

PSHE Vocabulary Progression Document



EYFS PSHE Key Vocabulary

Bad touch

Danger

Different

Exercise

Fake

Good touch

Happy

Healthy

Job

Money

Pants

Private

Real

Rules

Sad

Same

Unhealthy

Ambition

Caring

Challenge

Encourage

Goals

Helpful

Honesty

Kindness

Needs

Respect

Responsibilities

Sharing

Thoughtful

Wants

Wellbeing

Cooperation

Compromise

Happiness

Safety

Support

Confidence

Year 1 'Being Me in the World' Key Vocabulary

Belonging

Calm

Consequences

Disappointed

Learning charter

Proud

Responsibilities

Rewards

Rights

Safe

Special

Upset

Year 1 'Celebrating Difference' Key Vocabulary

Bullied

Bully

Bullying

Celebration

Deliberate

Difference

Different from

Included

On purpose

Same as

Similar

Similarity

Special

Unfair

Unique

Year 1 'Dreams and Goals' Key Vocabulary

Achieve

Achievement

Celebration

Challenge

Dreams

Feelings

Goal

Obstacle

Overcome

Process

Proud

Stepping stones

Success

Treasure

Year 1 'Healthy Me' Key Vocabulary

Healthy

Unhealthy

Balanced

Exercise

Sleep

Choices

Clean

Body parts

Toiletries

Hygienic

Safe

Medicines

Trust

Green Cross Code

Year 1 'Relationships' Key Vocabulary

Belong

Caring

Different

Dislike

Family

Friends

Friendship

Greeting

Kind

Like

Qualities

Same

Sharing

Texture

Touch

Appreciate

Community

Confidence

Feelings

Help

Helpful

Incredible

Praise

Proud

Self-belief

Skills

Year 1 'Changing Me' Key Vocabulary

Adulthood

Anus

Baby

Changes

Female

Grow

Grown-up

Life cycle

Male

Mature

Penis

Testicles

Vagina

Vulva

Feelings

Anxious

Worried

Excited

Coping

Year 2 'Being Me in the World' Key Vocabulary

Action

Belonging

Choices

Consequence

Co-operate

Fears

Hopes

Negative

Praise

Problem solving

Responsibilities

Responsible

Reward

Rights

Worries

Year 2 'Celebrating Difference' Key Vocabulary

Assumptions

Bully

Difference

Diversity

Fairness

Feelings

Help

Kindness

Lonely

On purpose

Shield

Similarities

Special

Stand up for

Stereotypes

Year 2 'Dreams and Goals' Key Vocabulary

Achievement

Celebrate

Challenge

Difficult

Easy

Goal

Partner

Persevere

Proud

Realistic

Strengths

Success

Team work

Year 2 'Healthy Me' Key Vocabulary

Balanced diet

Calm

Dangerous

Healthy

Healthy choices

Life style

Medicines

Motivation

Portion

Proportion

Relax

Relaxation

Safe

Tense

Unhealthy

Energy

Fuel

Nutritious

Year 2 'Relationships' Key Vocabulary

Acceptable

Communication

Conflict

Cooperate

Different

Good secret

Not acceptable

Physical contact

Point of view

Positive problem solving

Relationships

Similarities

Special

Touch

Trust

Compliments

Honesty

Reliability

Trustworthy

Worry secret

Year 2 'Changing Me' Key Vocabulary

Appearance

Change

Freedom

Growing up

Independent

Penis

Physical

Respect

Responsibilities

Teenager

Testicles

Timeline

Toddler

Vagina

Vulva

Anus

Anxious

Comfortable

Looking forward

Nervous

Private

Public

Uncomfortable

Year 3 'Being Me in the World' Key Vocabulary

Achievements

Acknowledge

Affirm

Emotions

Fears

Feelings

Nightmare

Personal goal

Pleased

Praise

Proud

Valued

Welcomed

Worries

Actions

Behaviour

Choices

Consequences

Cooperate

Dream

Fairness

Learning charter

Responsibilities

Rewards

Rights

Solutions

Support

Challenge

Group dynamics

Team-work

Year 3 'Celebrating Difference' Key Vocabulary

Bystander

Compliment

Conflict

Connected

Consequences

Difference

Gay

Hurtful

Resolve

Safe

Similarity

Solution

Solve it together

Special

Unique

Witness

Year 3 'Dreams and Goals' Key Vocabulary

Ambitions

Aspirations

Challenges

Cooperation

Efficient

Enterprise

Enthusiastic

Frustration

Future

Motivation

Obstacles

Perseverance

Responsible

Solutions

Success

Year 3 'Healthy Me' Key Vocabulary

Anxious

Attitude

Calories

Choice

Complex

Drugs

Emergency services

Energy

Fitness

Heart

Heartbeat

Lungs

Oxygen

Saturated fat

Strategy

Year 3 'Relationships' Key Vocabulary

Communications

Conflict

Deprivation

Global

Inequality

Interconnected

Private messaging (PM)

Problem solving

Respect

Risky

Social media

Solution

Stereotype

Unisex

Year 3 'Changing Me' Key Vocabulary

Affection

Changes

Control

Nutrients

Ovaries

Ovum/ ova

Puberty

Sperm

Testicles

Uterus

Vagina

Womb

Year 4 'Being Me in the World' Key Vocabulary

Authority

Charter

Consequence

Contribution

Democracy

Excluded

Included

Job description

Observer

Role

UN Convention on the Rights of the Child

Valued

Voting

Year 4 'Celebrating Difference' Key Vocabulary

Accept

Appearance

Assumption

Bystander

Characteristics

Cyber bullying

Deliberate

Influence

Judgement

On purpose

Opinion

Secret

Troll

Witness

Year 4 'Dreams and Goals' Key Vocabulary

Commitment

Cooperation

Cope

Determination

Disappointment

Enterprise

Evaluate

Motivation

Perseverance

Plans

Positive attitude

Positive experiences

Resilience

Self-belief

Year 4 'Healthy Me' Key Vocabulary

Alcohol

Anxiety

Assertive

Disease

Emotions

Friendship groups

Guilt

Liver

Opinion

Peers

Pressure

Smoking

Value

Vaping

Year 4 'Relationships' Key Vocabulary

Acceptance

Appreciation

Betrayal

Denial

Depression

Disbelief

Empathy

Hopelessness

Jealousy

Mementos

Negative

Numb

Positive

Souvenir

Strategy

Year 4 'Changing Me' Key Vocabulary

Acceptance

Change

Conception

Fertilise

Having sex

Making love

Menstruation

Periods

Personal

Puberty

Sexual intercourse

Year 5 'Being Me in the World' Key Vocabulary

Appreciation

Asylum

Citizen

Cooperation

Education

Empathise

Migrant

Motivation

Opportunities

Persecution

Privilege

Refugee

Responsibilities

Rights

Vision

Year 5 'Celebrating Difference' Key Vocabulary

Artefacts

Conflict

Continuum

Culture

Cyber bullying

Developing world

Direct

Discrimination

Homophobic

Indirect

Race

Racism

Racist

Rumour

Year 5 'Dreams and Goals' Key Vocabulary

Achievement

Adult

Aspiration

Career

Communication

Contribution

Culture

Determination

Lifestyle

Motivation

Perseverance

Profession

Salary

Society

Sponsorship

Year 5 'Healthy Me' Key Vocabulary

Altered

Clam

Compassion

Emergency

Healthy behaviours

Influence

Informed decision

Level headed

Media

Pressure

Procedures

Recovery position

Self-respect

Unhealthy behaviours

Year 5 'Relationships' Key Vocabulary

Age limit

Appropriate

Attributes

Being responsible

Characteristics

Gambling/ betting

Grooming

Offline

Online

Personal qualities

Risky

Self esteem

Social networks

Trolled

Year 5 'Changing Me' Key Vocabulary

Affirmation

Characteristics

Ejaculation

Erection

Facial hair

Hormones

Larynx

Oestrogen

Perception

Sanitary pads

Sperm

Tampons

Testicles/ testes

Wet dream

Year 6 'Being Me in the World' Key Vocabulary

Ghana

West Africa

Cocoa plantation

Machete

Empathy

Obstacles

Legal

Illegal

Lawful

Democracy

Year 6 'Celebrating Difference' Key Vocabulary

Accolade

Courage

Gender diversity

Harassment

Imbalance

Para Olympian

Perseverance

Recipient

Stamina

Transgender

Year 6 'Dreams and Goals' Key Vocabulary

Achievement

Admire

Contribution

Criteria

Empathy

Global

Hardships

Learning steps

Motivation

Realistic

Recognition

Sponsorships

Stretch

Unrealistic

Year 6 'Healthy Me' Key Vocabulary

Exploited

Gangs

Immunisation

Mental health

Mental illness

Motivation

New psychoactive substances

Over-the-counter

Prescribed

Prevention

Reputation

Restricted

Synthetic highs

Unrestricted

Volatile substances

Year 6 'Relationships' Key Vocabulary

Abuse

Anxiety

Ashamed

Assertive

Assertiveness

Bereavement

Coping

Grief

Hopelessness

Real/fake

Self-harm

Stigma

Strategies

Stress

Support

Year 6 'Changing Me' Key Vocabulary

Attraction

Celebrity

Cervix

Contractions

Freedoms

Labour

Mental health

Midwife

Negative body image

Placenta

Real self

Responsibilities

Self-esteem

Sexting

Umbilical cord

Secondary

Transition

