, IVF, foetus, contraception, pregnancy, menstruation, sanitary products, legal, laws, self-esteem, affirmation, comparison,</p>
Y6	<p><u>Being Me in My World</u> Ghana, West Africa, cocoa plantation, cocoa pods, machete, education, Maslow, empathy, comparison,</p>	<p><u>Celebrating Difference</u> ability, disability, visual impairment, empathy, perception, medication, vision, blind, viewpoint, perspective, assumption, belonging, equality act,</p>	<p><u>Dreams and Goals</u> dream, hope, goal, learning, strengths, stretch, achievement, personal, realistic, unrealistic, success, criteria, learning steps,</p>	<p><u>Healthy Me</u> responsibility, choice, immunisation, prevention, drugs, effects, motivation, prescribed, unrestricted, over-the-counter, restricted,</p>	<p><u>Relationships</u> mental health, ashamed, stigma, stress, anxiety, support, worried, signs, warning, self-harm, emotions, feelings,</p>	<p><u>Changing Me</u> uterus, womb, oestrogen, fallopian tube, cervix, develops, puberty, breasts, vagina, vulva, hips, penis, testicles,</p>

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	<p>opportunities, education, choices, behaviour, responsibilities, rewards, consequences, empathise, obstacles, cooperation, collaboration, legal, illegal, lawful, laws, participation, motivation, democracy, decision, proud</p>	<p>power, struggle, imbalance, harassment, bullying, banter bullying behaviour, direct, indirect, argument, recipient, Para-Olympian, achievement, accolade, perseverance, admiration, stamina, conflict</p>	<p>money, global issue, suffering, concern, hardship, sponsorship, empathy, motivation, admire, respect, praise, compliment, contribution, recognition</p>	<p>illegal, volatile substances, psychoactive, 'Legal highs', exploited, vulnerable, criminal, gangs, pressure, strategies, reputation, anti-social behaviour, crime, mental health, emotional health, mental illness, symptoms, stress, triggers, strategies, pressure.</p>	<p>sadness, loss, grief, denial, despair, guilt, shock, hopelessness, anger, acceptance, bereavement, coping strategies, power, control, authority, bullying, script, assertive, risks, pressure, influences, self-control, judgement, communication, technology, cyber-bullying, abuse, safety.</p>	<p>Adam's apple, scrotum, genitals, hair, broader, wider, sperm, semen, erection, ejaculation, urethra, wet dream, growth spurt, larynx, facial hair, pubic hair, hormones, testosterone, circumcised, uncircumcised, foreskin, epididymis, ovaries, egg (ovum), period, fertilised, unfertilised, conception, having sex, sexual intercourse, making love, embryo, umbilical cord, IVF, foetus, contraception, pregnancy, midwife, labour, menstruation, sanitary products</p>
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