



Vocabulary Progression for PSHRE



	Self Regulation			Managing Self		Building Relationships
F1	Happy, sad, angry, worried, frightened, calm, love Keyworker – a grown up you can trust Change			Fruit – pear, apple, orange, banana, grapes, tomatoes, cucumber Vegetables - carrot, peas, broccoli, potatoes Exercise Healthy/unhealthy – ‘treats’ – sweets, crisps, fizzy drinks, sugar		School Kinds hands and words Same Different Feelings
F2	Westdale promise - brave, kind, work hard, safe New feeling vocabulary - excited, surprised, shy, disappointed, proud			Private - should not be known by others Body parts – head, eyes, nose, mouth, eyebrows, eyelashes, nostrils, throat, forehead, chest, arms, legs, knees, ankles, wrists, elbows, bottom, penis, vulva		Like Dislike Comfort
	Families and People Who Care For Me	Caring Friendships	Respectful Relationships	Online Relationships	Managing Feelings	Being Safe and The Wider World

			Including Anti – Bullying			
Y1	<p>Respect - you accept somebody for who they are, even when they're different from you or you don't agree with them</p> <p>Family - A family is a group of two or more people related by birth, marriage, or adoption who live together; all such related persons are considered as members of one family</p>	<p>Friend - friends are people that you can have fun with</p> <p>Friends share, play together, and laugh with each other</p> <p>A friend likes you for who you are</p> <p>A good friend can cheer you up when you are sad and keep you company when you are lonely</p>	<p>Fair - everyone gets what they need</p> <p>Unfair- not everyone gets what they need</p> <p>Bullying – several times on purpose</p> <p>Bully – someone who is unkind, lots of times, on purpose</p> <p>Negotiate – agreeing through talking even though you might not get what you both want</p> <p>Cooperation - working together</p> <p>Unique - one of kind - there has never been and</p>	<p>Age restriction - the age at which a person is allowed or not allowed to do something</p>	<p>Loss/Grief – how you feel when someone or something you love is taken away</p> <p>Wellbeing - how you are feeling</p>	<p>Acceptable – it is ok/good enough</p> <p>Unacceptable - not OK and not welcome</p> <p>Comfortable – feels nice with no pain or no worry</p> <p>Uncomfortable – not comfortable, may be pain or worry, uneasy</p> <p>Secret – something you know that is hidden/not shared</p> <p>Trust – you believe in someone, you know they will do their best for you</p> <p>Anxious - worry, uneasy, fear</p>

			never will be another me			<p>Afraid - feeling fear or worry</p> <p>Spend - spend money, pay</p> <p>Save – you don't spend now you put money away for later</p> <p>Body parts - penis, testicles, anus, vagina, vulva</p>
Y2	<p>Respect - you accept somebody for who they are, even when they're different from you or you don't agree with them</p>	<p>Lonely - sad because you have no one around</p> <p>Excluded – when you leave or keep someone out</p>	<p>Rights – our freedoms that our laws protect</p> <p>Responsibilities - duties or things we should do</p> <p>Privacy - the right of a person or group of people to hide information about themselves</p>	<p>Avatar – how someone chooses to look online, a mask</p>		<p>Independence - doing something for yourself, by yourself</p> <p>Hygiene - the way we care for our bodies to stay healthy</p>

			<p>Upstander - someone who intervenes on behalf of a person who's being bullied</p>			
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