



PSHE Progression of Vocabulary	EYFS	KS1	LKS2	UKS2
<p><b>Healthy Lifestyles</b></p>	<p>Friends, happy, sad, angry, hurt, worried, scared, healthy, unhealthy, goals, ideas, balanced meal, like, dislike, proud,</p>	<p>Friendships, lonely, resolve, love, care, excited, nervous, calm, confused, bored, grumpy, proud, terrified, care, excluded, problems, true, trustworthy, jobs, money, needs, wants, work, strengths, interests, healthy, physical activity, dental health, tooth decay, medicines, vaccinations and immunisations, hygiene routines, germs, money, needs and wants, strengths, special, unique, energy, strength,            Year 1- Care, support, independent            Year 2- Physical differences</p>	<p>Wellbeing, positive friendships, difficulties, communities, included, intensity, express, loss, grief, change, advice, emotional, included, respect, nutrition, nutritionally rich, oral hygiene, flossing, personal qualities, individuality, self-worth, personal attributes, express, separation, disappointment, sadness, embarrassed, relieved, ashamed, relaxed.</p>	<p>Value for money, risks, influence, manipulated, mental health, moods, thoughts, support, challenge, personal network, affirmation, bereavement, grief, transition, hopes, fears, anxieties, strategies, processed,             Year 5- emotional and physical changes, moods, menstruation, periods, tampons, sanitary towels, spots, pubic hair, facial hair, underarm hair, sweat</p>
<p><b>Safe decisions</b></p>	<p>Rules, safe, emergency, danger, help</p>	<p>Unhappy, worried, rules and restrictions, medicine, risky, avoid, remove, pressure, unsafe, uncomfortable, trusted, behaviour, responsibilities, roles, community, help, accident, spending and saving.             Year 2-Male, female, private parts, penis, vulva</p>	<p>Support, lonely, excluded, qualities, problems, arguments, uncomfortable, unsafe, unwanted touch, aggressive, inappropriate behaviour, manage risk, influence, peer approval, rules, restrictions and law,            Year 3-Testicles, penis, vulva, vagina, uterus            Year 4- Puberty, reproduction, physical,</p>	<p>Influence, challenge, reliable, suspicious, appropriate, drugs, legal, illegal, habit, smoking, nicotine, puberty, substance, caffeine, unresponsive, alert, primary survey, heart rate, pulse, CPR, recovery position, resuscitate, airway, circulation, compressions, rescue breaths, victim, crime,</p>

			breasts, sperm, egg, pubic hair	consequences, offender, perpetrator, escalation.  Year 5- wet dreams, semen, erection, breasts, sexual feelings Year 6- womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, love, consent, intimacy, communication, personal/private information
<b>Caring Citizens</b>	Friend, my turn, your turn, share, good choices, rules, 'green promises', welcome, families, different, help Sorry, forgive, kind words, kind hands and feet, teamwork, care, thank you, polite	Good friends, different, community, polite, cooperative, care, pollution, environment, excluding, bullying, teasing, qualities Year 2 - Stereotypes, gender roles	Diverse community, wider and local community, contributions, respect, personal space, polite, courteous, respect, rights, responsibilities, discrimination, exclusion, disrespect, shared responsibility, fairtrade, charity, race, racism, anti-racism, Year 3- Fostering, adoption, gender stereotypes,	Similarities and differences, identify, ethnicity, faith, personal qualities, assumptions, report, risks, gambling, addictive, habit, dependency, attributes, representation, portray, bias