



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

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

Year 4	bothered terrified petrified frightened scared peaceful confident assured untroubled calm joyful ecstatic delighted happy painful agonising excruciating sore	unhappy sad physical effects feelings positive healthy relationship respect qualities excluded assertive aggressive negotiate friendly rude consequences face-to-face	negotiation compromise body space invade sharing acquaintances	aggressive apologise similarities differences respect stereotype	danger dangerous risk risky hazard hazardous privacy settings security	dare assertive medicines drug choices social norm persevere influence consequences	responsible reliable trustworthy safe healthy rules laws rights united nations democracy influence opinion respectful	courteous anti-social behaviour witness environment conservation income expenditure essential income tax Nat. Insurance VAT deductions public services	individual unique choices balanced diet wellbeing mental health refuse reduce re-use rot recycle repair re-think community first aid	injury minor accident emergency blood nose bleed choking breathing airway unresponsive casualty burn scale wound recovery	learning practise secret	surprise uncomfortable
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	aching repentant rueful remorseful regretful apologetic abandoned isolated ignored alone lonely distressed miserable devastated	assertive compromise collaborate teamwork physical effects facial expressions body language unkind tease bully pressure independent										
Year 5	collaborate negotiation compromise conflict resolution insensitive sensitive unhealthy relationship verbal physical abuse uncomfortable	touching unsafe assertive passive aggressive emotions needs non-verbal body language tone of voice face-to-face	friendship talking listening respect excluded discrimination prejudice metaphor diverse multicultural	society gender identity expression embarrassed reactions consequences	habit addiction pros cons weigh-up risks bullying cyberbullying dare pressure resist assessing	influence risk taking personal information privacy settings drugs cigarettes alcohol norms perception assertive	responsibility fact opinion biased unbiased rights duties voluntary community pressure action group costs wages	salaries rent Fair Trade borrow loan credit debit interest council vote elections councillors	healthy organs body systems perseverance commitment resilience determination patience	interpersonal skills community independence responsibility personal qualities celebrities	wellbeing resilience unwanted attention separation fostered embarrassed reactions consequences hormones compromise respect	mood swings confidence confidential prejudice biological orientation identity expression verbal physical abuse

Year 6	collaboration teamwork negotiation compromise balanced friendship respectful assertive peer pressure resolution sensitive thoughtful	response marriage civil partnership appropriate inappropriate privacy settings identity theft secure	witness bystander unique positive feedback confidence self-esteem diversity biological	orientation gender identity expression stereotype media influence assumption	social media parental consent trolling online safety sharing privacy personal information right permission illegal habit addition emotional needs drug	legal medical non-medical drug laws restrictions possess supply produce penalties alcohol short-term effects long-term risks norms physical independence responsibility conflicting emotions	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	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	wellbeing connect be active take notice mindful creative give aspirations goal setting perseverance health accurate reliable sources assessing risk dilemma choices	influence red cross first aid emergency 999 ambulance operator information serious adult scenario script role feelings panic calm responsive unresponsive	change support conversation discuss body image self esteem manipulation media stereotype	gender peer pressure privacy puberty physical emotional confidence
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