

PSHE Vocabulary Progression

My Healthy Self					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
anger body clues disgust emotions face clues fear feelings happiness relax sadness surprise trust trusted adult	active exercise five-a-day healthy habits	health mental health mind mood negative (feelings) physical health positive (feelings) respect routine support trust team	balanced diet fixed mindset growth mindset hydrated/dehydrated hygiene mindset nutrients resilience	cope light (activity) moderate (activity) regulate response vigorous (activity) wellbeing	calories (tooth) decay dental hygiene flossing long-term persistence setback short-term

Connecting with Others					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
fair / unfair friendly lonely polite safe share strengths trust trusted adult	belong bullying calm carer family	behaviour falling out friendship relationship respect self-respect	assertive compromise disrespect manners	civil partnership commitment conflict influence marriage	bystander discrimination empathy self-esteem stereotypes upstander

The Online World					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
online polite safe screen time trusted adult	permission personal information private information sharing	anonymous block communicate report respect respectful screenshot	content in/accurate mislead reliable search engine	advert influence scam targeted	

Citizenship					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Coming soon...					

Staying Safe					
Year 1	Year 2	Year 4	Year 6		
999 body clues comfortable danger emergency harm road safety rule safe trusted adult uncomfortable unsafe	penis permission private parts testicles vagina vulva	alcohol boundaries cigarettes current hazard illegal inappropriate legal operator personal space pressure risk road crossing tide vapes	addictive air ambulance cautious coastguard consent criminal offence drugs emergency services emotional mountain rescue peer pressure physical public transport search-and-rescue substance threat violence		

Health Protection					
Year 1	Year 3				
999 dentist doctor emergency first aid germs illness injury medicine prevent protect serious spread unwell urgent	allergy asthma defence disease immune infection pressure spf sunburn sunstroke symptom vaccine				

Sex Education
Year 6
conception consent ovary pregnant sexual intercourse sperm

Growing Up		
Year 2	Year 4	Year 5
change grow nipples penis private parts scrotum testicles vagina vulva	boundaries breasts period physical changes puberty	egg erection genitals hormones influence menstrual cup period pad period pants self-conscious sensitive tampon wet dreams womb/uterus