

PSHE Progression in Vocabulary from EYFS- Year 6



Theme	EYFS Nursery/ Reception		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Me and My Relationships Vocabulary	L1 Like feel special feel look friends choose head arms legs eyes ears nose mouth teeth hands fingers feet toes knees elbows pants vest private penis vulva L2 big small colour hug near far sad L3 love adopt	L1 special practice effort same L2 different favourite L3 family help L4 special people L5 Friends Hurt help feelings heal L6 happy sad kind helpful	L1 rules safe responsibility work together L2 Listening L3 feelings body language emotions safe support L4 behaviour hurt help L5 feelings heal friendships making up	L1 happy, safe caring friendly L2 L2 Rules L3 & L4 L5 feelings showing feelings help L6 bullying repeated L7 & L8 don't do that teasing regular	L1 Rules Safety L2 friendship falling out making up compromise L3 conflict point of view L4 cooperate collaborate L5 strategies point of view calm apologise listen making up L6 continuum opinions respectful courteous challenging L7 dare persuade feelings responsibility care loss feelings	L1 collaborate collaboration collaborative teamwork L2 positive, healthy relationship respect responsibilities qualities excluded assertive aggressive negotiate L3 friendly rude aggressive consequences face-to-face assertive compromise respectful L4 feelings physical effects sad unhappy devastated miserable distressed lonely alone ignored isolated abandoned	L1 Collaborate L2 negotiation compromise conflict resolution L3 non-verbal body language tone of voice face-to-face L4 insensitive sensitive L5 unhealthy relationship verbal abuse physical abuse sexual abuse uncomfortable touching unsafe L6 emotions emotional needs L7 assertive passive aggressive	L1 collaboration teamwork L2 negotiation compromise L3 balanced friendship respectful assertive L4 sensitive thoughtful response L5 assertiveness resolution L6 peer pressure L7 marriage civil partnership forced marriage illegal L8 appropriate inappropriate illegal



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	<p>special days</p> <p>quiet</p> <p>loud</p> <p>help</p> <p>special</p> <p>helLLLLsimilar</p>					<p>apologetic</p> <p>regretful</p> <p>remorseful</p> <p>rueful</p> <p>repentant</p> <p>aching</p> <p>sore</p> <p>agonising</p> <p>painful</p> <p>happy</p> <p>delighted</p> <p>ecstatic</p> <p>joyful</p> <p>calm</p> <p>untroubled</p> <p>assured</p> <p>confident</p> <p>peaceful</p> <p>scared</p> <p>frightened</p> <p>petrified</p> <p>terrified</p> <p>bothered</p> <p>L5</p> <p>feelings</p> <p>physical effects</p> <p>L6</p> <p>facial expressions</p> <p>body language</p> <p>L7</p> <p>unkind</p> <p>tease</p> <p>bully</p> <p>pressure</p> <p>independent</p>		
Valuing Difference Vocabulary	<p>L1</p> <p>similar</p> <p>different</p> <p>friendship</p> <p>friend</p> <p>L2</p> <p>family</p>	<p>L1</p> <p>special</p> <p>likes</p> <p>dislikes</p> <p>favourite</p> <p>L2</p> <p>same</p>	<p>L1</p> <p>same</p> <p>different</p> <p>difference</p> <p>respect</p> <p>L2</p> <p>unkind</p>	<p>L1</p> <p>unique</p> <p>respect</p> <p>L2</p> <p>special people</p>	<p>L1</p> <p>respect</p> <p>cooperation</p> <p>listening skills</p> <p>politeness</p> <p>courtesy</p> <p>manners</p>	<p>L1</p> <p>negotiation</p> <p>compromise</p> <p>L2</p> <p>aggressive</p> <p>apologise</p> <p>similarities</p>	<p>L1</p> <p>friendship</p> <p>talking</p> <p>listening</p> <p>L2</p> <p>respect</p> <p>excluded</p>	<p>L1</p> <p>witness</p> <p>bystander</p> <p>unique</p> <p>positive feedback</p> <p>confidence</p> <p>self-esteem</p>



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	<p>special similar different L3 kind sharing helping feelings</p>	<p>different L3 kind unkind L4 family home L5 kind kindness new friend friendship</p>	<p>unkindness tease teasing bully bullying behaviour L3 rules safe fair L4 unfair kind unkind bullying L5 special people qualities feelings L6 family special people</p>	<p>help L3 feelings behaviour calm aggressive solve L4 kind kindness unkind feelings L5 listening being listened to listen problem</p>	<p>L2 family adoption fostering same-sex couple blended family L3 community belonging L4 similarities differences identity respect L5 name calling bullying L6 prejudice disability gender race colour Lsexuality</p>	<p>differences respect L3 Stereotype L4 sharing acquaintances L5 body space Linvade</p>	<p>L3 discrimination prejudice L4 metaphor diverse multicultural society L5 sex sexual orientation gender identify gender expression L6 prejudice biological sex sexual orietation gender identity gender expression verbal abuse physical abuse L7 embarrassed reactions L1consequences</p>	<p>L2 unique diversity biological sex sexual orientation gender identity gender expression stereotype L3 point of view cultural norms respect disrespect body language empathy L4 unique identity prejudice respect diversity tolerance L5 relationships friend acquaintance L6 stereotype gender stereotype media influence assumption</p>
<p>Keeping myself safe Vocabulary</p>	<p>L 1 safe whocan help? grown up</p>	<p>L1 keep clean keep safe L2</p>	<p>L1 sleep rest grow tired L2 feelings worried nervous scared</p>	<p>L1 sleep medicines safety L2 safe</p>	<p>L1 trust safe unsafe L2 danger (dangerous) risk (risky) feelings strategies consequence</p>	<p>L1 danger dangerous risk risky hazard hazardous L2 dare assertive</p>	<p>L1 bullying cyberbullying L2 personal information privacy settings L3 assessing risk pressure</p>	<p>L1 social media parental consent trolling online safety sharing L2 privacy settings identity theft secure</p>



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	<p>medicines</p> <p>cleaning products</p> <p>water</p> <p>food</p> <p>fresh air</p> <p>sleep</p>	<p>worried</p> <p>tell</p> <p>adult</p> <p>trust</p> <p>L6</p> <p>address</p>						
Rights and Responsibilities Vocabulary	<p>L1 healthy snacks sugar germs wash hands fruit vegetables L2 similar different helping family friends feelings L3 classroom care tidy clean look after</p>	<p>L1 family look after help each other be alone L2 friends look after help each other be alone L3 working together responsibility helpful caring L4 environment litter electricity pollution recycling L5 money</p>	<p>L1 behaviour consequences special person promise L2 environment responsibility L3 needs responsible responsibility rules L4 money cost bills spending afford L5 money bank coin note worth saving</p>	<p>L1 responsibility help share take turns listen L2 feelings control erupt L3 safe unsafe uniform ask for help</p>	<p>L1 helper responsible safe healthy L2 fact opinion L3 volunteer wellbeing L4 income saving spending L5 earning income L6 environment waste L7 responsibility environment</p>	<p>L1 being responsible reliable trustworthy L2 safe healthy rules laws rights responsibility United Nations L3 rules democracy L4 influence opinion respectful courteous L5 anti-social behaviour witness L6 income expenditure</p>	<p>L1 Responsibility L2 fact opinion biased unbiased L3 voluntary group community group pressure (action) group L4 rights responsibility duties L5 costs wages salaries rent Fair Trade L6 borrow</p>	<p>L1 biased unbiased fact opinion stereotype L2 social media profile image online safety sharing L3 saving bank (building society) account Junior ISA interest debit card cash value L4 tax income tax (PAYE) VAT</p>



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		shop buy cost pay L6 save safe place	safe L6 first aid risk accident danger hazard kettle safe burn scald accident emergency	L4 gamer personal information internet risk L5 & 6 money spending saving L7 environment responsibility		essential L7 income tax national insurance VAT deductions public services L8 environment conservation	loan credit debit interest L7 public services council vote elections councillors	public services L5 environmentally sustainable composting recycling energy materials waste transport shop local food miles Fair Trade Reuse L6 voluntary group community group pressure (action) group mission statement values beneficiary L7 campaign bid mission statement pitch grant beneficiary L8 democracy election manifesto candidate voting policies voting booth ballot slip ballot box constituencies
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								<p>House of Commons MP L9 proposal debate amendments penalties enforcement majority House of Commons House of Lords Royal Assent</p>
<p>Being my Best Vocabulary</p>	<p>L1 food water exercise sleep energy L2 challenge encourage keep trying get better at L3 practice encourage keep trying challenge</p>	<p>L1 bounce back encourage try again L2 try try again bounce back L3 food energy grow healthy fruit vegetable dairy L4 food exercise sleep wash healthy energy grow L5 exercise heart muscles</p>	<p>L1 starchy dairy protein fruit vegetables vitamins portion L2 healthy fruit vegetables dairy meat sugar salt cereal L3 hygiene routine clean L4 germs disease hygiene spread L5 learning</p>	<p>L1 practice encourage goal achieve challenge L2 choose choices healthy unhealthy L3 vaccination injection disease hygiene</p>	<p>L1 balanced diet proteins muscles dairy teeth bones starchy carbohydrates energy fruit & veg healthy L2 infection cleanliness hygiene rest sleep water medicine drug dose safety instructions L3 intestine vessels veins arteries</p>	<p>L1 individual unique L2 Choices L3 balanced diet wellbeing mental health L4 refuse reduce re-use rot recycle repair re-think L5 Community L6 first aid injury minor accident emergency blood nose bleed choking</p>	<p>L1 organs body systems L2 perseverance commitment resilience determination patience interpersonal skills L3 community school community L4 independence responsibility L5 personal qualities celebrities L6</p>	<p>L1 Valued L2 aspirations goal setting perseverance L3 health wellbeing accurate reliable sources L4 assessing risk weigh up dilemma L5 assessing risk weigh up choices influence L6 Red Cross first aid emergency 999 ambulance operator</p>



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		<p>L6 routine calm sleep</p>	<p>practice make mistakes confidence achievement L6 praise support feedback encourage feelings L7 organ heart lungs intestines brain stomach oxygen digested dairy fruit vegetables sugar salt cereal meat</p>	<p>germs L4 teeth dental hygiene L5 brain heart lungs stomach small intestine large intestine food water L6 oxygen water food exercise rest L7 first aid risk</p>	<p>lungs liver L4 debate discussion continuum courteous respectful justify L5 goals ambitions improve achieve L6 goal-setting talents skills intelligence L7 collaboration cooperation teamwork</p>	<p>breathing airway unresponsive casualty burn wound recovery scald L7 volunteer wellbeing connect be active be mindful get creative give to others</p>	<p>information serious adult scenario script role feelings panic calm responsive unresponsive L7 wellbeing connect be active take notice (mindful) keep learning (get creative) give</p>
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				accident danger hazard kettle safe burn scald accident emergency				
Growing and Changing Vocabulary	L1 change grow temperature hear smell see different remember warmer seasons	L1 seasons spring summer autumn winter cycle L2 growing life cycles egg	L1 energy food water air oxygen exercise sleep L2 healthy change growing size height needs help L3 caring love attention needs L4 unkind unkindness tease	L1 help support supportive L2 change loss feelings emotions frightened nervous L3 growing food rest	L1 relationships positive healthy trust caring L2 personal space body space invade uncomfortable stop respect touch L3 internet safety private public profile personal information L4 secret surprise feelings uncomfortable angry	L1 learning line practice L2 compromise hormones puberty feelings independence conflict L3 puberty pubic hair eggs sperm penis testicles breasts ovaries womb vagina vulva clitoris labia semen legal age of consent	L1 wellbeing resilience L2 trust resilience unwanted attention unwanted touch L3 in confidence break a confidence confidential scrotum testicles foreskin anus wet dream erection stretch marks crush Height gain Penis Weight gain Masturbation Wearing a bra Body anxiety	L1 body image self esteem manipulation L2 media manipulation stereotype gender stereotype L3 peer pressure right to privacy sharing online online safety L4 change support conversation discuss L5 puberty physical changes emotional changes rights FGM



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	<p>womb</p> <p>pregnancy</p> <p>egg</p> <p>sperm</p> <p>adoption</p> <p>surrogacy</p> <p>donated sperm/eggs</p> <p>same-sex parents</p> <p>one-parent families</p> <p>L5</p> <p>baby</p> <p>child</p> <p>teenager</p> <p>adult</p> <p>grow</p> <p>messages (DNA/Genes)</p>	<p>L5</p> <p>genitals</p> <p>penis</p> <p>vulva</p> <p>private</p> <p>privacy</p> <p>consent</p> <p>permission</p> <p>L6 genitals</p> <p>penis</p> <p>vulva</p> <p>private</p> <p>private parts</p> <p>consent</p> <p>permission</p> <p>secret</p> <p>uncomfortable</p> <p>unsafe</p> <p>tell</p> <p>someone you trust</p>	<p>fertilised egg</p> <p>first aid</p> <p>risk</p> <p>accident</p> <p>danger</p> <p>hazard</p> <p>kettle</p> <p>safe</p> <p>burn</p> <p>scald</p> <p>accident</p> <p>emergency</p>	<p>L4</p> <p>puberty</p> <p>menstrual cycle</p> <p>eggs</p> <p>periods</p> <p>menstruation</p> <p>period/menstruation</p> <p>pad</p> <p>tampons</p> <p>menstruation cup</p> <p>wet dreams</p> <p>testicles</p> <p>sperm</p> <p>semen</p> <p>hips</p> <p>periods</p> <p>spots</p> <p>sweat</p> <p>genitals</p> <p>pubic hair</p> <p>voice deepens</p> <p>testicles</p> <p>ovaries</p> <p>penis</p> <p>breasts</p> <p>vagina</p> <p>fallopian tube</p> <p>cervix</p> <p>lining of the uterus</p> <p>pads</p> <p>tampons</p> <p>menstrual cup</p> <p>If using the film clip, the following words are also used:</p> <p>Menstruation</p> <p>fertilised egg</p> <p>pregnant</p> <p>What is a wet dream?</p> <p>ejaculate</p> <p>nocturnal emission</p>	<p>spot cream</p> <p>facial wash</p> <p>period products</p> <p>If using film clip: Taking care of your body</p> <p>body odour</p> <p>chemicals</p> <p>oil glands</p> <p>good hygiene</p> <p>showers</p> <p>soap</p> <p>shampoo</p> <p>clean underwear</p> <p>acne</p> <p>pimples</p> <p>zits</p> <p>acne cream</p> <p>medication</p> <p>doctor</p> <p>hair growth</p> <p>pubic hair</p> <p>under arm</p> <p>chest hair</p> <p>hair removal</p> <p>sleep</p> <p>exercise</p> <p>healthy food</p> <p>L5</p> <p>puberty</p> <p>genitalia</p> <p>semen</p> <p>menstruation</p> <p>period</p> <p>period/menstruation</p> <p>pads</p> <p>tampon</p> <p>managing feelings</p> <p>L6</p> <p>hormones</p> <p>compromise</p>	<p>miscarriage</p> <p>conception</p> <p>condom</p> <p>consensual relationship</p> <p>hug</p> <p>cuddle</p> <p>kiss</p> <p>erection</p> <p>Vaginal wetness</p> <p>excited</p> <p>pleasurable feeling</p> <p>implant</p> <p>pregnancy</p> <p>birth</p> <p>caesarean cut</p> <p>labour</p> <p>muscles</p> <p>cervix</p> <p>hips widen</p> <p>wet dreams</p> <p>erections</p> <p>sexual intercourse</p> <p>loving relationship</p> <p>adoption</p> <p>surrogacy</p> <p>IVF</p> <p>If using film clip: Reproduction</p> <p>Planned Parenthood</p> <p>cells</p> <p>semen</p> <p>ejaculate</p> <p>hormones</p> <p>menstrual cycle</p> <p>ripen</p> <p>lining of womb</p> <p>mature egg</p>
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		<p>families of different beliefs</p> <p>adoption</p> <p>surrogacy</p> <p>IVF</p> <p>L6</p> <p>private parts</p> <p>penis</p> <p>vulva</p> <p>testicles</p> <p>vagina</p> <p>eggs</p> <p>sperm</p> <p>privacy</p> <p>my body is mine (body autonomy)</p> <p>dolls and cars are for everyone (gender stereotyping)</p>				<p>whitish fluid</p> <p>wet</p> <p>lubricated</p> <p>vulva</p> <p>slippery</p> <p>sexual nature</p> <p>felt good</p> <p>pee</p> <p>sheets</p> <p>laundry</p> <p>guilty</p> <p>embarrassed</p> <p>normal</p> <p>natural</p> <p>L5</p> <p>secret</p> <p>surprise</p> <p>uncomfortable feelings</p> <p>L6</p> <p>marriage</p> <p>live together</p> <p>civil partnership</p> <p>forced marriage</p>	<p>respect</p> <p>mood swings</p> <p>conflict</p> <p>puberty</p> <p>emotional changes</p> <p>L7</p> <p>separation</p> <p>fostered</p>	<p>ovulation</p> <p>fallopian tube</p> <p>fertilisation</p> <p>uterine lining</p> <p>period</p> <p>How a baby is born</p> <p>vaginal childbirth</p> <p>pelvis</p> <p>efface</p> <p>dilate</p> <p>contractions</p> <p>mucous plug</p> <p>water break</p> <p>doctor</p> <p>midwife</p> <p>cervical opening</p> <p>birth canal</p> <p>delivery</p> <p>active labour</p> <p>contracts</p> <p>crowning, fetal head</p> <p>episiotomy</p> <p>skull bones</p> <p>umbilical cord</p> <p>placenta</p> <p>breastfeeding</p> <p>All the different ways couples can create babies</p> <p>queer couple</p> <p>LGBTQ+</p> <p>adoption</p> <p>stepchildren</p> <p>foster parents</p> <p>artificial</p> <p>insemination</p> <p>IVF</p> <p>co maternity</p> <p>surrogacy</p> <p>blended family</p>
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privacy

donate sperm
sperm bank
derogatory
homophobic