



## PSHE Vocabulary Progression

### Nursery vocabulary progression

| Topic                   | Key Vocabulary                                                                                                                                                                                                                                                                                             |
|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Me and My Relationships | Like, feel, choose, head, arms, legs, eyes, ears, nose, mouth, teeth, hands, fingers, feet, toes, knees, elbows, private, pants, penis, vulva, special, look, friends, hug, big, small, colour, near, far, sad, love, adopt, special days, quiet, loud, help similar, family, safe, worried, trust, lonely |
| Valuing Difference      | Friendship, different, similar, friend, family, kind, sharing, helping feelings                                                                                                                                                                                                                            |
| Keeping Safe            | Safe, unsafe, who can help?, grown up, tell, tummy feelings, safety signs, weather, clothing, playground, park, pavement, paint, scissors, glue, careful, labels, medicines, cleaning products, water, food, fresh air, sleep.                                                                             |
| Rights and Respect      | Healthy snacks, sugar, germs, wash hands, fruit, vegetables, clean teeth, different, friends, similar, family, helping, feelings, classroom, care, tidy, clean, look after.                                                                                                                                |
| Being my Best           | Water, food, sleep, exercise, energy, tooth decay, challenge, encourage, keep trying, get better at, practice.                                                                                                                                                                                             |
| Growing and Changing    | Different, weather, temperature, warmer, seasons, change, grow, bigger, taller, hear, smell, see, remember, care, special needs, change, grow, private parts, testicles, penis, vulva, nipples, breastfeeding, adopt/adoption                                                                              |

### Reception vocabulary progression

| Topic                   | Key Vocabulary                                                                                                                                                                                                                                                                                                               |
|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Me and My Relationships | Same, different, special, practice, effort, favourite, help, family, special people, friends, help, family, sad, feelings, emojis, happy, kind, feelings, helpful, worried, confused, frustrated                                                                                                                             |
| Valuing Difference      | Special, favourite, dislikes, likes, same, different, kind, unkind, compliment, affirmation, family, home, kindness, kind, trust, apologise, lonely, friendship, new friend, caring, apologise, lonely                                                                                                                       |
| Keeping Safe            | Keep clean, keep safe, cuddle, doctor, grown up, water, food, fresh air, sleep, medicine, chemist/pharmacist, safe, unsafe, detective, tummy feelings, tell, worried, adult, trust, screen usage, address, worried                                                                                                           |
| Rights and Respect      | Family, look after, help each other, be alone, friends, help, safe, look after, trust, be alone, uncomfortable, lonely, stranger, responsibility, helpful, working, together, caring, environment, litter, electricity, pollution, recycling, money, shop, cost, pay, online, gaming, digital money, money, save, safe place |
| Being my Best           | Encourage, bounce back, try again, friends, help, goals, positive, resilient, yet, food, fruit, vegetables, energy, grow, healthy, diary, tooth decay, sleep, exercise, energy, grow, wash, muscles, heart, sleep, routine, calm                                                                                             |

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| Growing and Changing | Seasons, spring, summer, autumn, winter, change, grow, growing, life cycles, egg, seed, old, young, baby, child, teenager, adult, old age, pregnancy, egg, womb, baby, tummy, breastfeeding, love, care, adopt/adoption, wedding, marriage, civil partnership, ceremony, celebration, family, one parent family, same sex parents<br>*surrogacy where thought appropriate for the cohort concerned |
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### Year 1 vocabulary progression

| Topic                   | Key Vocabulary                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Me and My Relationships | Responsibility, rules, safe, work together, respect, unsafe, listening, fair, apologise, feelings, body language, emotions, support, behaviour, help, hurt, heal, friendship, safe, making up, lonely, alone, include                                                                                                                                                                                                              |
| Valuing Difference      | Same, different, difference, respect, talents, equal, safe, unsafe, unkind, behaviour, unkindness, tease, teasing, bullying, aggressive, target, online bullying, rules, safe, fair, kind, include, feelings, special people, qualities, family                                                                                                                                                                                    |
| Keeping Safe            | Sleep, grow, rest, tired, screen usage, sad, feelings, emotions, safe, unsafe, worried, loss, lost, trust, support, nervous, scared, donating, risks, harmful, responsibility, medicine, consent, private, privates, penis, testicles, scrotum, vagina, vulva, nipples, bottom, buttocks,                                                                                                                                          |
| Rights and Respect      | Safe, unsafe, behaviour, consequences, promise, special promise, gratitude, grateful, responsibility, environment, needs, responsible, rules, respect, money, cost, bills, spending, afford, online gaming, digital money, safe, bank, coin, note, worth, saving, digital payments, risk, first aid, accident, danger, hazard, kettle burn, scald, emergency.                                                                      |
| Being my Best           | Fruit, vegetables, dairy, starchy, protein, vitamins, portion, sugar, fruit, vegetables, healthy, salt, cereal, meat, clean, routine, hygiene, germs, disease, spread, practice, learning, make mistakes, confidence, achievement, encourage, feelings, safe, support, praise, feedback, respectful, teamwork, resilient, include team<br>*Optional lesson: heart, organs, lungs, intestines, brain, stomach, oxygen and digested. |
| Growing and Changing    | Change, my body is mine, private, privates, penis, testicles, scrotum, vagina, vulva, nipples, breasts, breastfeeding, anus, hygiene, sore, doctor, help                                                                                                                                                                                                                                                                           |

### Year 2 vocabulary progression

| Topic                   | Key Vocabulary                                                                                                                                                                                                                                                                                                   |
|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Me and My Relationships | Friendly, safe, happy, caring, rules, help, feelings, showing feelings, friendship, kind, unsafe, unkind, include, respect, bullying, repeated, online bullying, loneliness, bullying, repeated, online bullying, loneliness, don't do that, aggressor, target<br>*Optional lesson: teasing, aggressive, regular |

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| Valuing Difference   | Respect, unique, help, special people, feelings, calm, behaviour, aggressive, solve, cooperate, kind, feelings, unkind, kindness, listening, being listened to, listen, problem.                                                                                                                                                                                                                                                                    |
| Keeping Safe         | Medicines, sleep, safety, feelings, safe, unsafe, worried, getting help, touch, hurt, tell, surprise, secret                                                                                                                                                                                                                                                                                                                                        |
| Rights and Respect   | Responsibility, help, listen, share, take turns, feelings, control, erupt, safe, unsafe, uniform, ask for help, risk, gamer, personal information, internet, money spending, saving digital payments, environment.<br>*Optional lesson: online gaming                                                                                                                                                                                               |
| Being my Best        | Challenge, encourage, practice, goal, achieve, choose, healthy, choices, unhealthy, germs, hygiene, disease, vaccination, injection, teeth, dental, water, food, heart, lungs, brain, stomach, small intestine, large intestine, risk safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency.<br>*Optional lesson: exercise, rest, oxygen, screen usage.                                                                         |
| Growing and Changing | Help, support, supportive, feelings, change, emotions, nervous, loss, frightened, food, sleep, care, change, growing, unique, rest, learning, forward looking, making choices, asking permission, privacy, permission, consent, unsafe, uncomfortable, secret, special, someone you trust, my body is mine, private parts, genitals, penis, testicles, scrotum, vagina, vulva, eggs, womb, pregnancy, breastfeeding, nipples, bottom, breasts, anus |