

PSHE Vocabulary progression (based on 2019 planning, to be reviewed in 2020)

Unit	Year 3	Year 4	Year 5	Year 6
Back to School	Class charter, rules, respect, values, rights, responsibilities, UN Convention on the Rights of the Child, emotions, welcome, feeling valued, point of view, problem solving, conflict, win-win situation, school council, councillor, improvement	Managing feelings, qualities (of a person/friend), co-operation, democratic, election.	Strategies, levels of friendship, expectations, demanding	Pre-judging, prejudice, barrier (to friendship), assertive, constructive, perspective
Being safe	Visible, traffic, pedestrian, stranger, vehicle, emergency, speed hump, pelican crossing, puffin crossing, speed, pavement, kerb, junction	First aid, treatment, scald, burn, choking, fracture, unconscious, asthma, sunburn, river, canal, hazard	Fireworks code, misuse, electrical safety, gas, level crossing (NB not currently taught – safeside visit fulfils this unit)	Peer pressure, illegal, street safety, personal safety
Antibullying	Ground rules, unkind, mean, bullying, repetition, deliberate, unfair advantage, witness, strengths, abilities, positive, independent, affirmations, fact/opinion, achievement, responsible, brave, consequences	Solution, peers, co-operation	Put-downs	Power imbalance, practical problem-solving, breaking friends, stereotypes
Drugs Education	Risks, smoking, cigarette, tobacco, nicotine, lungs, cancer, heart disease, mature/immature	Aerosol, alcohol, alcoholic, ethyl alcohol, ethanol, ABV (alcohol by volume)	Assertive, aggressive, resisting (pressure), quit	Cannabis, volatile substances, scenario, influence
Dealing with Feelings	Feelings, emotions, triggers, worries, relax, assertive	Resolving conflict, mediators, mediation, jealousy, envy, rivals, excuses, pledge, obstacles	Intensity (of emotions), stress, anxiety, pride, boasting, acting on impulse	Overwhelmed, attributes, passive, body language, communication, tone of voice, achievement, persistence, goals
Money and Me	Money, coin, notes, value, price, afford, cash, pay, pound, pence, change, wants, needs, spending, saving, budgeting, earning, income, standard of living, lifestyle, impact, Fair Trade	Currency, GBP, sterling, worth, inflation, employment, pay, essential, non-essential	Banks, business, lending, borrowing, interest, advantages, disadvantages, debit, credit, card, cheque, gross pay, net pay, tax, National Insurance, pension, payslip	Salary, deductions, government, taxation, value for money, supply, demand, interest rate, Bank of England
Healthy Eating	Balanced diet, food groups, Eatwell plate, fruit, vegetables, utensils			
Growing up and Relationships	Self esteem, individual, self-worth, unique, strengths, abilities, personal characteristics, skills, achievements, families, stereotypes, qualities, similarities, male, female, sex, gender, penis, vagina, hygiene, pressure, PANTS rule	Changes, interests, lifecycle, teenager, puberty, personal hygiene, personal safety, appropriate touch, personal space, pubic hair, acne, breasts, reproductive system, period, sanitary towel, pad	Menstruation, Girls only: pantliners, tampons, period pants	Mood swings, conception, egg, sperm, fertilise, embryo, sex, making love, sexual, platonic