



PSHE and RSE Vocabulary Progression



Two Rivers PHSE and RSE Vocabulary

Early Years		Years 1 & 2		Years 3 & 4		Years 5 & 6
<p>Being My in My World Myself Feelings Being gentle Rights Responsibilities Celebrating Difference Talents Families Home Friends Standing up for myself Dreams and Goals Challenges Perseverance Jobs Help Healthy Me Exercise Healthy food Physical activity Sleep Clean Relationships Family life Friendship Falling out Changing Me Bodies Respecting my body Fun Fears Growth</p>	→	<p>Being My in My World Special Safe Community Consequences Rewards Hope Fear Fair Valuing Contributions Choices Celebrating Difference Similarities Differences Bullying Celebrating Assumptions Stereotypes Gender Gender diversity Dreams and Goals Success Achievement Learning styles Overcoming obstacles Realistic Strengths cooperation Contributing Healthy Me Medicine Medication Road safety Relaxation Nutrition Lifestyle</p>	→	<p>Being My in My World Goals Self-worth Positivity Challenges Perspectives Democracy Motivation Class Citizen Voice Peer pressure Celebrating Difference Diverse families Family conflict Child-centred Compliments Witness Solutions Judgment Appearance Acceptance Influences Impressions Dreams and Goals Ambitions Enthusiasm Managing feelings Budgeting Disappointment Overcoming Resilience Positive attitude Healthy Me Food labelling Healthy choices Online safety Offline safety Healthy friendships</p>	→	<p>Being My in My World Aspirations National citizenship Conflict Vote Participation Global citizenship Children's Universal Rights Group dynamics Role-modelling Anti-social behaviour Celebrating Difference Cultural diversity Racism Rumours Material wealth Respecting culture Perceptions of normality Disability Empathy Inclusion Exclusion Dreams and Goals Financial success Long-term Charity Success criteria Recognition Evaluating Healthy Me Vaping Emergency aid Body image Relationships with food Healthy choices Personal responsibility Substances Exploitation</p>



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		<p>Being aware of my ability</p> <p>Relationships</p> <p>Belonging</p> <p>Physical contact</p> <p>Preferences</p> <p>Celebrations</p> <p>Boundaries</p> <p>Secrets</p> <p>Trust</p> <p>Appreciation</p> <p>Changing Me</p> <p>Life cycles (animal/human)</p> <p>Male</p> <p>Female</p> <p>Changes</p> <p>Life cycles (plants)</p> <p>Young</p> <p>Old</p> <p>Independence</p>		<p>Smoking</p> <p>Alcohol</p> <p>Inner strength</p> <p>Assertiveness</p> <p>Relationships</p> <p>Roles</p> <p>Negotiation</p> <p>Diverse lives</p> <p>Impact</p> <p>Jealousy</p> <p>Love/loss</p> <p>Memories</p> <p>Girlfriends</p> <p>Boyfriends</p> <p>Changing Me</p> <p>Internal</p> <p>External</p> <p>Needs</p> <p>Being unique</p> <p>Body changes</p> <p>Transition</p> <p>Accepting change</p> <p>Having a baby</p>		<p>County Lines/Gangs</p> <p>Managing stress</p> <p>Relationships</p> <p>Self-recognition</p> <p>Self-esteem</p> <p>Online communities</p> <p>Gaming</p> <p>Gambling</p> <p>Grooming</p> <p>Mental health</p> <p>Sources of support</p> <p>Control</p> <p>Power</p> <p>Changing Me</p> <p>Self-image</p> <p>Media influence</p> <p>Puberty</p> <p>Conception</p> <p>IVF</p> <p>Body image</p> <p>Physical attraction</p> <p>Consent</p> <p>Sexting</p>
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SENSORY								
Red 2			Yellow 2			Blue 2		
Making Personal Choices			Being aware of my ability			Communities		
Gender: man woman boy girl	Size: big - er small - er tall - er short - er	yes no more finish bully	Memory Special Party Medicine Trust Nurse			Jobs Lollipop person Traffic warden Police officer Police dog	Cubs Brownies Pack	Home Homeless
Being aware in the community			Choosing			Taking responsibility towards others		
Family Class Friends Sister Brother Grandma Grandad	Spacial awareness Here There		Memory Special Party Bully	Healthy exercise	Occasion Wedding Bride Groom Bridesmaid	Jobs Shops Supermarket	Pets Cage Exercise Help	Shopping Money Coins Till
Belonging to Groups			Recycling			Topical Issues		
Group Together Alone Names of various Groups Belong Happy			Glass Paper Plastic Aluminium Cans	Use again Change Recycle	Throw away Litter Smelly No room for rubbish Run out Not enough	News Important Happening now Feelings associated with the issues Interesting Boring Sad Happy		



Two Rivers PHSE and RSE Vocabulary

<p>Looking after our environment</p> <table border="1"> <tr> <td>Plants: Garden Water Sunlight Flower Bud Leaf Stem Root Needs of plants</td> <td>Home: Bedroom Kitchen Lounge Bed Fridge Sofa Mum Sister Brother Dad</td> </tr> <tr> <td>School: Classroom Office Playground Table Computer Chair Teacher Teaching Assistant Headteacher Names</td> <td>Feelings: Beautiful Happy Alive Dead Horrible Sad</td> </tr> </table>		Plants: Garden Water Sunlight Flower Bud Leaf Stem Root Needs of plants	Home: Bedroom Kitchen Lounge Bed Fridge Sofa Mum Sister Brother Dad	School: Classroom Office Playground Table Computer Chair Teacher Teaching Assistant Headteacher Names	Feelings: Beautiful Happy Alive Dead Horrible Sad	<p>Rules</p> <p>Rules Right Wrong Safe Danger The law</p>			<p>Valuing Money</p> <table border="1"> <tr> <td>Money Buy things Work Gift Pocket money</td> <td>Food Clothes Toys Charity Transport Babysitters Entertainment</td> </tr> </table>		Money Buy things Work Gift Pocket money	Food Clothes Toys Charity Transport Babysitters Entertainment	
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		<p>Medicine and Drugs</p> <table border="1"> <tr> <td>Related to body parts: Hands, feet, arms, legs, foot</td> <td>Pupils will be exposed to: soap/water, shampoo, dirt, paint, sun, air, clothing, shoes</td> <td>Other key words: Feel, dangerous, choose, decide, come from, disappear, inside, sniff, taste, pills, injections, happy, unhappy, medicine, alcohol, smoking</td> <td colspan="2"></td> </tr> </table>			Related to body parts: Hands, feet, arms, legs, foot	Pupils will be exposed to: soap/water, shampoo, dirt, paint, sun, air, clothing, shoes	Other key words: Feel, dangerous, choose, decide, come from, disappear, inside, sniff, taste, pills, injections, happy, unhappy, medicine, alcohol, smoking			<p>Keeping safe</p> <table border="1"> <tr> <td>Safe Dangerous Home School Rules Bully Imagine</td> <td>Feelings Happy/sad Pretend Different Real Personal space</td> </tr> </table>		Safe Dangerous Home School Rules Bully Imagine	Feelings Happy/sad Pretend Different Real Personal space
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		<p>Growing and changing</p> <p>Baby Girl Boy Lady Man Old Young Tall/short Hair Body</p>											



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<p>Ourselves</p> <p>Wet/dry Clean/dirty Hands/Face Teeth, soap, flannel, shampoo, brush, toothpaste, towel, wash, private, toilet</p> <p>Correct names for body parts</p> <p>Help, I need/want, thank you, please</p>		<p>Healthy Exercise</p> <p>Healthy Not so healthy Sometimes Exercise Clean Rest Responsible Happy</p>		<p>Playing and Learning together</p> <table border="1"> <tr> <td>Happy/sad Play Friend Listen Look Share</td> <td>Names of people People's jobs/roles My, your Stop, no, help</td> </tr> </table>	Happy/sad Play Friend Listen Look Share	Names of people People's jobs/roles My, your Stop, no, help	
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<p>Healthy Choices</p> <p>Yes/no Like/dislike Right/wrong Good Please/thank you Hot/sweaty Out of breath/panting</p>		<p>Friends</p> <p>Names of people Greetings Sad/happy Lonely/together Group Friend Stranger Like/don't like Yes/no</p>		<p>Special Days</p> <p>Birthdays Diwali School trip Swimming Day Ramadan New shoes VIP days Christmas Day Food No food</p>			
				<p>Safety in the community</p> <table border="1"> <tr> <td>Yes, no Choose, Rights Responsibility</td> <td>Safe Private Trust</td> <td>Feelings Hurt Upset Scared</td> </tr> </table>	Yes, no Choose, Rights Responsibility	Safe Private Trust	Feelings Hurt Upset Scared
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				<p>Respecting Privacy</p> <table border="1"> <tr> <td>Yes, no Choose Rights Responsibility</td> <td>Safe Private Trust Alone Together</td> </tr> </table>	Yes, no Choose Rights Responsibility	Safe Private Trust Alone Together	
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<p>Caring</p> <p>Toilet, wash Correct names for body parts Help I need/want Thank you Please</p> <p>Names of jobs</p> <p>Pet Animal Food/drink Exercise Love Home Wee Poo Vet Fur Feathers Bowl Bottle</p>		<p>My Family</p> <table border="1"> <tr> <td>Names of people and pets Dad Mum Brother Sister Parents Grandparents Aunty Uncle Cousin Carer Adoption Feelings</td> <td>Other relevant family names Baby Boy Girl Young/old Birthday Wedding Funeral</td> </tr> </table>	Names of people and pets Dad Mum Brother Sister Parents Grandparents Aunty Uncle Cousin Carer Adoption Feelings	Other relevant family names Baby Boy Girl Young/old Birthday Wedding Funeral			
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<p>The people around me</p> <p>Names of people Mum Dad Other family names Names of peoples jobs/roles Hello, Hi, good morning Bye See you</p>		<p>Knowing how I am changing</p> <table border="1"> <tr> <td>Breasts Penis Vagina Lungs Heart Kidney Sperm Eggs</td> <td>Puberty Menstruation - periods Feelings Love Jealousy</td> </tr> </table>	Breasts Penis Vagina Lungs Heart Kidney Sperm Eggs	Puberty Menstruation - periods Feelings Love Jealousy			
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		<p>Rights and Choices</p> <table border="1"> <tr> <td>Yes/no Choose Rights Responsibility</td> <td>Soap Shampoo Sanitary Waste</td> <td>Feelings Love Jealousy Hurt Upset Lonely</td> </tr> </table>	Yes/no Choose Rights Responsibility	Soap Shampoo Sanitary Waste	Feelings Love Jealousy Hurt Upset Lonely		
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Making Personal Choices				
Body Parts: Hands, Feet, Arms, Legs, Face, Eyes, Nose, Mouth	Gender: Boy, Girl, Man, Woman			
Personal Responsibility				
Names of people: Mother/Mum Father/Dad Brother Sister Teacher	Others who help us: Nurse Doctor Dentist Policeman Fireman Paramedic			