

PHSE Vocabulary Progression Map

This document shows the progression of the Jigsaw and You, Me and PHSE vocabulary over the year groups

PHSE	Relationship and Health Education (RHE) including Sex Education	Drug, alcohol and tobacco education	Keeping safe and managing risk	Mental health and emotional wellbeing	Physical health and wellbeing	Careers, financial capability and economic wellbeing	Identity, equality and society
N	<p><u>Changing me</u> families friends change babies grown up reception class recap body part names</p> <p><u>Relationships</u> Kind friend argument / fall out</p>		<p><u>Healthy me</u> safe not safe danger stranger</p>	<p><u>Being me in my world</u> <i>(Words connected to the Zones of regulation)</i> Feelings red / yellow / green / blue zone happy, sad, excited, feelings, calm, cross, scared friend, kind / unkind mean, angry, gentle, proud, worry, proud, silly, tired,</p>	<p><u>Healthy Me</u> head, fingers shoulder, knee, toes, , arm, nose, eyebrow, tongue, eye, ear, mouth, foot, energy wash, clean, soap, water, breathing, heart, activity, fit, sleep, healthy, unhealthy, exercise, body parts such as wrist, ankle, chest, stomach, forehead, elbow, energy, breathing, heart, activity, fit, repair, stretch heartbeat, fast, slow</p>	<p><u>Dreams and Goals</u> Names of jobs Future job, money goals tricky, try / give up practise achieve, challenge hard / easy</p>	<p><u>Celebrating difference</u> Same, different look after, rules rights, special favourite, respect law, responsibility / responsible, unique stand up for.. similar</p>
Reception	<p><u>Changing me</u> families friends change babies adult grown up recap body part names Year 1</p> <p><u>Relationships</u> Kind friend argument / fall out friends, bully, bullying, feelings vocab (lonely, sad)</p>		<p><u>Healthy me</u> safe not safe / unsafe danger stranger</p>	<p><u>Being me in my world</u> <i>(Words connected to the Zones of regulation)</i> Feelings red / yellow / green / blue zone happy, sad, excited, feelings, calm, cross, upset, scared friend, kind / unkind lonely mean, angry, gentle, proud, worry, proud, silly, bored, tired,</p>	<p><u>Healthy Me</u> head, fingers shoulder, knee, toes, , arm, nose, eyebrow, tongue, eye, ear, mouth, foot, energy wash, clean, soap, water, breathing, heart, activity, fit, sleep, Healthy, unhealthy, exercise, body parts such as wrist, ankle, chest, stomach, forehead, elbow, energy, Breathing, heart, activity, fit,</p>	<p><u>Dreams and Goals</u> Names of jobs Future job, money goals tricky, try / give up practise achieve, challenge hard / easy</p>	<p><u>Celebrating difference</u> Same, different look after, rules rights, special favourite, respect law, responsibility / responsible, unique stand up for.. similar</p>

					repair, stretch, heartbeat, fast, slow		
Year 1		<u>What do we put in our bodies?</u> substance, harmful, rules, dangerous, physical, social, health, recognise, , unsure, harmful, absorb, skin, safety, rules, cream, harmful lotion, medicine, reflect, tobacco, medical / medicine	<u>Feeling Safe:</u> Real, imaginary, danger, secret, trust, good touch, bad touch, unsafe worried, private, community, help, safety Real, fake, danger, good touch, bad touch, pants /pants rule, concerned, stomach, risk	<u>Feelings:</u> Feelings words, worried, excited, nervous, angry, anxious, frightened, guilty, same, different, emotion, loss, challenge, different fun, react, mental health	<u>Fun times</u> food, drink, celebration, same, different, choice, active, protect, damage, sun, effect, games, safety, cultures, world, countries, special times, dehydrate, Vitamin C, customs, religions	<u>My Money</u> earn, win, find, presents, pocket money, borrow, benefits, save, choices, jobs, bank, gender, pay, coin, note, want / needs	<u>Me and others</u> Special, different, dilemma, responsibility, challenge, unhelpful, helpful, behaviour, problem, co-operative routine, cooperate, respect, unique, roles, siblings, similarities,
Year 2	<u>Boys, girls and families:</u> Family, same, different, boy, girl, babies, male, female, growing up, elderly, teenager, toddler, new, life cycle, birth, body parts, timeline, order, vagina, penis, testicles, growing, changing, gender	<u>Medicines and Me</u> medicine, healthy, pharmacy, doctor, safety, asthma, instructions. Chemist, ill, symptoms, treatment, prescribed, instruction, asthma attack	<u>Indoors and Outdoors:</u> emergency, safe, responsible. Rules, unsafe, hazards, road safety, fire safety, danger, road users, hazards, fire hazards,	<u>Friendships:</u> care, excluded, friend, difficult, problems, resolve apologising, sorry, problem,	<u>What keeps me healthy?</u> Healthy diet, oral health, physical activity, active, sleep, vaccination, routine, hygiene, food, rest, germs, physical health		
Year 3		<u>Tobacco is a drug</u> drug, tobacco, smoking, second hand smoke, smoke-free, medicine, harmful, asthma, instructions, nicotine, vape, e-cigarette, cigarette, inhale	<u>Bullying: see it, say it, stop it:</u> Bullying, unacceptable, falling out, racism, cyber bullying, bystander, help, support, bully, cyber, physical, unkind, mental health, Feelings, emotions, unhappy, differences power, bystander, empathy, acceptance, courage, feelings witness Ageism, disablism	<u>Strengths and challenges:</u> goal, challenge, skill, attribute, put up with, put-down, set-back, friend, kindness, emotions, care, conflict qualities, impact mental health celebrate, goals, positive, negative, compliment	<u>What helps me choose?</u> Eat well guide, influences, brands, packaging, taste, cost, value, role model, qualities, teased feelings, diverse, judge beautiful, admire, Influence, positive, food, choices, active, healthy nutrition, advertising / advert, persuasive , healthy choices branding,	<u>Saving, spending and budgeting:</u> Manufacture, pressure, decisions, value, spend, shift, full-time, part-time, shift, paid, unpaid, charity, fund raiser community, Saving, Jobs, world of work, occupation, wage / salary , budget	<u>Celebrating Difference:</u> Family, culture, age, gender, personal interests, belief, community, diverse, view, different, similar, diverse, respect, Views experiences, expectations, group disagreement , personality, oppose, opposition, conflict
Year 4	<u>Growing up and changing:</u>	<u>Making Choices</u>	<u>Playing safe:</u>		<u>What is important to me?</u>		<u>Democracy:</u> democracy, vote,

	<p>baby, toddler, school aged, teenager, adult, elder, age, difference, physical changes, puberty, reproduction, stereotyping, Individual, menstruation, periods, wet dreams, relationship, sex cells, sperm, egg, hygiene, grooming, clean, strategies, hygienic, anxious, lifecycle, grow, change strategies, emotions relationships, support , advice, sanitary towel / tampon, pubic hair,</p>	<p>Caffeine, alcohol, tobacco, nicotine, alcohol, risk, habit, addict/ addiction, age restrictions. drugs, legal, Illegal Prescribed, harmful substances, Heart lungs, brain, stomach peer pressure, medicine, behaviour, drug use, misuse</p>	<p>Age classification, computer game, pressure, choices, habits, gaming, road, rail, water safety buildings, safety, danger, hazards, fireworks, emergency first aid, help, police, fire brigade, ambulance, coast guard, emergency services, suitable, suitability, age-appropriate, risk,</p>		<p>Religious diet, cultural diet, moral diet, ethical, fair trade, farming, seasonality, consumers, screen time, health, wellbeing, food, choices, sleep.</p>		<p>election, influence, organisation, council, local council National government government, resources, community British Values, customs birthplace, Extended families, citizen, etiquette, diverse Stereotype, Racism, power, superiority dictator dictatorship general election social and environmental change boycott petition , influence,</p>
<p>Year 5</p>		<p><u>Different influences</u> Influence, legal / illegal drugs, cigarettes, e-cigarettes, cannabis, marijuana, shisha, pressure, resist, risks, nicotine, tobacco, addition / addict, alcohol, pressure, peer pressure</p>	<p><u>When things go wrong</u> Influence, trustworthy, domestic violence, abuse, violence, problems, Peer pressure, Put down Pressure, Peer mediator, Risk Predict, Potential Hazard, High/ medium/ low risk, assessing, responsibility, online safety, relationships risk, danger, uncomfortable missing from home, homeless, charities</p>	<p><u>Dealing with feelings</u> Conflict, change, emotion, loss, grief, bereavement, emotive, intensity / intense, confused,</p>	<p><u>In the media</u> Misleading, marketing, consumers, advertising, role model, media, reality, manipulate, Campaign Marketing, Slogan Digital imaging / editing software, role models Portrayal Factual Diversity Cautious / caution Consumers Attributes</p>	<p><u>Borrowing and Earning Money:</u> loans, credit cards, hire-purchase schemes, debt, manageable, unmanageable, reliable, enterprise, salary, risk, influence, careers, skill-set</p>	<p><u>Stereotypes, discrimination and prejudice (including homophobia)</u> Stereotype, homophobic, sexist, disability, trans phobic, discrimination, gender, role models, prejudice, community, laws, anti-social, responsibility, organisations research, migration, rights, responsibilities, conflict, organisation, homeless, , charity, lesbian, transgender step families/ blended families, Reflect, Respect (+names of religions) Diverse, stereotype relationships, religions, gay, biphobia Transphobia, disablist, diversity, equality</p>

<p>Year 6</p>	<p><u>Healthy relationships / how a baby is made:</u> Puberty, emotional, physical, behavioural, changes, attitudes, values, gender, stereotyping, age, religion, culture, values, relationships, friendships, intimate relationships Consenting / consent differences, love, reproduction, human life cycle, reproductive organs, conception, pregnancy, womb, uterus, egg, ovum, breasts, menstruation, periods, responsibilities, parents, skills, qualities, erection, vagina, contraception, lifecycle, roles, sex, support, advice, intimate</p>	<p><u>Weighing up risk</u> drugs, alcohol, tobacco, risks, medicines, police work, side effects, names of drugs (weed, cannabis, marijuana), restriction, supply, restricted, cocaine, heroin, nicotine, addict, addictive, potential risk risky behaviours assumption</p>	<p><u>Keeping safe out and about (and FGM)</u> Peer pressure, consequence, antisocial, law, peer pressure, independent / independence, gangs, youths, behaviour, protected FGM (female genital mutilation) Consent Managing risks</p>	<p><u>Healthy Minds:</u> Mental health, mood, feelings, mind, strategies, support stigma, discrimination Positive / negative effect</p>			<p><u>Human rights</u> identity, society, equality, refugees, human rights, UN Convention, Rights of the Child, organisations, migrant, culture, homeless / homelessness, initiatives, temporary accommodation</p>
----------------------	---	--	---	--	--	--	--