**PSHE– Vocabulary Progression Map**

Below are the vocabulary lists for PSHE. These give an indication of the words that we want children to become familiar with during each key stage. They are not intended as a test list but show the kind of language staff will use and explain in lessons to broaden pupils' PSHE vocabulary and understanding.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PSHE** | **Sex & Relationship** |  | **Drug, alcohol and tobacco** |  |  | **Keeping safe and managing risk** |  |  | **Mental health and emotional** |  |  | **Physical health and wellbeing** |  |  | **Careers, financial capability** |  |  | **Identity, society and** |  |  | **Rights Respecting (RRSA)** |  |
|  | **Education** |  | **education** |  |  |  |  |  | **wellbeing** |  |  |  |  |  | **and economic wellbeing** |  |  | **equality** |  |  |  |  |
|  | **(RSE)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| EYFS |  |  | Rules |  |  | Real, fake, danger, good touch, |  |  | Happy, sad, |  |  | Healthy, unhealthy, exercise |  |  | job, money |  |  | Same, different |  |  | Needs, wants, rules |  |
|  |  |  | Danger |  |  | bad touch, pants, private. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Year 1 |  |  | **What do we put in our** |  |  | **Feeling Safe:** |  |  | **Feelings:** |  |  | **Fun Times:** |  |  | **My money:** |  |  | **Me and others:** |  |  | Respect |  |
|  |  |  | **bodies?** |  |  | Real, imaginary, danger, secret, |  |  | Feelings words, |  |  | food, drink, celebration, same, |  |  | earn, win, find, presents, pocket |  |  | Special, different, dilemma, |  |  | Responsible |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | Substance, harmful, rules, |  |  | trust, good touch, bad touch, |  |  | worried, excited, nervous, |  |  | different, choice, active, protect, |  |  | money, borrow, benefits, save, |  |  | responsibility, challenge, |  |  | Rules |  |
|  |  |  | Dangerous, feelings |  |  | unsafe worried, private, |  |  | angry, same, different, emotion, |  |  | damage, sun, effect, games, |  |  | choices, jobs |  |  | unhelpful, helpful, behaviour, |  |  |  |  |
|  |  |  |  |  |  | community, help, safety |  |  | loss, challenge, different |  |  | safety, cultures, world, countries, |  |  |  |  |  | problem, co-operative. |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | special times. |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Year 2 | **Boys, girls and families:** |  | **What do we put in to our** |  |  | **Indoors and Outdoors:** |  |  | **Friendships:** |  |  | **What keeps me healthy?** |  |  |  |  |  |  |  |  | Respect |  |
|  | Family, same, different, boy, |  | **bodies:** |  |  | Emergency, safe, responsible. |  |  | Care, excluded, friend, difficult, |  |  | Healthy diet, oral health, physical |  |  |  |  |  |  |  |  | Responsible |  |
|  | girl, babies, male, female, |  | Medicine, healthy, pharmacy, |  |  | Rules, unsafe, hazards, road |  |  | problems, resolve |  |  | activity, active, sleep, vaccination |  |  |  |  |  |  |  |  | Rules |  |
|  | new life cycle, birth, body |  | doctor, safety, asthma, |  |  | safety, fire safety, danger. |  |  |  |  |  | routine, hygiene, food, rest, |  |  |  |  |  |  |  |  | Rights |  |
|  | parts, timeline, order, vagina, |  | instructions. |  |  |  |  |  |  |  |  | routines. |  |  |  |  |  |  |  |  |  |  |
|  | penis, growing, changing. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Year 3 |  |  | **What do we put in to our** |  |  | **Bullying: see it, say it, stop it:** |  |  | **Strengths and challenges:** |  |  | **What helps me choose?** |  |  | **Saving, spending and** |  |  | **Celebrating Difference:** |  |  | Fair |  |
|  |  |  | **bodies?** |  |  | Bullying, unacceptable, falling out, |  |  | Goal, challenge, skill, attribute, |  |  | Eat well Guide, influences, brands, |  |  | **budgeting:** |  |  | Family, culture, age, gender, |  |  | Rules |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | Drug, tobacco, smoking, |  |  | racism, cyber bullying, bystander, |  |  | put up, put down, set-back, |  |  | packaging, taste, cost, value |  |  | Manufacture, pressure, |  |  | personal interests, belief, |  |  | Rights |  |
|  |  |  | second hand smoke, smoke |  |  | help, support, bully, cyber, Physical |  |  | Friend, Kindness, Emotions |  |  | Role model, Qualities, Teased |  |  | decisions, value, spend, shift, |  |  | community, diverse, view |  |  | Responsibilities |  |
|  |  |  | free, medicine, harmful, |  |  | Unkind, Mental health, Feelings |  |  | Feelings, Care, Conflict |  |  | Feelings, Diverse, Judge |  |  | full-time, part-time, shift, paid, |  |  | Different, Similar, Diverse |  |  | Respect |  |
|  |  |  | asthma, instructions. |  |  | Emotions, Unhappy, Differences |  |  | Qualities impact mental health |  |  | Beautiful, Admire, Influence |  |  | unpaid, Charity, Fund raiser |  |  | Respect, Views |  |  | Conflict |  |
|  |  |  |  |  |  | Power, Bystander, Empathy, |  |  | Celebrate, Goals, Positive |  |  | Positive, Food, Choices, Active |  |  | Community, Saving, Jobs |  |  | Experiences, Expectations |  |  | Disagreement |  |
|  |  |  |  |  |  | Acceptance, Courage, Feelings |  |  |  |  |  | Healthy |  |  | World of work, Occupation |  |  | Group |  |  | Help |  |
|  |  |  |  |  |  | Witness |  |  |  |  |  |  |  |  | Wage / salary , budget |  |  |  |  |  | Safe |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Risk |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Resolve |  |
| Year 4 | **Growing up and changing:** |  | **What do we put in to our** |  |  | **Playing safe:** |  |  |  |  |  | **What is important to me?** |  |  | **Saving, spending and** |  |  | **Democracy:** |  |  | Rules |  |
|  | Baby, toddler, school aged, |  | **bodies?** |  |  | Age classification, computer game, |  |  |  |  |  | Religious diet, cultural diet, moral |  |  | **budgeting**: |  |  | Democracy, vote, election, |  |  | Laws |  |
|  | teenager, adult, elder, |  | Caffeine, alcohol, tobacco, |  |  | pressure, Choices, Habits |  |  |  |  |  | diet, ethical, fair trade, farming, |  |  | Saving |  |  | influence, organisation, |  |  | Rights |  |
|  | Age, difference, physical |  | nicotine, alcohol, risk, habit, |  |  | Gaming, Road, rail, water safety |  |  |  |  |  | seasonality, consumers, screen |  |  | Money |  |  | council, government, |  |  | Responsibilities |  |
|  | changes, puberty, |  | addiction, age restrictions. |  |  | Buildings, Safety, Danger |  |  |  |  |  | time, health, wellbeing, food, |  |  | Budget |  |  | resources, community |  |  | Community |  |
|  | reproduction, |  | Drugs, Legal, Illegal |  |  | Hazards, Fireworks, Emergency |  |  |  |  |  | choices, sleep. |  |  | Pocket money |  |  | British Values, Customs |  |  | Anti |  |
|  | Stereotyping, |  | Prescribed, Harmful |  |  | First aid, Help , Police, Fire brigade |  |  |  |  |  |  |  |  |  |  |  | Birthplace, Extended families |  |  | -social |  |
|  | Individual, menstruation, |  | Substances, Heart |  |  | Ambulance |  |  |  |  |  |  |  |  |  |  |  | Citizen, Etiquette, Diverse |  |  | Road safety |  |
|  | periods, wet dreams, |  | Lungs, Brain, Stomach |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Stereotype, Racism, Power |  |  |  |  |
|  | masturbation, |  | Peer pressure, Medicine |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Superiority |  |  |  |  |
|  | Relationship, sex cells, |  | Behaviour, Drug use |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | sperm, egg, hygiene, |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | grooming, clean, strategies. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Anxious, Lifecycle |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Grow, Change |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Strategies, Emotions |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Relationships, Support , |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Advice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Year 5 |  |  | **What do we put in to our** |  |  | **When things go wrong** |  |  | **Dealing with feelings** |  |  | **In the media** |  |  |  |  |  | **Stereotypes, discrimination** |  |  | Right |  |
|  |  |  | **bodies?** |  |  | Influence, trustworthy, domestic |  |  | Conflict, change, emotion, loss, |  |  | Misleading, marketing, consumers, |  |  |  |  |  | **and prejudice (including** |  |  | Responsibility |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | Cigarette, e-cigarette, shisha, |  |  | violence, abuse, violence, |  |  | grief, bereavement |  |  | advertising, role model, media, |  |  |  |  |  | **homophobia)** |  |  | Entitlement |  |
|  |  |  | cannabis, health, money, |  |  | problems, Peer pressure, Put down |  |  |  |  |  | reality, manipulate |  |  |  |  |  | Stereotype, homophobic, |  |  | MP |  |
|  |  |  | alcohol, tobacco, nicotine, |  |  | Pressure, Peer mediator, Risk |  |  |  |  |  |  |  |  |  |  |  | sexist, disability, trans phobic, |  |  | Shelter |  |
|  |  |  | media, influence, pressure, |  |  | Predict, Potential |  |  |  |  |  |  |  |  |  |  |  | discrimination, gender, role |  |  | Education |  |
|  |  |  | choice, age restrictions, |  |  | Hazard, High/ medium/ low risk |  |  |  |  |  |  |  |  |  |  |  | models, prejudice, Community |  |  | Healthcare |  |
|  |  |  | Substance, Medicine |  |  | Assessing, Responsibility |  |  |  |  |  |  |  |  |  |  |  | Laws, Anti-social, |  |  | Safety |  |
|  |  |  | Legal, Illegal, Drugs |  |  | Online safety, Relationships |  |  |  |  |  |  |  |  |  |  |  | Responsibility, Organisations |  |  |  |  |
|  |  |  | Ask Frank, Effects, Risks |  |  | Risk, Danger |  |  |  |  |  |  |  |  |  |  |  | Research, Migration, rights, |  |  |  |  |
|  |  |  | Prescribed, Solvents, Alcohol |  |  |  |  |  |  |  |  |  |  |  |  |  |  | responsibilities, conflict, |  |  |  |  |
|  |  |  | Tobacco, Role models |  |  |  |  |  |  |  |  |  |  |  |  |  |  | organisation, homeless, |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | charity, Lesbian |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Transgender |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Step families/ blended |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | families, Reflect, Respect |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | (+names of religions) |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Diverse, Stereotype |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Relationships |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Religions, Gay |  |  |  |  |

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Year 6

**Healthy relationships / how a baby is made:**

Puberty, emotional, physical, behavioural, changes, attitudes, values, gender, stereotyping, age, religion, culture, values, relationships, friendships, differences, love, reproduction, human life cycle, reproductive organs, conception, pregnancy, womb, uterus, egg, ovum, menstruation, periods, responsibilities, parents, skills, qualities, erection, vagina, contraception, lifecycle, roles, sex, support, advice.

**What do we put in to our bodies?**

Tobacco, nicotine products, alcohol, solvents, medicines, legal and illegal drugs, risks, advice, support,

age restrictions.

|  |  |
| --- | --- |
| **Keeping safe out and about (and** | **Healthy Minds:** |
| **FGM)** | Mental health, mood, feelings, |
| Peer pressure, consequence, anti- | mind, |
| social, law, peer pressure, | strategies, |
| independent, gangs, youths, | support |
| behaviour, protected. | stigma |
|  | discrimination |
|  |  |

**Borrowing and Earning**

**Money:**

loans, credit cards, hire-

purchase schemes, debt,

manageable, unmanageable,

reliable, enterprise, salary, risk,

influence, careers.

Ballot

Vote

Taxes

Political party

Prime minister

Economy

Welfare state

NHS

Democracy

Manifesto