

# St George's Central CE Primary School and Nursery

## Progression of PSHE Vocabulary 2023-2024

Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Nursery PSED knowledge and skills vocabulary																										
	<b>Self Regulation</b>		<b>Managing Self</b>		<b>Building Relationships</b>			In Early Years our PSED Vocabulary is not specifically linked to a PSHE Question. All our vocabulary is spread across the year.																									
happy	sad	angry	worried	like	good	bad	clean		safe	rules	teeth	friends	please	thank you	sorry	kind	sharing	need															
Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Reception PSED knowledge and skills vocabulary																										
	<b>Self Regulation</b>		<b>Managing Self</b>		<b>Building Relationships</b>			In Early Years our PSED Vocabulary is not specifically linked to a PSHE Question. All our vocabulary is spread across the year.																									
feelings	happy	sad	excited	upset	good touch	bad touch	pants		private	right	wrong	rules	safe	danger	healthy	unhealthy	my body	germs	clean	unclean	toothbrushing	friends	falling out	upset feelings	manners	please	thank you	sorry	kind	sharing	caring	need	same

***'Never settle for less than your best'***

Year 1/2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Year 1/2 PSHE knowledge and skills vocabulary
	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?	
	friend friendship good friend kindness co-operation helpful unhelpful difficult lonely argument resolution	same different positive relationships friendships good listener bullying kindness equal teasing feelings problem report consequence	healthy nutritious 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 skills vocabulary
	Why should we eat well and look after our teeth?	What keeps us safe?	What are families like?		How can our choices make a difference to others and the environment?	Why should we keep active and sleep well?	
	Eat Well Guide diet nutrition oral hygiene oral health enamel plaque cavity choices pharmacist influences active	appropriate inappropriate safe un-safe permission pressure danger hazard emergency first aid police paramedic fire brigade	similar different diverse family single parent same sex parents stepparents blended family foster culture age gender adoptive respect stereotype stability		protect Fairtrade recycling upcycling single use plastics choices differences environment volunteering charity compassion responsibilities	physical activity benefits balance screen time health wellbeing food nutrition choices decisions influence sleep mood	respect rules uncomfortable safe private consent permission rights responsibilities view safety equal race racism report

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Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12

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

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## Progression of PSHE Vocabulary 2024-2025

Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Nursery PSED knowledge and skills vocabulary
	Self Regulation		Managing Self		Building Relationships		
	happy sad angry worried like		good bad clean safe rules teeth		friends please thank you sorry kind sharing need		In Early Years our PSED Vocabulary is not specifically linked to a PSHE Question. All our vocabulary is spread across the year.
Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Reception PSED knowledge and skills vocabulary
	Self Regulation		Managing Self		Building Relationships		
	feelings happy sad excited upset good touch bad touch pants private		right wrong rules safe danger healthy unhealthy my body germs clean unclean toothbrushing		friends falling out upset feelings manners please thank you sorry kind sharing caring need same different		In Early Years our PSED Vocabulary is not specifically linked to a PSHE Question. All our vocabulary is spread across the year.

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

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

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