



# St Mary's Catholic Primary School

## PSHE Vocabulary Progression



EYFS	<b>In EYFS, we expect children to understand and use the following words or their associated meanings:</b> Unique, Emotions, Sharing, Teamwork, Gentle hands, Responsibility, Favourite, Unique, Same, Different, Kind, Unkind, Challenges, Achieve, Goals, Future, Exercise, Heart, Breath, Skin, Food, Sleep, Germs, Strangers, Family, Jobs, Smiles, Kind hands, Resolution, Negativity, Positivity, Feelings, Body parts, Eye, Ear, Knee, Finger, Foot, Mouth, Nose, Stomach, Eyebrow, Arm, Tongue, Toe, Forehead, Chest, Hand, Leg, Respect, Healthy, Change, Growing up, Nervous, Scared, Excited		
	Autumn Term	Spring Term	Summer Term
Year 1	Same, different, unique, diversity, gift, talent, skill, community, view, opinion, groups, argument, vote, good/bad secrets, pressure, trust, appropriate/inappropriate behaviour, bullying, deliberate, on purpose, unfair, family, special people, belonging.	Feelings, actions, anxious, worried, excited, coping, calm, mood, likes/dislikes, wants, needs, online, communicate, internet, safe, unsafe, relationships.	Changes, life cycles, baby, adult, grown up, healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, private, touch, texture, cuddle, hug, squeeze, keeping clean, toiletry items (e.g. toothbrush, shampoo, soap), hygienic, safe medicines, trust, safe, sun safety, risk, danger, Green Cross Code, eyes, ears, look, listen, wait, rules, laws, citizens, environment.
Year 2	Bullying, cyberbullying, mental health, physical health, teasing, unacceptable, pressure, hurt, money, sources, choices, spend, save, jobs, interests, strengths, views, opinions, general election, MP, nation, global community, duty of care, inclusion.	internet searches, information, online, true, false, believe, behaviour online, feelings words e.g. worried, frustrated, stressed, annoyed, excited, calm, effects on body, change, loss, wellbeing, uncomfortable, consequences, strategies, life stages, birth, death,	differences, respect, rules, laws, judges, lawyers, healthy, unhealthy, sleep, familiar, unfamiliar, alcohol, tobacco, emergency, first aid, body parts, genitalia, male, female, vagina, penis, testicles, vulva, anus, touch, physical contact
Year 3	Grateful, precious, self-care, mental health, debit card, cash, contactless, positive trusting relationships, acquaintances, friends, clique, bullying behaviour, reporting, challenging, harassment, exploitation, physical and emotional abuse, democracy, Prime Minister, political party, self worth, personal targets	Magna Carta, fairness, justice, fair trial, rule of law, independence, responsibilities, inappropriate messages/materials, reporting, inappropriate images/language/behaviour, technology, bad language, respond safely, emotions, intensity of feelings, emotional wellbeing, pressure.	reconciliation, team work, self-confidence, respecting bodies, grow, change, mature, adulthood, respond to emergencies, emergency services, care and concern, injustices, shared responsibilities, balanced healthy lifestyle, personal/oral hygiene, sun exposure, water safety, regular exercise, healthy lifestyle
Year 4	Included, excluded, welcome, valued, bullying,	self-discipline, contributions, community	Substances, effects on body, consume,



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	<p>friend, secret, deliberate, on purpose, bystander, witness, problem solve, central and local government, parliament, democracy, intensity of feelings, expressing feelings, keeping track, money (lost, stolen, won), individual and personal qualities, achievements</p>	<p>groups, concern, stereotype, media, insecurity, inadequacy, envy, peer pressure, text message, DM (direct message), website, troll, risky behaviour, gaming, relationship, close, jealousy, problem solve, emotions</p>	<p>puberty, genitalia, changes to body parts, physical contact, consent, abuse, people to trust, womb, baby, grow, conception, informed decisions, health and wellbeing, physical illness, regular exercise, bacteria, virus, infection, everyday hygiene, rights and responsibilities, wider world, traditions, beliefs</p>
<b>Year 5</b>	<p>gratitude, determination, courage, respect for difference, Protected Characteristics, uniqueness, individuality, personal identity, emotional changes, range of feelings, healthy emotional wellbeing, expressing feelings, cyberbullying, victim, troll, abuse, anonymous, behaviour effects mental health, racism, colour, race, discrimination, rumour, name calling, racist, homophobic, texting, attitudes to spending and saving, gambling, betting, dream, hope, goal, feeling, achievement, money, grown Up, adult, lifestyle, job, career, profession, money, salary, contribution, society, determination, government, justice systems, democracy, power.</p>	<p>Level-headed, body image, media, social media, celebrity, altered, negative effects, impersonate, reliability, self-respect, comparison, eating problem, eating disorder, negative, self-talk, online community, risky, social network, gaming, violence, grooming, trustworthy, screen time, off-line, peer pressure, influences, personal information, passwords, privacy, settings, profile, SMART rules, respect, polite, increasing independence, managing risks, unacceptable pressure, safe choices, actions bringing change, community spirit, teamwork</p>	<p>modesty, boundaries, growth, develop, self-image, characteristics, looks, personality, perception, self-esteem, affirmation, comparison, uterus, womb, oestrogen, fallopian tube, cervix, develops, puberty, breasts, vagina, vulva, hips, penis, testicles, adam's apple, scrotum, genitals, body hair, sperm, semen, erection, ejaculation, wet dream, growth spurt, larynx, facial hair, pubic hair, hormones, scrotum, testosterone, circumcised, uncircumcised, foreskin, ovaries, egg (ovum), period, menstruation, sanitary products, tampon, pad, towel, liner, hygiene, spots, impact of unhealthy lifestyle, healthy habits/diet, common injuries, recovery position, DR ABC, primary survey, drug use/habits, topical issues, debate, prejudice, discrimination</p>
<b>Year 6</b>	<p>Uniqueness, respect for differences, Protected Characteristics, adulthood, phase of life,</p>	<p>Organisations for support, emotions, feelings, sadness, loss, grief, denial,</p>	<p>Immunisation, diseases, vaccinations, allergies, prevention, drugs, effects, motivation,</p>



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persona and individual qualities, physical contact, consent, acceptable and unacceptable behaviour, rights of the child, abuse, forms of pressure, body autonomy, scenarios, purpose of life, spending decisions and habits, gambling and betting, G7, global topics, mental health, emotional health, mental illness, symptoms, stress, triggers, ashamed, stigma, anxiety, support, worried, signs, warning, self harm, emotions.

despair, guilt, shock, hopelessness, anger, acceptance, bereavement, coping strategies, power, control, authority, bullying, assertive, risks, pressure, influences, self-control, real / fake, true / untrue, judgement, communication, filtering, manipulated, reality, harmful/harmless videos, media/peer pressure, negative influences, concern for others, complying, regulations and restrictions, information online (ranked, selected, targeted), reliable sources, British culture, cultural diversity, national/regional/religious/ethnic identities

prescribed, unrestricted, over-the-counter, restricted, illegal, volatile substances, 'Legal highs', exploited, vulnerable, criminal, gangs, pressure, strategies, reputation, antisocial behaviour, crime, mixed messages, substance abuse, uterus, womb, oestrogen, fallopian tube, cervix, develops, puberty, breasts, vagina, vulva, hips, penis, testicles, adam's apple, scrotum, genitals, body hair, sperm, semen, erection, ejaculation, wet dream, growth spurt, larynx, facial hair, pubic hair, hormones, scrotum, testosterone, foreskin, ovaries, egg (ovum), fertilised, unfertilised, conception, having sex, sexual intercourse, making love, embryo, umbilical cord, IVF, foetus, contraception, pregnancy, childbirth, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement, integrity, discrimination, human rights, gender identity, skills and achievements, constructively challenge, stereotypes, aspirations, career choice