

St George's Central CE Primary School and Nursery

Progression of PSHE Vocabulary 2024-2025

| Nursery | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Additional Nursery PSED knowledge and skills vocabulary |
|-----------|---|----------|--|----------|---|----------|---|
| | Self Regulation | | Managing Self | | Building Relationships | | |
| | happy sad angry worried like | | good bad clean safe rules teeth | | friends please thank you sorry kind sharing need | | In Early Years our PSED Vocabulary is not specifically linked to a PSHE Question. All our vocabulary is spread across the year. |
| Reception | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Additional Reception PSED knowledge and skills vocabulary |
| | Self Regulation | | Managing Self | | Building Relationships | | |
| | feelings happy sad excited upset good touch bad touch pants private | | right wrong rules safe danger healthy unhealthy my body germs clean unclean toothbrushing | | friends falling out upset feelings manners please thank you sorry kind sharing caring need same different | | In Early Years our PSED Vocabulary is not specifically linked to a PSHE Question. All our vocabulary is spread across the year. |

'Never settle for less than your best'

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|----------|---|--|--|---|--|--|--|
| Year 1/2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Additional Year 1/2 PSHE knowledge and skills vocabulary |
| | What is the same and different about us? | Who is special to us? | What jobs to people do? | What helps us stay safe? | What helps us grow and stay healthy? | How can we look after each other and the world? | |
| | similarities differences individuality qualities unique equal rights difficult problems ressolve | special safe belonging family friend special care rights trusting features problem | job need want respectful community environment paid voluntary money strengths internet digital device choice online | safe rules restrictions risks pressure secret good touch bad touch unsafe worried private help real imaginary | healthy exercise diet germs tooth decay sleep rest screen-time suncare sun safety safe | roles environment recycle co-operate problem solving positive negative consequences local global change develop | |
| Year 3/4 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Additional Year 3/4 PSHE knowledge and skills vocabulary |
| | How can we be a good friend? | How do we treat each other with respect? | What makes a community? | How can we manage our feelings? | What strengths, skills and interests do we have? | How can we manage risk in different places? | |
| | friendship support wellbeing communicate lonely excluded argument ressolve solution positive | similarities differences polite courteous diversity inclusion rights responsibilities privacy secret exclusion discrimination disrespect human rights UN Convention on Rights of Child | community communities included belonging groupings valued contributions diversity clubs members outsiders welcome migrant asylum seeker refugee religions | feeling emotion loss grief reflection persist resilience affects changing intensity circumstances experiences advice support | qualities positive attitude self-esteem self-worth attributes resilience aspirations goals achievements strengths skills set-backs mistakes reframing | predict assess situations risk gambling password danger signs influence pressure consequence outcome sun safety rules restrictions peer-approval anti-social law | |

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12

| Year 5/6 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Additional Year 5/6 PSHE knowledge and skills vocabulary |
|----------|--|--|--|--|---|--|---|
| | What makes up our identity? | How can friends communicate safely? | How can the media influence people? | How can we keep healthy as we grow? | What will change as we become independent? How do friendships change as we grow? | What job would I like in the future? | |
| | identity gender identity ethnicity race faith culture characteristics stereotype unique love gay lesbian bisexual transgender homophobic transphobic discriminate assumptions judgements The Equality Act 2010 | manipulate pressurised peer-pressure content consent digital footprint online safety social media exploited potential hazard assessing risk danger image share violence | suspicious trust (verb) trust (noun) reliable appropriate private public misleading online safety influence violence harmful contacting communicating social media age-restrictions | illegal abuse moods wellbeing mental health physical health Female Genital Mutation (FMG) Human Rights Act conflict support balance strategies oral hygiene balanced lifestyle planning preparing screen-time | positive body image puberty emotional physical changes hormones reproduction human lifecycle reproduction gender identity sexual orientation conception pregnancy birth egg embryo fetus sperm uterus erection wet dreams hygiene grooming cleaning strategies support advice | career voluntary work wage salary ambitions attribute qualifications apprenticeship discrimination influence manageable unmanageable conditions inclusion | respect uncomfortable safe private consent permission rights responsibilities trust concerns democracy reflection recognise consideration equality discrimination racism disability religions rational irrational health |

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St George's Central CE Primary School and Nursery

Progression of PSHE Vocabulary 2025-2026

| Nursery | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Additional Nursery PSED knowledge and skills vocabulary |
|-----------|---|----------|--|----------|---|----------|--|
| | Self Regulation | | Managing Self | | Building Relationships | | |
| | happy sad angry worried like | | good bad clean safe rules teeth | | friends please thank you sorry kind sharing need | | In Early Years our PSED Vocabulary is not specifically linked to a PSHE Question. All our vocabulary is spread across the year. |
| Reception | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Additional Reception PSED knowledge and skills vocabulary |
| | Self Regulation | | Managing Self | | Building Relationships | | |
| | feelings happy sad excited upset good touch bad touch pants private | | right wrong rules safe danger healthy unhealthy my body germs clean unclean toothbrushing | | friends falling out upset feelings manners please thank you sorry kind sharing caring need same different | | In Early Years our PSED Vocabulary is not specifically linked to a PSHE Question. All our vocabulary is spread across the year. |

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|----------|---|---|---|--|---|---|--|
| Year 1/2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Additional Year 1/2 PSHE knowledge and skills vocabulary |
| | What makes a good friend? | How can we make sure everyone is treated equally? | What helps us stay healthy? | What can we do with money? | Who keeps us safe? | How do we recognise our feelings? | |
| | friend friendship good friend kindness co-operation helpful unhelpful difficult lonely argument resolution | same different positive relationships friendships good listener bullying kindness equal teasing feelings problem report consequence | healthy nutritious medicine hygiene germs microbes illness vaccination rest sleep | earn win find presents pocket money borrow save choices jobs | danger trust good touch bad touch unsafe worried private community help safety | feelings worried excited nervous angry same different emotion loss challenge different | respect rules uncomfortable safe private asking consent permission responsible equal fair unfair share report |
| Year 3/4 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Additional Year 3/4 PSHE knowledge and skills vocabulary |
| | Why should we eat well and look after our teeth? | What keeps us safe? | What are families like? | | How can our choices make a difference to others and the environment? | Why should we keep active and sleep well? | |
| | Eat Well Guide diet nutrition oral hygiene oral health enamel plaque cavity choices pharmacist influences active | appropriate inappropriate safe un-safe permission pressure danger hazard emergency first aid police paramedic fire brigade | similar different diverse family single parent same sex parents stepparents blended family foster culture age gender adoptive respect stereotype stability | | protect Fairtrade recycling upcycling single use plastics choices differences environment volunteering charity compassion responsibilities | physical activity benefits balance screen time health wellbeing food nutrition choices decisions influence sleep mood | respect rules uncomfortable safe private consent permission rights responsibilities view safety equal race racism report |

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| Year 5/6 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Additional Year 5/6 PSHE knowledge and skills vocabulary |
|----------|---|---|--|---|--|--|---|
| | How can we keep healthy as we grow? | What decisions can people make with money? | How can we help in an accident and emergency? | How can the media influence people? | How can drugs common to everyday life affect health? | What will change as we become independent? How do friendships change as we grow? | |
| | physical health mental health emotions mindfulness growth mindself emotional health peer pressure community anti-social consequence balanced lifestyle role models community organisations predict potential hazard effects | financial risk influences critical consumer budgeting appropriate tax value for money debt manageable unmanageable reliable salary loans credit saving account | accident emergency emergency services first aid minor severe burn scold bleed choking asthma attack allergic reaction CPR hazard risk potential assessing trustworthy | media influence experiences risk pressure misleading marketing consumers advertising role model media reality manipulate descision gambling impact | Cigarette e-cigarette vaping cannabis health money alcohol tobacco nicotine age restrictions substance medicine prescribed solvents legal illegal drugs effects risks habit role models Ask Frank | Puberty emotional changes physical changes behavioural changes hormones attitudes values age religion culture values relationships friendships differences gender stereotyping love gay lesbian bisexual transgender homophobic transphobic same-sex marriage | respect uncomfortable safe private consent permission rights responsibilities trust concerns democracy reflection recognise consideration equality discrimination race racism disability religions ethnicity rational irrational health hygiene |

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