

PSHE Curriculum Vocabulary

Key vocabulary: Explicitly taught in context to the learning objective of the sessions

Continuous: Referred to throughout interactions in and out of PSHE lessons



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Key Vocab	Kind, listen, friend, different, unique, support, kindness, trust, disagreement, resolve,	Emotions, happy, sad, angry, worried, emotions, experience, change, react, identity, manage,	Family, special, role, parents, carers, siblings, role	Dangerous, battery, swallow, chemical, emergency, doctor, pharmacist, medicine	Exercise, healthy, energy, routine, sleep, health, bedtime, physical activity, healthy eating, rest, hygiene, hydrated, mindfulness, germs, prevent, teeth, plaque, gums, decay, unhealthy,	Ally, empathy, relationship, friendship
Continuous	caring, love, secure, respect, truthful, trustworthy, loyal, lonely, arguments, differences, unique, gender, gay, lesbian, transgender, homophobia, penis, testicles, vulva, breasts, mental health, emotions and feelings, anger, happiness, sadness, fear, surprise, nervous, excited, help, listen, support, act, respond, permission, consent, 999, emergency services (and names of) care, caring, affect, action, earth, environment, environmental, natural, planet, resources, beliefs, responsibility					

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Key Vocab	Emotions, information, strong, experience, tired, hungry, worried, respond, support, mindful, change, transition, scared	Risk, positive, negative, post, inappropriate, behaviour, comments, communicate, online stranger, screenshot, share, private, embarrassing,	Genitals, penis, vulva, surprise, secret, worried, uncomfortable, permission, non-verbally,	Money, save, gift, earn, coin, note, value, total, fair, guilty, jealous, regretful, charity, spend, save	Dangerous, emergency, dangerous, zebra crossing, pelican crossing, sunshine, damage, protect	Change, transition, similar, grow, future, aspiration, milestone, proud, nervous, anxious, brave, memories, hope, wonder
Continuous	advice, persistence, similarities, differences, loneliness, ignore, effort, share, consideration, listen, argument, conflict, resolve, compromise, empathy, apologies, choices, exclude, unacceptable, rude, bully, body language, consequence, report, families, relatives, adopted, biological sex, blended family, civil partnership, fostered, gender, identity, married, orphaned, same-sex, single-parent, permission, consent, penis, testicles, vulva, breasts, gender, gay, lesbian, transgender, homophobia, consent, uncomfortable, accident, hazards, follow, guide, decision, advice, cope, risk, online, medicine, drugs, alcohol, allergies, hygiene, cleanliness, washing, chemical, liquids, poisonous, tablets, bacteria, coughs, disease, germs, sleep, virus, washing, sanitise, relax, healthy, wellbeing, mental health, bored, complain, concentrate, confused, difficult, dislike, embarrassed, fear, fed up, focus, frightened, frustrated, gratitude, happy, lonely, nervous, relaxed, shocked, thankful, upset, worries, coping, curious, independence, resilience, perseverance, hard work, cooperation, achievement, aim, ambition, creative, determined, goal, grow, hard-working, improve, job, learn, qualifications, routine, skill, success, training, wage, salary, money, currency, earn, won, borrowed, bank, building society, charity, need, want, save, career, employment, achieve, goal, target, future, improve, cooperate, success,					

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Key Vocab	Care, support, celebrate, compromise, agree, ideas, disagree, respect, boundaries, unacceptable, argument, relationship, repair, unique, excluded, included	Strong, manage, regulate, experience, love, care, react, manage, strong, support, conflict, frustrating, calm	Skeleton, calcium, protein, exercise, regular, aerobic, strengthening, nutrients, diet, healthy, rest	Screentime, creative, wellbeing, mindful, physical health, mental health, socialise, positive, negative, streaming, age rating, information, personal, private, sensitive, content, content creator, influencer, stranger,	Drown, safe, emergency, pedestrian, zebra crossing, pelican crossing, railway track, electricity, level crossing, trusted adult, permission	Laws, rule of law, democracy, respect, compassion, comparison, compare, contrast, justice
Continuous	falling out, honest, interest, kindness, loyal, negotiation, attitude, body language, compromise, conflict, consequences, considerate, dispute, effect, emotion, facial expression, feelings, respond, teammates, teamwork, acquaintances, alternatives, arguments, bully, bullying, anti bullying, cyber bullying, homophobic bullying Families, relatives, relation, relationship, adopted, biological sex, blended family, civil partnership, fostered, gay, gender, identity, lesbian, married, orphaned, relatives, same-sex, single-parent, gay, lesbian, transgender, homophobia, casualty, choices, dangerous, dare, first aid, inhaler, injection, injury, peer pressure, physical, scald, shock, vaccine, allergies, consent, childline, diet, harmful, hydrate, hygiene, immunisation, legal, prescription, routine, vaccination, vitamin, penis, testicles, vulva, breasts , equal, experience, growth mindset, obstacles, opportunities, resilience, responsibilities, role, setbacks, stereotype, strive, target, global, organisation, trade, values, collaboration, communication, compromise, conflict, dispute, responsibility, teammates, teamwork, diversity, equality, equity, loyal, negotiation, opinion, prejudice, respect, network, fair, opportunities, race, gender, citizen, culture, customs, debate, democracy, discrimination, freedom, government, human rights, identity, liberty, multicultural, nationality, region, regional, religious, rights-respecting, society, stereotype, tolerance, tradition, value					

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Key Vocab	Confidence, self-esteem, positive, negative, failure, sad, lonely, mental health, grateful, manage, emotions, physical, loss, die, grief, bereavement	Dangerous, emergency, emergency services, report, injured, endanger, prank, online, internet, identity, online stranger, friend request, personal information, social media, communicate, anonymous	Different, similar, unique, assumption, stereotype, harmful, sexism, myth, challenge, unique, excluded, included, healthy, equal, respect, family, struggle, rules, secret	Website, link, advertisement, app, assumption, bias, unconscious, fake news, clickbait, motivation, persuade, manipulation, author, cross-reference, consequence, want, need, priority, save, spend, borrow, budget, budgeting	Puberty, emotional, physical, genitals, menstrual cycle, period, menstruation, vagina, ovulation, hygiene, body odour	Unique, feature, religion, ethnicity, change, challenging, support, break-up, separate, divorce, struggling, die, bereavement, grief,
Continuous	Equal, experience, fair, gender, opportunities, race, stereotype, citizen, community, compassion, dilemma, diverse, diversity, empathy, human right, inequality, respect, responsibility, culture, custom, debate, democracy, discrimination, ethnicity, tolerance, disrespect, misinformation, attitude, jealousy, mindful, represent, shame, unpleasant, privacy, secret, surprise, in confidence, protect, aggression, inappropriate, inclusive, inclusion, exclude, exclusion differences, equality, inequality, equity, honest, impact, interests, opinions, prejudices, respect, strategies, support, network, techniques, assertive, comfortable, confident, impact, influence, manipulate, mind, mistake, positive, pride, attitude, brave, determination, experience, failure, mistakes, prepare, accomplish, effort, fair, growth mindset, obstacles, opportunities, setbacks, strive, target, skills, goals, actions, alternatives, attitude, alcohol, drugs, tobacco, cigarettes, vaping, addiction, dares, choices, consequences, impact, first aid, 999, emergency, illegal, legal, law, behaviour, communicating online, concerns, connected devices, cyberbullying, discrimination, disrespect, harassment, harmful content, images, information sharing, manipulated, misinformation, permission, consent, trusted adult, report, restrictions, risk, rules, safety, social media, support, targeted information, teasing, text, trolling, health, habit, hygiene, attitude, aware, <i>**Changes, hormones, experience, prepare, puberty, Adam's apple, breasts, egg, embryo, erection, wet dreams, foetus, menstruation, oestrogen, ovaries, period, testes, testosterone, vulva, vagina, penis, urine, urethra</i> Families, relatives, relation, relationship, adopted, biological sex, blended family, civil partnership, fostered, gay, gender, identity, lesbian, married, orphaned, relatives, same-sex, single-parent, gay, lesbian, transgender, homophobia, actions, challenge, charity, citizen, climate change, communities, compassion, craftivism, consequence, decision, difference, dilemma, discuss, diverse, diversity, effects, empathy, fair, fairtrade farmer, gender, global,					



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	harmful, helpful, human right, impact, inequality, local, negative, opinion, organisation, positive, reason, reduce, respect, responsibility, rural, share, shared responsibility, stereotype, support, trade, unfair, urban					

** Puberty sessions delivered by known adult with content/language and vocabulary determined by cohort needs - reviewed annually alongside SLT (Senior Leadership Team)