

# Our PSHE Vocabulary Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><b><u>Being Me in My World</u></b> myself, feelings, being gentle, rights, responsibilities</p> <p><b><u>Celebrating Difference</u></b> talents, families, home, friends, standing up for myself</p> <p><b><u>Dreams and Goals</u></b> challenges, perseverance, jobs, help</p> <p><b><u>Healthy Me</u></b> Exercise, healthy food, physical activity, sleep, clean</p> <p><b><u>Relationships</u></b> family life, friendship, falling out</p> <p><b><u>Changing Me</u></b> bodies, respecting my body, fun, fears growth</p>	<p><b><u>Being Me in My World</u></b> special, safe, community, consequences, rewards</p> <p><b><u>Celebrating Difference</u></b> Similarities, differences, bullying, celebrating</p> <p><b><u>Dreams and Goals</u></b> Success, achievement, learning styles, overcoming obstacles</p> <p><b><u>Healthy Me</u></b> medicine, medication road safety</p> <p><b><u>Relationships</u></b> belonging, physical contact, preferences celebrations</p> <p><b><u>Changing Me</u></b> life cycles (animal/human), male, female, changes</p>	<p><b><u>Being Me in My World</u></b> hope, fear, fair valuing contributions, choices</p> <p><b><u>Celebrating Difference</u></b> assumptions stereotypes, gender, gender diversity</p> <p><b><u>Dreams and Goals</u></b> realistic, strengths, cooperation, contributing</p> <p><b><u>Healthy Me</u></b> relaxation, nutrition, lifestyle</p> <p><b><u>Relationships</u></b> boundaries, secrets, trust, appreciation</p> <p><b><u>Changing Me</u></b> life cycles (plants) young, old, independence</p>	<p><b><u>Being Me in My World</u></b> goals, self-worth, positivity, challenges, perspectives</p> <p><b><u>Celebrating Difference</u></b> Diverse families, family conflict, child-centred, compliments, witness, solutions</p> <p><b><u>Dreams and Goals</u></b> ambitions, enthusiasm, managing feelings, budgeting</p> <p><b><u>Healthy Me</u></b> food labelling, healthy choices, online safety</p> <p><b><u>Relationships</u></b> roles, negotiation, diverse lives, impact</p> <p><b><u>Changing Me</u></b> internal, external, needs</p>	<p><b><u>Being Me in My World</u></b> democracy, motivation, class citizen, voice, peer pressure</p> <p><b><u>Celebrating Difference</u></b> Judgment, appearance, acceptance, influences, impressions</p> <p><b><u>Dreams and Goals</u></b> disappointment, overcoming, resilience, positive attitude</p> <p><b><u>Healthy Me</u></b> healthy friendships, smoking, alcohol, inner strength, assertiveness</p> <p><b><u>Relationships</u></b> jealousy, love/loss, memories, girlfriends boyfriends</p> <p><b><u>Changing Me</u></b> being unique, body changes, transition, accepting change, having a baby</p>	<p><b><u>Being Me in My World</u></b> aspirations, national citizenship, conflict, vote, participation</p> <p><b><u>Celebrating difference</u></b> Cultural diversity, racism, rumours, material wealth, respecting culture</p> <p><b><u>Dreams and Goals</u></b> financial success, long-term, charity</p> <p><b><u>Healthy Me</u></b> vaping, emergency aid, body image, relationships with food, healthy choices</p> <p><b><u>Relationships</u></b> self-recognition, self-esteem, online communities, gaming, gambling, grooming</p> <p><b><u>Changing Me</u></b> self-image, media influence, puberty, conception, IVF</p>	<p><b><u>Being Me in My World</u></b> global citizenship, Children’s Universal Rights, group dynamics, role-modelling, anti-social behaviour</p> <p><b><u>Celebrating Difference</u></b> perceptions of normality, disability, empathy, inclusion, exclusion</p> <p><b><u>Dreams and Goals</u></b> success criteria, recognition, evaluating</p> <p><b><u>Healthy Me</u></b> personal responsibility, substances, exploitation, County Lines/Gangs, managing stress</p> <p><b><u>Relationships</u></b> mental health, sources of support, control, power</p> <p><b><u>Changing Me</u></b> Body image, physical attraction, consent, sexting</p>

