St George's Central CE Primary School and Nursery

Progression of PSHE Vocabulary 2025-2026

Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Nursery PSED knowledge and
-	C 11 D	1			D 1111 D	1 1 .	skills vocabulary
_	Self Regulation happy sad angry worried		Managing Self good		Building Relationships		In Early Years our
				ad	friends please thank you		PSED Vocabulary is not
							specifically linked to
			clean safe		sorry		a PSHE Question.
		ke		les		kind	
				eth		ring	All our vocabulary is spread across the
						ed	year.
							
Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Reception
							PSED knowledge and
							skills vocabulary
	Self Regulation feelings		Managing Self		Building Re	elationships	In Early Years our
			right		friends		PSED
		рру	wrong		falling out		Vocabulary is not specifically linked to
		ad	rules		· ·	upset feelings	
		ited	safe		manners		a PSHE Question. All our vocabulary is
		set	danger		please		spread across the
	good touch		healthy		thank you		year.
	bad touch		unhealthy		sorry kind		yeur.
	pants private		my body germs		sharing		
	private		clean		caring		
			unclean		need		
			toothbrushing			same	
				J		erent	

Year 1/2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Year 1/2 PSHE knowledge and
	What makes a good friend?	How can we make sure everyone is treated equally?	What helps us stay healthy?	What can we do with money?	Who keeps us safe?	How do we recognise our feelings?	skills vocabulary
	friend friendship good friend kindness co-operation helpful unhelpful difficult lonely argument ressolution	same different positive relationships friendships good listener bullying kindess equal teasing feelings problem report consequence	healthy nurtitious medicine hygiene germs microbes illness vaccination rest sleep	earn win find presents pocket money borrow save choices jobs	danger trust good touch bad touch unsafe worried private community help safety	feelings worried excited nervous angry same different emotion loss challenge different	respect rules uncomfortable safe private asking consent permission responsible equal fair unfair share report
Year 3/4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Year 3/4 PSHE knowledge and
	Why should we eat well and look after our teeth?	What keeps us safe?	What are fa	amilies like?	How can our choices make a difference to others and the environment?	Why should we keep active and sleep well?	skills vocabulary
	Eat Well Guide diet nutrition oral hygeine oral health enamel plaque cavitiy choices pharmacist influences active	appropriate inappropriate safe un-safe permission pressure danger hazard emergency first aid police paramedic fire brigade	diffe dive fan single same sez stepp blended fos cult ag gen ado _l resp	ter cure ge ider otive oect otype	protect Fairtrade recycling upcycling single use plastics choices differences environment volunteering charity compassion responsibilities	physcial activity benefits balance screen time health wellbeing food nurition choices decisions influence sleep mood	respect rules uncomfortable safe private consent permission rights responsibilities view safety equal race racism report

Year 5/6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Year 5/6 PSHE knowledge and
	How can we keep healthy as we grow?	What decisions can people make with money?	How can we help in an accident and emergency?	How can the media influence people?	How can drugs common to everyday life affect health?	What will change as we become independent? How do friendships change as we grow?	skills vocabulary
	physical health	financial risk	accident	media	Cigarette	Puberty	respect
	mental health	influences	emergency	influence	e-cigarette	emotional changes	uncomfortable
	emotions	critical consumer	emergency services	experiences	vaping	physical changes	safe
	mindfulness	budgeting	first aid	risk	cannabis	behavioural changes	private
	growth mindselt	appropriate	minor	pressure	health	hormones	consent
	emotional health	tax	severe	misleading	money	attitudes	permission
	peer pressure	value for money	burn	marketing	alcohol	values	rights
	community	debt	scold	consumers	tobacco	age	responsibilities
	anti-social	manageable	bleed	advertising	nicotine	religion	trust
	consequence	unmanageable	choking	role model	age restrictions	culture	concerns
	balanced lifestyle	reliable	asthma attack	media	substance	values	democracy
	role models	salary	allergic reaction	reality	medicine	relationships	reflection
	community	loans	CPR	manipulate	prescribed	friendships	recognise
	organisations	credit	hazard	descision	solvents	differences	consideration
	predict	saving	risk	gambling	legal	gender	equality
	potential hazard	account	potential	impact	illegal	stereotyping	discrimination
	effects		assessing		drugs	love	race
			trustworthy		effects	gay	racism
					risks	lesbian	disability
					habit	bisexual	religions
					role models	transgender	ethnicity
					Ask Frank	homophobic	rational
						transphobic	irrational
						same-sex marriage	health
							hygiene

St George's Central CE Primary School and Nursery

Progression of PSHE Vocabulary 2026-2027

happy good friend sad bad pleast angry clean thank y worried safe sorry	PSED knowledge ar	Summer 2	
sad bad please clean thank y worried safe sorry like rules kind sharin need		Building Relationships	
angry clean thank y worried safe sorry like rules teeth sharin need		friends	
worried safe sorry like rules kind teeth sharin need		please thank you sorry kind	
like rules kind teeth sharin need			
teeth sharin need			
need	a PSHE Question.		
	= -	ring	
Reception Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1	spread across the	ed	
Reception Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1	year.		
Reception Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1			
Reception Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1			
Reception Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1			
Reception Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1			
Reception Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1			
Thing	Summer 2 Additional Reception	Summer 2	
	PSED knowledge a		
Self Regulation Managing Self Building Relation	cionships skills vocabulary	lationships	
feelings right friend	s In Early Years our	friends falling out upset feelings manners please thank you sorry	
happy wrong falling o	out PSED Vocabulary i		
sad rules upset fee	lings not specifically linke		
excited safe manne	rs to a PSHE Question		
upset danger please	All our vocabulary		
good touch healthy thank y	ou spread across the		
bad touch unhealthy sorry	year.		
pants my body kind		kind	
private germs sharin	g	sharing	
clean caring		caring	
unclean need		ed	
toothbrushing same		same	
differe			
		rent	

Year 1/2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Year 1/2 PSHE knowledge and
	What is the same and different about us?	Who is special to us?	What jobs to people do?	What helps us stay safe?	What helps us grow and stay healthy?	How can we look after each other and the world?	skills vocabulary
	similarities	special	job	safe	healthy	roles	respect
	differences	safe	need	rules	exercise	environment	rules
	individuality	belonging	want	restrictions	diet	recycle	uncomfortable
	qualities	family	respectful	risks	germs	co-operate	safe
	unique	friend	community	pressure	tooth decay	problem solving	private
	equal	special	environment	secret	sleep	positive	asking
	rights	care	paid	good touch	rest	negative	consent
	difficult	rights	voluntary	bad touch	screen-time	consequences	permission
	problems	trusting	money	unsafe	suncare	local	responsible
	ressolve	features	strengths	worried	sun safety	global	
		problem	internet	private	safe	change	
			digital device	help		devlop	
			choice	real			
			online	imaginary			
Year 3/4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Year 3/4
							PSHE knowledge and
	How can we be a	How do we treat each	What makes a	How can we manage	What strengths, skills	How can we manage risk	skills vocabulary
	good friend?	other with respect?	community?	our feelings?	and interests do we have?	in different places?	
	friendship	similarities	community	feeling	qualities	predict	respect
	support	differences	communities	emotion	positive attitude	assess	rules
	wellbeing	polite	included	loss	self-esteem	situations	uncomfortable
	communicate	courteous	belonging	grief	self-worth	risk	safe
	lonely	diversity	groupings	reflection	attributes	gambling	private
	excluded	inclusion	valued	persist	resilience	password	consent
	argument	rights	contributions	resilience	aspriations	danger signs	permission
	ressolve	responsibilities	diversity	affects	goals	influence	rights
	ressolve solution	responsibilities privacy	diversity clubs	affects changing	goals achievments	influence pressure	rights responsibilities
		•	•		_		_
	solution	privacy	clubs	changing	achievments	pressure	responsibilities
	solution	privacy secret	clubs members	changing intensity	achievments strengths	pressure consequence	responsibilities view
	solution	privacy secret exclusion discrimination disrespect	clubs members outsiders	changing intensity circumstances	achievments strengths skills	pressure consequence outcome	responsibilities view safety
	solution	privacy secret exclusion discrimination	clubs members outsiders welcome	changing intensity circumstances experiences	achievments strengths skills set-backs	pressure consequence outcome sun safety	responsibilities view safety equal
	solution	privacy secret exclusion discrimination disrespect	clubs members outsiders welcome migrant	changing intensity circumstances experiences advice	achievments strengths skills set-backs mistakes	pressure consequence outcome sun safety rules	responsibilities view safety equal race
	solution	privacy secret exclusion discrimination disrespect human rights	clubs members outsiders welcome migrant asylum seeker	changing intensity circumstances experiences advice	achievments strengths skills set-backs mistakes	pressure consequence outcome sun safety rules restrictions	responsibilities view safety equal race racism
	solution	privacy secret exclusion discrimination disrespect human rights UN Convention	clubs members outsiders welcome migrant asylum seeker refugee	changing intensity circumstances experiences advice	achievments strengths skills set-backs mistakes	pressure consequence outcome sun safety rules restrictions peer-approval	responsibilities view safety equal race racism

Year 5/6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Year 5/6 PSHE knowledge and
	What makes up our identity?	How can friends communicate safely?	How can the media influence people?	How can we keep healthy as we grow?	What will change as we beomce independent? How do friendships change as we grow?	What job would I like in the future?	skills vocabulary
	identity	manipulate	suspicious	illegal	positive body image	career	respect
	gender identity	pressurised	trust (verb)	abuse	puberty	voluntary work	uncomfortable
	eithnicity	peer-pressure	trust (noun)	moods	emotional	wage	safe
	race	content	reliable	wellbeing	physical	salary	private
	faith	consent	appropriate	mental health	changes	ambitions	consent
	culture	digital footprint	private	physical health	hormones	attribute	permission
	charcteristics	online safety	public	Female Genital	reproduction	qualifications	rights
	stereotype	social media	misleading	Mutation (FMG)	human lifecycle	apprenticeship	responsibilities
	unique	exploited	online safety	Human Rights Act	reproduction	discrimination	trust
	love	potential hazard	influence	conflict	gender identity	influence	concerns
	gay	assessing	violence	support	sexual orientation	manageabale	democracy
	lesbian	risk	harmful	balance	conception	unmanageable	reflection
	bisexual	danger	contacting	strategies	pregnancy	conditions	recognise
	transgender	image	communicating	oral hygiene	birth	inclusion	consideration
	homophobic	share	social media	balanced lifestyle	egg		equality
	transphobic	violence	age-restrictions	planning	embryo		discrimination
	discriminate			preparing	feotus		racism
	assumptions			screen-time	sperm		disability
	judgements				uterus		religions
	The Equality				erection		rational
	Act 2010				wet dreams		irrational
					hygiene		health
					grooming		
					cleaning		
					strategies		
					support		
					advice		