

## PSHE/RSHE: Progression of Vocabulary/Terminology

|             | Being Me in My World                                                                                           | Celebrating Difference                                                                      | Dreams and Goals                                                  | Healthy Me                                                                                     | Relationships                                                                           | Changing Me                                                                     |
|-------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>EYFS</b> | Myself<br>Feelings<br>Being gentle<br>Rights<br>Responsibilities                                               | Talents<br>Families<br>Home<br>Friends<br>Standing up for myself                            | Challenges<br>Perseverance<br>Jobs<br>Help                        | Exercise<br>Healthy food<br>Physical activity<br>Sleep<br>Clean                                | Family life<br>Friendship<br>Falling out                                                | Bodies<br>Respecting my body<br>Fun<br>Fears<br>Growth                          |
| <b>Y1</b>   | Special<br>Safe<br>Community<br>Consequences<br>Rewards                                                        | Similarities<br>Differences<br>Bullying<br>Celebrating                                      | Success<br>Achievement<br>Learning styles<br>Overcoming obstacles | Medicine<br>Medication<br>Road safety                                                          | Belonging<br>Physical contact<br>Preferences<br>Celebrations                            | Life cycles (animal/human)<br>Male<br>Female<br>Changes                         |
| <b>Y2</b>   | Hope<br>Fear<br>Fair<br>Valuing Contributions<br>Choices                                                       | Assumptions<br>Stereotypes<br>Gender<br>Gender diversity                                    | Realistic<br>Strengths<br>cooperation<br>Contributing             | Relaxation<br>Nutrition<br>Lifestyle                                                           | Boundaries<br>Secrets<br>Trust<br>Appreciation                                          | Life cycles (plants)<br>Young<br>Old<br>Independence                            |
| <b>Y3</b>   | Goals<br>self-worth<br>Positivity<br>Challenges<br>Perspectives                                                | Diverse families<br>Family conflict<br>Child-centred<br>Compliments<br>Witness<br>Solutions | Ambitions<br>Enthusiasm<br>Managing feelings<br>Budgeting         | Food labelling<br>Healthy choices<br>Online safety<br>Offline safety                           | Roles<br>Negotiation<br>Diverse lives<br>Impact                                         | Internal<br>External<br>Needs                                                   |
| <b>Y4</b>   | Democracy<br>Motivation<br>Class Citizen<br>Voice<br>Peer pressure                                             | Judgment<br>Appearance<br>Acceptance<br>Influences<br>Impressions                           | Disappointment<br>Overcoming<br>Resilience<br>Positive attitude   | Healthy friendships<br>Smoking<br>Alcohol<br>Inner strength<br>Assertiveness                   | Jealousy<br>Love/loss<br>Memories<br>Compromise<br>Boyfriend/girlfriend                 | Being unique<br>Body changes<br>Transition<br>Accepting change<br>Having a baby |
| <b>Y5</b>   | Aspirations<br>National citizenship<br>Conflict<br>Vote<br>Participation                                       | Cultural diversity<br>Racism<br>Rumours<br>Material wealth<br>Respecting culture            | Financial success<br>Long-term<br>Charity                         | Vaping<br>Emergency aid<br>Body image<br>Relationships with food<br>Healthy choices            | Self-recognition<br>Self-esteem<br>Online communities<br>Gaming<br>Gambling<br>Grooming | Self-image<br>Media influence<br>Puberty<br>Conception<br>IVF                   |
| <b>Y6</b>   | Global citizenship<br>Children's Universal Rights<br>Group dynamics<br>Role-modelling<br>Anti-social behaviour | Perceptions of normality<br>Disability<br>Empathy<br>Inclusion<br>Exclusion                 | Success criteria<br>Recognition<br>Evaluating                     | Personal responsibility<br>Substances<br>Exploitation<br>County Lines/Gangs<br>Managing stress | Mental health<br>Sources of support<br>Control<br>Power                                 | Body image<br>Physical attraction<br>Consent<br>Sexting                         |