

PSHE Vocabulary Progression

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Family and Relationships		behaviour care emotions family feelings friend friendly problem	friendship love manners feelings emotions family stereotype respect	bullying communicate empathy open questions similar solve stereotype sympathy trust	act of kindness authority bereavement boundaries bystander permission	earnings educational requirements expenses gambling responsibilities risks safeguard university valuables workplace	earnings educational requirements expenses gambling responsibilities risks safeguard university valuables workplace
Autumn 2 Health and Well-Being		feelings emotions skills qualities strengths relaxation rest sleep routine hygiene germs sun safe burn job help healthy	feeling emotion different communication sport activity physical exercise relax relaxation breath try fail frustrating challenge growth mindset healthy diet balanced meal	group balance Identity relax belonging stretch alone lonely hero power strengths barriers strategy boundary consent express feelings permission respect	relax calm visualize imagine mistake learn resilience growth mindset job skill role strength emotions feelings physical health mental health negative emotions	yoga destiny relaxation choice meditation feeling thoughts emotion quantity assertive sleep rest relax weather quality UV rays fail failure succeed try overcome experience	future assertive skills overcome values resilience stress habit relaxation positive technique negative visualization healthy restrictions well pressure unwell persuasive design illness physical health change

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			immune system			goal achieve plan steps risk responsibility	mental health doctor growth mindset consequence
Spring 1 Safety and the Changing Body		polite manners private trusted adult harm medicine danger safe hazard lost community job	secret surprise private trusted adult permission boundary road safe traffic pedestrian temperature medicine prescription	accidental personal hurtful inappropriate choice decision influence identity fake phishing cyberbullying	accidental personal hurtful inappropriate adult grow develop restriction information sharing private protect secret surprise private public relevant reliable	respectful disrespectful challenge friend acquaintance consent appropriate danger private risk	respectful disrespectful challenge consent alcohol excessive responsible fake news reliable sources influencer access random character hacker verification suspicious phishing genuine smishing vishing

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Spring 2 Citizenship		rule different care pet need baby child unique same different belong group fair unfair vote choice	rule reason different environme nt responsibili ty job identity community democracy Parliament opinion respect agree disagree	United Nations rights benefit responsibilities recycle environment community support democracy council councillor consequences	human rights United Nations protect environment recycling reusing community group volunteer diversity local government council councillor	rule consequence law freedom of expression rights responsibiliti es reduce environment energy contribution society pressure change Parliament Government Houses of Commons	education human rights protect environment al issues overcome difficulties responsibility concern prejudice discriminatio n challenge diverse community characteristic s
Summer 1 KidSafe		safe trust trusted adult yukky feelings bullying digital device unsuitable argument	safe trust trusted adult yukky feelings bullying digital device unsuitable argument	cyberbullying digital devices social media information personal private sensitive identity theft fake profile	cyberbullying digital devices social media information personal private sensitive identity theft fake profile	access random character hacker verification suspicious phishing genuine smishing vishing	access random character hacker verification suspicious phishing genuine smishing vishing

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Summer 2 Economic Well-Being		money coins notes cash lowest highest safe unsafe spend save job interview career dream	job income needs survive healthy influence want need bank account bank card skill talent different unique accept	payment method account advantage disadvantage budget spend overspending emotion impact positive negative factors influence environment career future knowledge skills stereotypes	value cheap expensive price bank account access savings credit card debit card budget deposit safe secure withdraw monitoring career choice influence change satisfaction	prioritise need want value budget expenditure income borrow loan caution fraud loss risk impact workplace align essential skills interests	influence coping strategy digital physical safeguard risk gambling restrictions debt job sector roles responsibilities requirement
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