



Vocabulary Progression – PSHE (Coram/Scarf)



	Me and My Relationships		Valuing Difference		Keeping Myself Safe		Right and Responsibilities		Being My Best		Growing and Changing	
Reception	special practise effort same different special favourite family help	special people friends feelings happy sad emojis kind helpful	special likes dislikes favourite same different kind	unkind family home kindness new-friend friendship	keep clean keep safe sleep water food fresh-air cuddle medicine chemist doctor	grown-up safe unsafe detective tummy- feelings uncomfortable worried adult trust address	family look- after help- eachother be- alone friends working together environment money look-after responsibility litter shop	save help- eachother helpful electricity buy safe- place be- alone caring pollution cost recycling pay	bounce back try food exercise routine encourage try again energy exercise heart calm	grow sleep muscles healthy wash fruit vegetable energy dairy	seasons growing baby family spring life child summer teenager	love autumn adult care winter old age grow cycle
Year 1	rules safe responsibility work together feelings body language emotions support	behaviour hurt help heal family special people friendship making up listening	same different difference respect unkind unkindness tease teasing bully bullying behaviour	rules safe fair special people qualities feelings unfair kind unkind	energy food water air oxygen exercise healthy dairy fruit vegetables sugar salt cereal meat sleep rest grow tired	feelings worried nervous scared support unsafe feelings emotions loss lost medicine safe harmful responsibility private trust privates	hygiene routine clean environment responsibility needs responsible rules money cost bills spending afford bank coin	note worth saving safe first-aid risk accident danger hazard kettle safe burn scald accident emergency	starchy diary protein fruit vegetables vitamins portion healthy sugar salt cereal germs disease hygiene spread	learning practice mistakes confidence achievement praise support feedback encourage feelings behaviour consequences special person promise	organ heart lungs intestines brain stomach oxygen digested caring love attention change growing unkind	unkindness tease teasing bully bullying witness experience getting help surprise secret uncomfortable

<p>Year 2</p>	<p>happy safe caring friendly rules feelings</p>	<p>bullying teasing repeated regular friendship friendly</p>	<p>unique respect feelings behaviour calm aggressive solve special</p>	<p>help cooperate kind kindness unkind listening listen problem</p>	<p>sleep medicines safety unsafe feelings worried safe touch uncomfortable</p>	<p>hurt surprise secret safe tell consent permission trust</p>	<p>help share take turns listen control erupt unsafe uniform help</p>	<p>responsibility spending saving environment money spending saving</p>	<p>practise encourage goal achieve challenge choose choices healthy unhealthy vaccination injection disease hygiene</p>	<p>germs teeth dental oxygen water food exercise rest brain heart lungs stomach intestine</p>	<p>help support supportive change loss feelings emotions frightened nervous growing food rest sleep care</p>	<p>learning first aid risk accidental danger hazard kettle safe burn scald accident emergency</p>
<p>Year 3 Year B</p>	<p>rules safety responsibility care loss feelings cooperate collaborate friendships falling out making up compromise</p>	<p>conflict point- of-view dare persuade continuum opinions respectful courteous challenging strategies calm apologise</p>	<p>family adoption fostering family community belonging respect cooperation listening politeness courtesy</p>	<p>manners similarities differences identity bullying prejudice disability gender race colour</p>	<p>danger dangerous risk risky trust safe unsafe feelings strategies consequence safer browsing phishing search engine</p>	<p>fake news internet private public profile personal information decisions risks medicines drugs harmful helpful instructions</p>	<p>volunteer wellbeing helper responsible safe healthy fact opinion</p>	<p>environment waste income saving spending earning</p>	<p>balanced diet proteins muscles dairy teeth bones starchy carbohydrates energy fruit vegetables healthy infection cleanliness hygiene rest sleep water medicine drug</p>	<p>dose safety instructions debate discussion continuum courteous respectful justify goals ambitions improve achieve collaboration cooperation teamwork goal-setting talents skills intelligence</p>	<p>relationships positive healthy trust caring personal body space invade uncomfortable stop respect touch</p>	<p>secret surprise feelings angry upset jealous worried excited scared talk</p>

<p>Year 3/4 Year B</p>	<p>bothered terrified petrified frightened scared peaceful confident assured untroubled calm joyful ecstatic delighted happy painful agonising excruciating sore</p>	<p>unhappy sad physical effects feelings positive healthy relationship respect qualities excluded assertive aggressive negotiate friendly rude consequences face-to-face</p>	<p>negotiation compromise body space invade sharing acquaintances</p>	<p>aggressive apologise similarities differences respect stereotype</p>	<p>danger dangerous risk risky hazard hazardous privacy settings security</p>	<p>dare assertive medicines drug choices social norm persevere influence consequences</p>	<p>responsible reliable trustworthy safe healthy rules laws rights united nations democracy influence opinion respectful</p>	<p>courteous anti-social behaviour witness environment conservation income expenditure essential income tax Nat. Insurance VAT deductions public services</p>	<p>individual unique choices balanced diet wellbeing mental health refuse reduce re-use rot recycle repair re-think community first aid</p>	<p>injury minor accident emergency blood nose bleed choking breathing airway unresponsive casualty burn scale wound recovery</p>	<p>learning practise secret</p>	<p>surprise uncomfortable</p>
--	--	--	---	---	---	---	--	---	---	--	-------------------------------------	-----------------------------------

	<p>aching repentant rueful remorseful regretful apologetic abandoned isolated ignored alone lonely distressed miserable devastated</p>	<p>assertive compromise collaborate teamwork physical effects facial expressions body language unkind tease bully pressure independent</p>										
<p>Year 5/6 Year A</p>	<p>collaborate negotiation compromise conflict resolution insensitive sensitive unhealthy relationship verbal physical abuse uncomfortable</p>	<p>touching unsafe assertive passive aggressive emotions needs non-verbal body language tone of voice face-to-face</p>	<p>friendship talking listening respect excluded discrimination prejudice metaphor diverse multicultural</p>	<p>society sexual orientation gender identity expression embarrassed reactions consequences</p>	<p>habit addiction pros cons weigh-up risks bullying cyberbullying dare pressure resist assessing</p>	<p>influence risk taking personal information privacy settings drugs cigarettes alcohol norms perception assertive</p>	<p>responsibility fact opinion biased unbiased rights duties voluntary community pressure action group costs wages</p>	<p>salaries rent Fair Trade borrow loan credit debit interest council vote elections councillors</p>	<p>healthy organs body systems perseverance commitment resilience determination patience</p>	<p>interpersonal skills community independence responsibility personal qualities celebrities</p>	<p>wellbeing resilience unwanted attention separation fostered embarrassed reactions consequences hormones compromise respect</p>	<p>mood swings confidence confidential prejudice biological orientation identity expression verbal physical abuse</p>

<p>Year 5/6 Year B</p>	<p>collaboration teamwork negotiation compromise balanced friendship respectful assertive peer pressure resolution sensitive thoughtful</p>	<p>response marriage civil partnership appropriate inappropriate privacy settings identity theft secure</p>	<p>witness bystander unique positive feedback confidence self-esteem diversity biological</p>	<p>orientation gender identity expression stereotype media influence assumption</p>	<p>social media parental consent trolling online safety sharing privacy personal information right permission illegal sexual images habit addition emotional needs drug</p>	<p>legal medical non-medical drug laws restrictions possess supply produce penalties alcohol short-term effects long-term risks norms physical independence responsibility conflicting emotions</p>	<p>biased unbiased fact opinion stereotype social media profile online safety sharing saving bank account building society junior ISA interest debit card cash value tax income PAYE VAT public</p>	<p>grant environmental sustainable composting recycling energy materials waste transport shop local food mile fair trade reuse democracy election manifesto candidate voting policies voting booth ballot slip ballot box constituencies House Of Commons</p>	<p>wellbeing connect be active take notice mindful creative give aspirations goal setting perseverance health accurate reliable sources assessing risk dilemma choices</p>	<p>influence red cross first aid emergency 999 ambulance operator information serious adult scenario script role feelings panic calm responsive unresponsive</p>	<p>change support conversation discuss body image self esteem manipulation media stereotype</p>	<p>gender peer pressure privacy puberty physical emotional confidence</p>
--	---	---	---	---	---	---	---	---	--	--	---	---