

## PSHE Vocabulary Progression

	Get HeartSmart	Don't Forget To Let Love In	Too Much Selfie Isn't Healthy	Don't Hold Onto What's Wrong	Fake Is A Mistake	No Way Through Isn't True	Contextual Safeguarding Units	
<b>Year 1</b>	HeartSmart Help Hurt Hearts Power on Power Feel good Feel bad Emotions In love Angry Confused Distracted Sad Surprised Bored Happy Relaxed Mind Grateful Healthy choices Friendships Happy Safe Kindness Loyalty	Don't forget to let love in Love Kind words Kind actions Loving Touch Happy Safe Uncomfortable Embarrassed Secret Underwear Truth Lie Different Unique Money Spending Saving Reward Medicine	Too much selfie isn't healthy Give Get Gift Help Attention Time Blind Recognise Look after Appreciation Thanks Team Safe Strangers Online Friendships Happy Safe Trust Truthfulness Loyalty Kindness Internet Safety	Don't hold onto what's wrong Bad feelings Happy Hurt Upset Trust Fair Unfair Kind Unkind Forgiveness Hard Angry Smile Disappointment Sad Mad Sulk Try again Build Wreck Encourage Sorry	Don't hold onto what's wrong Bad feelings Happy Hurt Upset Trust Fair Unfair Kind Unkind Forgiveness Hard Angry Smile Disappointment Sad Mad Sulk Try again Build Wreck Encourage Sorry	Fake is a mistake Lie Truth Friendship Pretend See-through Good friends Strong friends True thoughts Sad Worried Angry Frightened Share Trust Message True to ourselves Dentist Sugary Brush Teeth Milk teeth Adult teeth Germs Plaque Saliva Tooth decay	No way through isn't true Mistakes Try again Mission Support Secret Bad secret Uncomfortable Unknown Unseen Surprise Happy Excited Butterflies Worried Dangerous Protect Safe Potential Responsible Grow Impact Family Community Dreamboard Dream Miss Loss Lose Stuck Challenge	<u>Wellbeing: Physical and Mental Health</u> Sleep rest Relax Routine Bedtime  happy, sad, upset, angry, excited, comfortable, uncomfortable, scared, nervous, worried, confused, embarrassed, ashamed, bored, silly, lonely, grumpy, confident, calm, proud, jealous, nervous  Good feelings, not so good feelings,  Big feelings, little feelings, good feelings, not so good feelings, unsure, intensity,, heartbroken,, thrilled, distressed, glad, furious, overjoyed, terrified, sleepy, exhausted  Change, loss, feelings, emotions, permanent, temporary
<b>Year 2</b>	HeartSmart Power on Powerful Choices Impact Decisions Reputation Actions Words Behaviours Families Healthy diet Balance Fruit Vegetables Positive Lonely Sad Happy Angry Appropriate	Don't forget to let love in Love Special Individual Unique Truth thoughts Trash thoughts Valued Proud Ashamed Thankful Feelings Attitude Pulse Heartbeat Active lifestyle Inactive lifestyle	Too much selfie isn't healthy Looking out Important Unselfie Community Everyday hero Police Firemen and women Ambulance workers Doctors Teachers Different Skin colour Gender Religion Same Password Private Happy Safe	Don't hold onto what's wrong Forgiveness Upset Sorry Apologise Hurt Unkind Weighed down Feeling heavy Anger Sad Mad Disappointed Unforgiveness Feeling free Happy Calm Rub it in Rub it out Crumple Bully	Don't hold onto what's wrong Forgiveness Upset Sorry Apologise Hurt Unkind Weighed down Feeling heavy Anger Sad Mad Disappointed Unforgiveness Feeling free Happy Calm Rub it in Rub it out Crumple Bully	Fake is a mistake Lie Truth Different Unique Self-talk Thoughts Kind thoughts True thoughts Happy Confused Sad Surprised Angry Excited Real Hurt Please Thank you Good manners Respect Value Greet Genuine	No way through isn't true Mistakes Try again Highway code Journey No entry One way Problem Route Alternative Destination Impossible Another way Challenge Difficulty Overcome Positive future Imagination Energy Conserve energy Energy detectives	<u>Wellbeing: Physical and Mental Health</u> Body Skin Packet Bottle Syringe Hazard Label Symbol Helpful Harmful Medicine Tablet Capsule Injection Spray Cream Drops Inhaler Vaccination Recover Illness Injury

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<p><b>Year 3</b></p>	<p>HeartSmart Power on Positive actions Negative actions Resilience Inside Outside Guard Cheerlead Champion Squad Healthy lifestyle Unhealthy lifestyle Physical health Mental health Energy Diseases Mood Concentration Tooth decay Batteries Friendships Secure Happy Food labels Traffic light system Calories</p>	<p>Don't forget to let love in Love Positive Encouragement Strong Isolated Lonely Angry Gratitude Being grateful Healthy eating Physical activity Healthy choices Appropriate Proportionate Support Confidence Risk taking Characteristics Friendships</p>	<p>Too much selfie isn't healthy Kind deed Emergency 999 Call operator Prime Minister Lonely Caring Respect Listen Private Protected Trust Healthy friendships Positive Welcoming</p>	<p>Don't hold onto what's wrong Forgiveness Apology Commitment Values Regret Accident Caring Respect HeartSmart response Freedom Grudge Trust Betray Painful Humiliated Angry Fearful Embarrassed Sad Devastated Happiness Delighted Calm Warm Boundaries Reliability Non judgement, generosity Stereotype Unite Assume</p>	<p>Fake is a mistake Lie Truth Distort Images Filter Accept Shame Negative thoughts Circle of trust Appropriate touch Inappropriate touch Uncomfortable Painful Embarrassed Strong foundations Unreliable foundations Allergy Allergen Immune system Germs Diseases Allergic reaction swelling Food allergens Upset stomach Applying cream Avoid Medicine Breathing difficulty</p>	<p>No way through isn't true Mistakes Try again Progress Setbacks Improve Skill Ability Knowledge Attitude Keep trying Succeed First aid Red cross Emergency 999 Choking Burn Bleeding Unresponsive Asthma attack Broken bone Bumped head Respond Injured Goal Encourage Fulfil dreams Aspirations Embracing change Familiar Unfamiliar</p>	<p><u>Wellbeing: Physical and Mental Health</u> Teeth Care Sugar Toothpaste Brushing tooth decay Plaque Dentist Toothache</p> <p>Dental Enamel Plaque Cavity Acid Gum disease Oral hygiene Saliva</p> <p>Sleep Habit Bedtime Routine Puberty</p> <p>Feeling, emotion, health, body, mind, good, not so good</p> <p>express, describe, intense, strong, happy, sad, scared, angry, worried, pleased (plus range of vocabulary to describe different feelings)</p> <p>Change, loss, grief, death, bereavement, separation</p> <p>action, behaviour, situation, surprise, excitement, anger, fear, disappointment,</p>

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<b>Year 4</b>	HeartSmart Power on Damage Characteristics Kindness Respect Honesty Forgiveness Trust Family life Mental wellbeing Positive effects Negative effects Bullying Cyber bullying Friendships Secure	Don't forget to let love in Love Love languages Kind words Kind actions Nice time Gifts Hug High Five Strengths Achievements Measurements Bacteria Germs Family types: blended family, foster family, extended family, single parent family, same-sex parent family, carer family, stepfamily, mixed heritage family, grandparent family, adoptive family, childless family, nuclear family.	Too much selfie isn't healthy Observant Emotions Empathy Unseen heroes Communication Teamwork Negotiation Success Notifications Time limits Brain Relax Privacy settings Purchasing online Respect Trust Inclusion Friendships Secure	Don't hold onto what's wrong Forgiveness Admit Communicate Sorry Apologise Fixing Hardened Bravery Heal Eustress (positive stress) Negative stress Fight or flight Bored Lack motivation Distress Stress buster Out of control Anxious Fearful Meditation Healthy boundary Valuable Permission Abuse Bullying Harassment Trolling Cyber bullying	Fake is a mistake Lie Truth Mistake Failure Talent Congratulate Positive voices Negative voices Belittle Speak love Speak harm Speak truth Courage Develop Grow Consequences Dare Pride Embarrass Uncomfortable Humor  Smoking Tobacco nicotine Negative effects Affects of smoking Risks Advice Addictive Breathing difficulties Cancer Sickness Gum disease Yellow teeth Oral hygiene Passive Asthma Vaping	No way through isn't true Mistakes Try again Skill Attitude Challenge Succeed Habit Help Hinder Goal Develop Habits to change Habits to grow Alter Encourage Persevere Hope Powerful Pursue Dreamboard Inspire Physical changes Puberty Hips Pubic hair Penis Sweat Periods Mood swings Facial hair Breasts Tender Voice changes Attracted	<u>Wellbeing: Physical and Mental Health</u> Sunburn Sunstroke Dehydration Serotonin Vitamin D UV Rays Skin cells Cancer Slip, slop, slap  <u>First Aid</u> Airways Trachea Triggers Inhale Asthma Lungs Larynx Exhale Inhaler Inflate Deflate Burn Scald Unresponsive Responsive Swelling Tissue Infection  <u>Community Safety and Peer Interaction</u> Community Park Building site Parks Motorway bridges Unsafe Dangers PPE Dismount  <u>RSE</u> Marriage Civil partnership Wedding Choice Religion Legal Church wedding Registry office wedding Sikh wedding Same sex wedding Muslim wedding Jewish wedding Commitment Ceremony Divorce Parental consent

<p><b>Year 5</b></p>	<p>HeartSmart Power on Boss Leader Heart reputation Age ratings Gratitude Sleep Concentrations Forgetfulness Mistakes Stressed Anxious Distractions Secure Friendships Respect Truthfulness Loyalty Kindness Generosity Trust Social media Gaming Films TV programmes Stable relationships Times of difficulty Care, time, protection</p>	<p>Don't forget to let love in Love Hero Pressure True friend Powerful person Control Decisions Community Budget Decisions Consequences Advice Help Childline NSPCC Respect Truthfulness Loyalty Kindness Generosity Trust</p>	<p>Too much selfie isn't healthy Lonely Followers Eye contact Body language Active listening Honour Value Fundraise Research Awareness Donation Digital footprint Excluding others</p>	<p>Don't hold onto what's wrong Forgiveness Resolve conflict Resolve arguments Mediator Restorative chat Courage Wisdom Racial prejudice Human rights Bitterness Hatred Anger Sadness Joy Fear Excitement Emotions Express feelings Self-aware Verbal bullying Physical bullying Social bullying Cyber bullying Body language Negative emotions e.g. Upset, anger, fear, humiliation, furious, disappointed, disgust, aggressive</p>	<p>Fake is a mistake Lie Truth Filter Air brushed Represent Trust Reach out Vulnerability Exposed Connection Qualities Positive feedback Growing feedback Welcome No entry Unstuck Move forward Develop Response Alcohol Responsibility Social Fix a problem Find out Fit in Risks Curiosity Pressure Trouble Astray Memory Affect Escape Cope with problems Appearance Health problems Mood Memory issues Brain Drink aware</p>	<p>No way through isn't true Mistakes Try again Attitude Impossible situations Persevering Right attitude Challenge Change Coping External success Internal success Achieve Despair Worthlessness Impossibility Power Keep the end goal in mind Power of Imagination Other people Encouraging Perseverance When you get knocked down Menstrual cycle Period Menstruation Ovaries Hormone Fallopian tubes Blood lining Egg Vagina Uterus Puberty</p>	<p><u>Wellbeing: Physical and Mental Health</u> Feeling Emotion Moods Mental Physical Health and wellbeing Balanced lifestyle Change Challenge, Advice and support Personal network Affirmation Loss Bereavement Grief</p> <p><u>First Aid</u> Safety Minor Severe Bleeding Skull Brain Confusion Seizure Vomiting Fracture Airway Inhale Breathing Obstruction Trachea Oesophagus Choking Stomach Back blows Abdomen Ribcage Exhale Lungs</p> <p><u>Community Safety and Peer Interaction</u> Anti-social behaviour Peer pressure Victim Hotspot Consequences Intimidation Harassment Reckless driving Abuse Hate crime Graffiti Vandalism Criminal damage Animal nuisance Community Verbal and written warning Police PCSO</p> <p><u>RSE</u></p>
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<b>Year 6</b>	HeartSmart Power on Powerful poses Powerless Hard-hearted Soft-strong heart Secret Fun secrets Secrets to protect others' hearts Secrets to stop someone getting into trouble Danger Share Marriage Commitment Characteristics Healthy, balanced diet Friendships Self-care techniques	Don't forget to let love in Love Value Champion Encouragement Significant events Significant people Illness Medication Families Secure	Too much selfie isn't healthy Ethnicity Nationality Minority TED questions Generations Equality Protection Support Encouragement Social Media (Facebook, Pinterest, Snapchat, Kik, Twitch, Twitter, Whatsapp, Instagram, Youtube, TikTok) Benefits Dangers Exclude others	Don't hold onto what's wrong Forgiveness Dispute Resolve Respond Restorative chat Mediator Affected Barriers Benefits Bitterness Seek revenge Communicate Body language Facial expression Tone of voice Trustworthy Uncomfortable Negative emotions e.g. sad, anger, fear, humiliation, fury, disappointment, disgust, aggression, antagonised, guilty	Fake is a mistake Lie Truth Interpret Ashamed Scars Emotional Criticism Sharp words Jealous Insecure Drown out Negative self-talk Unconscious Loving self talk Boundaries Respect Love kindness Disrespect Fear Protect Disrespectful interactions Stop-explain-walk-reconnect Respectful relationships Immunisation Vaccine Infectious diseases Nasal Fake news Inject Mis-information Negative impact Credible source Source	No way through isn't true Mistakes Try again Goal Bridge Practise Succeed Talent Self-awareness Ability Hope Hopeless Comfort zone Opportunities Support Habit Lack of awareness Peer pressure Lack of opportunity Failure Brain Puberty Strengthened Remodelling reconstruction Frontal lobe - thinking planning, decision making Temporal lobe - speech, hearing, emotions Parietal lobe - language and touch Occipital lobe - visual processing Cerebellum -balance and coordination	<u>First Aid</u> Safety Minor Severe Bleeding Heart Arteries Veins Positioning Shock Oxygen Red blood cells Circulating White blood cells Infection Bandaging Reassuring Unresponsive Alert Respiratory rate Heart rate Pulse CPR Recovery position Monitor Resuscitate Conduct Airway Breathing Circulations Compressions Rescue breaths  <u>Community Safety and Peer Interaction</u>

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