



PSHE Vocabulary

Year A						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Class 1 EYFS/ Year 1	VIPS Family, important, kind, help, love, feelings, together, argument, conflict, resolution, positive, disagreement, friends, friendship, cooperate, cooperation, team, care, support, special	SE (Year group specific vocabulary below)	Safety First Seatbelt, danger, help, e-safety, hurt, online, medicine, zebra crossing, pedestrian crossing, safe, careful, trusted adult, protect, rules, stranger danger, road safety, water safety, emergency, household cleaning products, the underwear rule.	SE (Year group specific vocabulary below)	Aiming High Qualities, opportunity, interests, positive, attitude, improve, resilience, job, skills, qualifications, gender, talk	SE (Year group specific vocabulary below)
Class 2 Year 1/2	TEAM Team, class, group, community, carer, friends, family, listening, kind, unkind, fair, unfair, bullying, teasing, friendly joking, body language, consequences, choices, mindset, teamwork	SE (Year group specific vocabulary below)	Think Positive Happy, sad, angry, worried, positive thinking, challenge, practise, perseverance, safe, talking, sharing, feelings, emotions, gratitude, mindful, thoughts, decisions, goals, concertation, focus	SE (Year group specific vocabulary below)	Money Matters Money, coins, banknotes, spend, save, income, possessions, belongings, receipt, piggy bank, wallet, purse, bank, ship, job, work, wages, savings, contactless payment online money transfer	SE (Year group specific vocabulary below)
Class 3 Year 3/4	VIPS Friends, friendships, hobbies, respect, kind, relatives, family, support, reflect, falling out, resolution, arguments, opinions, differences, decisions, compromise, bullying, teasing, victim, help	SE (Year group specific vocabulary below) Digital Wellbeing Social media, gaming, Devices, cyberbullying, respect, privacy, information, screen time, messages, restrictions,	Safety First Seatbelt, injury, help, decisions, risk, danger, hazard, first aid, dare, flotation aid, harm, safe, cigarettes, alcohol, drugs, medicine, peer pressure, platform, zebra crossing, pedestrian crossing	SE (Year group specific vocabulary below)	Aiming High Skills, opportunity, qualities, positive, attitude, improve, resilience, job, ambition, qualifications, determination, stereotype, challenge, goal, effort, success, happiness, growth mindset, achievements, learn	SE (Year group specific vocabulary below) Diverse Britain Multicultural, society, diverse, value, respect, tradition, democracy, equality, human rights, freedom, government, rules, law, enforce, protect, parliament, livery,

		safe, unsafe, learning, apps, internet, password, images, strangers, kindness online, fake news,				tolerance, customs, citizen
Class 4 Year 4/5	TEAMS Team, group, listening, body language, teamwork, challenge, responsibility, collaborative, communication, achieve, ripple effect, goals, consequences, teammates, individual, emotion, facial expression, considerate, dispute, resolution	SE (Year group specific vocabulary below)	Think Positive Positive attitude, unhelpful thoughts, happiness, uncomfortable emotions, learning, challenge, practise, perseverance, peace, effort, grief, feelings, consequences, choices, calming down, thoughts, worries, success, mindful, growth mind-set	SE (Year group specific vocabulary below) It's My Body Choices, body image, consent, healthy, unhealthy, exercise, diet sleep, drugs, alcohol, tobacco, pressure, social media, cleanliness, physical health, mental health, wellbeing, self-respect, support, ChildLine,	Money Matters Money, coins, banknotes, spend, save, income, employment, wages, ethical spending, credit, contactless payment, debt, repayments, prioritise, budget, receipt, advertisement, consumer, savings,	SE (Year group specific vocabulary below)
Class 5 Year 5/6	VIPS Friends, family, friendship, emotions, anger, sadness, upset, calm, kind, support, help, anxious, dangerous, secrets, confidential, share, healthy, unhealthy, relationships, relatives	SE (Year group specific vocabulary below) STAR Dove – Self Esteem Body positivity, healthy relationship, confidence, support, kindness, acceptance, positive, mental health, wellbeing,	Safety First Emergency, safe, danger, risk, dare, peer pressure, platform, decisions, help, first aid, hazard, substance, crossing, harm, injury, flotation aid, trusted adult, courage, seatbelt, privacy	SE (Year group specific vocabulary below)	Aiming High Skills, opportunities, barrier, positivity, effort, job, ambition, qualifications, gender, stereotypes, challenge, goal, career, success, achievements, learn, motivation, equality, aspirations, inspiration	SE (Year group specific vocabulary below)

Year B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Class 1 EYFS/ Year 1	Be Yourself Skills, talents, confidence, feelings, body language, facial expressions, sad, worried, excited, nervous, happy, safe, love, cross, loss, change, memories, likes, thoughts, talk	SE (Year group specific vocabulary below)	Mindfulness Breath, calm, inhale, exhale, worry, energy, routine, practise body, mind, calming down, worry monster, mindfulness, movement	SE (Year group specific vocabulary below)	One World Family, home, safe, happy, love, care, trust, school, similar, different, environment, need, natural resources, Earth, protect, world, harm, help, choice, pledge,	SE (Year group specific vocabulary below)
Class 2 Year 1/2	Digital Wellbeing Internet, computer, connection, laptop, tablet, learning, social, apps, safety, personal information, activities, sharing, private, messaging, smartphone, smartwatch, social medial, balance, healthy habits, outside	SE (Year group specific vocabulary below)	It's my Body Consent, choice, wash, healthy, sleep, exercise, happy, clean, teeth, touch, safe, bedtime, secret, handwashing, private, germs, food and drink, instructions, warning, medicine,	SE (Year group specific vocabulary below)	Diverse Britain Community, belonging, help, respect, share, listen, choice, consequence, neighbour, neighbourhood, natural environment, responsibility, multicultural, diverse, UK, British, celebrate	SE (Year group specific vocabulary below)
Class 3 Year 3/4	Be Yourself Confidence, achievements, strengths, feelings, angry, calm, sad, worried, excited, nervous, happy, proud, thoughts, opinion, media, advertisement, assertive, uncomfortable, comfortable,	SE (Year group specific vocabulary below)	St Johns Ambulance First Aid Allergies, asthma, bites, stings, emergencies, calling for help, medication, support, emergency, emergency services, police, hospital, first aid	SE (Year group specific vocabulary below) Think Positive Happiness, fear, attitude, anxiety, peace, challenge, practise, perseverance changes, effort, control, feelings, emotions, calm, success, unhelpful thoughts, grief, determination, mindful, growth	One World Malawi, Africa, fair, unfair, inequality, stereotype, global warming poverty, urban, rural, trade, global, citizen, climate, help, charity, consequence, community, similar, different	SE (Year group specific vocabulary below)

<p>Class 4 Year 4/5</p>	<p>TEAM UKS2 Teamwork, collaborate, respect, honesty, kind, communicate, listen, team, contribute, dispute, discuss, compromise, sensitive, care, responsibility, consequence, role, classroom admire, opinion</p>	<p>SE (Year group specific vocabulary below) Digital Wellbeing Internet, kindness, device, cyber bullying, screen time, online safety, apps, age, personal information, respect, trusted adult, privacy, fake news, social media, password, online stranger, help, reliability.</p>	<p>It's My Body Consent, clean, medicine, healthy, sleep, hygiene, exercise, muscle, substantial, prescription, autonomy, safe, bedtime, tooth brushing, handwashing, private, germs, virus, instructions, warning.</p>	<p>SE (Year group specific vocabulary below)</p>	<p>Diverse Britain ethnicity, community, respect, law, protect, parliament consequence, democracy, local government, charity, voluntary, needs, support, prime minister, politicians, member of parliament, elect</p>	<p>SE (Year group specific vocabulary below) Money Matters Money, investment, gain, interest, risk, value manufacturer, retailer, advertisement, consumer, price, repayment, prioritise, wages, income, loan, tax, society, cost, spending</p>
<p>Class 5 Year 5/6</p>	<p>Be Yourself Confidence, unique, celebrate, feelings, thoughts, help, opinions, conflict, emotions, communication, danger, anxious, pressure, shy, nervous, positive, apologise, uncomfortable, negative</p>	<p>SE (Year group specific vocabulary below) STAR DOVE – self esteem Body positivity, healthy relationship, confidence, support, kindness, acceptance, positive, mental health, wellbeing,</p>	<p>St Johns Ambulance First Aid First aid, basic life support, bleeding, burns, scalds, choking, head injury, adult, emergency, emergency services, ambulance, 999, police, hospital, first aid</p>	<p>SE (Year group specific vocabulary below)</p>	<p>One World renewable, citizenship, environment, responsible, resource, energy, global warming, choice, greenhouse, effect, global, citizen, non-renewable, help, biodiversity, sustainable, earth</p>	<p>SE (Year group specific vocabulary below)</p>

SE Key Vocabulary			
	Autumn 2	Spring 2	Summer 2
Year 1	Amazing Me Changes, baby, skills, abilities, differences, similarities, boys, girls, external	Same but Different Changes, aby, skills, abilities, girls boys, similarities, differences, external, differences, respect	Animals and their Babies Changes, aby, skills, abilities, girls boys, similarities, differences, external, differences, respect
Year 2	I Can Do Awareness, changes, skills, abilities, boys, girls, similarities, differences, external,		Knowing Our Bodies Awareness, changes, skills, abilities, boys, girls, similarities, differences, external, male, female
Year 3	Growing Up Changes, puberty, physical, emotional, girls boys, male, female, time, hair, body parts, breasts, periods, facial hair	Knowing Our Bodies Changes, puberty, menstruation, contraception, female, similar, different, penis, vagina	Facts and Fiction Changes, conception, puberty, birth, age, cycle, marriage, life cycle, growing up
Year 4	Life Cycles Puberty, changes, life cycle, emotional changes, physical changes, conception, birth, puberty, pregnancy, body hair, penis, vagina	Knowing Our Bodies Puberty, changes, menstruation, myth, female, male, period, ovary, uterus, womb, egg	
Year 5	Puberty Puberty, physical, emotional, reproduction, personal hygiene, body hair, penis, vagina, Menstruation Physical changes, emotional changes, puberty, human body, preproduction, personal hygiene, keeping safe,	Reproduction Puberty, reproduction, life cycle, penis, vagina, egg, uterus, ovary, sperm, egg	Pregnancy Puberty, reproduction, life cycle, penis, vagina, egg, uterus, ovary, sperm, egg, foetus, organs, contractions, birth
Year 6	Changing Emotions puberty, male, female, emotions, feelings, hormones, sexual, sex, mood swings, anger, uncomfortable, difficult, lonely, confused, sad, nervous, stressed, crush	Just the Way You Are sex, heterosexual, homosexual, gay, lesbian, bisexual, sexual orientation, society, race, age, civil partnership, commitment	Relationships sex, heterosexual, homosexual, gay, lesbian, bisexual, sexual orientation, society, race, age, civil partnership, commitment