

**PSHE Vocabulary**

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| **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, safe, unsafe, learning, apps, internet, password, images, strangers, kindness online, fake news, | **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, 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) |

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| **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) |
| **Class 4**  **Year 4/5** | **TEAM** UKS2  Teamwork, collaborate, respect, honesty, kind, communicate, listen, team, contribute, dispute, discuss, compromise, sensitive, care, responsibility, consequence, role, classroom admire, opinion | **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. | **It’s My Body**  Consent, clean, medicine, healthy, sleep, hygiene, exercise, muscle, substantial, prescription, autonomy, safe, bedtime, tooth bushing, handwashing, private, germs, virus, instructions, warning. | **SE**  (Year group specific vocabulary below) | **Diverse Britain**  ethnicity, community, respect, law, protect, parliament consequence, democracy, local government, charity, voluntary, needs, support, prime minister, politicians, member of parliament, elect | **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 |
| **Class 5**  **Year 5/6** | **Be Yourself**  Confidence, unique, celebrate, feelings, thoughts, help, opinions, conflict, emotions, communication, danger, anxious, pressure, shy, nervous, positive, apologise, uncomfortable, negative | **SE**  (Year group specific vocabulary below)  **STAR**  **DOVE – self esteem**  Body positivity, healthy relationship, confidence, support, kindness, acceptance, positive, mental health, wellbeing, | **St Johns Ambulance First Aid**  First aid, basic life support, bleeding, burns, scalds, choking, head injury, adult, emergrcy, emergency services, ambulance, 999, police, hospital, first aid | **SE**  (Year group specific vocabulary below) | **One World** renewable, citizenship, environment, responsible, resource, energy, global warming, choice, greenhouse, effect, global, citizen, non-renewable, help, biodiversity, sustainable, earth | **SE**  (Year group specific vocabulary below) |

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| **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 |