



Wildmoor Heath PSHE/RHE Vocabulary Progression Map



YEAR	AUTUMN 1 st Being in My World	AUTUMN 2 nd Celebrating Differences	SPRING 1 st Dreams & Goals	SPRING 2 nd Healthy Me	SUMMER 1 st Relationships	SUMMER 2 nd Changing Me
Reception	Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns.	Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family	Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage.	Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scared, Trust.	Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing.	Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories.
Year 1	achievement belong calm choice consequences disappointed feelings learn learning charter proud responsibilities rewards rights safe special upset views values valued	bully bullying celebration courtesy courage deliberate difference harmful inclusive included lonely manners on purpose safe similarity special support unique unfair	achieve achievement active celebrate challenge confidence dreams feelings goal happiness internal learning obstacle overcome proud process rest self-respect special success teamwork working together	balanced bacteria body parts choices clean crossing ears exercise eyes germs healthy hygienic keeping clean less healthy listen look medicines nervous safe scared sleep soap traffic trust unhealthy virus wait kerb pavement traffic lights	appreciate belong celebrate community confidence different dislike family feel feelings friendship friends greeting help helpful incredible kind like praise proud qualities relationship same skills special texture touch	adult adulthood anus anxious baby change coping curious excited feelings female grow growing up growth happy learn life cycle male nervous penis proud testicles vulva worried
Year 2	actions assertive belong belonging boundaries choices consequence controlling contributions fair fears hopes Learning Charter negative positive praise problem solving responsibilities reward rights safe worried worries	assumptions belong boundary boys bully bystander culture courtesy difference disability fairness family feelings female friends girls help identity included inclusive kind lonely male on purpose respect self-respect similarities special stereotypes support	achievement calm celebrate challenge community courtesy dream feelings goal group health healthy choice hobbies interest learning together lifestyle manners motivation partner proud realistic relax safety self-care self-esteem stress	assess balanced diet barriers body choices crossing dangerous energy hazard healthy medicines nutritious portion react risk safe scared stop, drop, roll unhealthy worry	acceptable adult appreciate celebrate communication compliment conflict cooperate different dislike diverse family frightened friends good secret happy honesty hug like negative not acceptable physical contact point of view positive problem solving relationship reliability secret special stereotype	adult anus anxious baby change child cope comfortable control dislike elderly excited female freedom fully grown growing up independent life cycle looking forward male nervous older penis physical private public respect responsibilities teenager testicles texture toddler touch uncomfortable vagina vulva young

		teasing unkind unique valued	success team work tense wellbeing		surprise touch trust worry secret	
Year 3	<p>achievements actions acknowledge affirm assertive behaviour belong challenge choices controlling courtesy consequences dream emotions exclude fairness feelings fears friendship group dynamics ideal school include kind Learning Charter lonely manners nightmare personal goal pleased praise pride proud responsibilities rewards rights self-respect solutions team work view point worries</p>	<p>banter bullying bystander caring compliment connected conflict consequences difference discrimination family feelings gay hurtful include incident isolate kindness lonely loving protection resolve rights safe security self-regulation stability stereotypes support unique unkind witness</p>	<p>ambition challenge community differences dream enthusiastic evaluate frustration future goal healthy identity include learning motivated obstacles outdoors responsible respect review safe choices self-esteem self-review solution strengths success team work wellbeing water safety</p>	<p>advice ambulance anxious appreciate attitude body calories kilojoules choice coastguard complex dangerous drugs emergency service energy fat feelings fire engine fitness harmful heartbeat healthy heart labels lungs oxygen police car responsibility risk safe scared strategy sugar unsaturated fat unsafe</p>	<p>age restriction appreciation career celebrating conflict culture deprivation differences fairness family feelings female friendship gaming apps global happiness influence in-app purchase internet interconnected job location setting male manners media messaging needs privacy problem solve relationship respect responsibilities rights risky social media solution stereotype support trade trusted adult trust United Nations unisex wants wellbeing personal information</p>	<p>animals babies birth breasts care challenge change control egg family female genitals growing up looking forward male mother ovaries ovum penis personal hygiene puberty pubic hair roles scrotum sperm stereotype task testicles vagina womb uterus worries</p>
Year 4	<p>authority choices community conflict consequence contribution courtesy decisions democracy democratic excluded friends healthy help included job description learning charter observer proud responsibility respect rights role school self-respect solution team trusted adult valued violence voting welcome wellbeing UNCRC United Nations Convention on the Rights of the Child</p>	<p>accept appearance assumption bully bystander changed character characteristics courtesy deliberate different empathy friend hurtful impression influence judgement kindness manners on purpose physical feature problem solve respect secret surprised troll unique witness protected characteristic.</p>	<p>agree disagree anxious attitude celebrate cope courtesy courage determination disappointed dream follower goal help hope hurt inspired leader learning manners motivated plans positive problem-solve proud resilience review risk roles safety self-belief self-esteem setback success wellbeing</p>	<p>advice agree disagree alcohol anxiety assertive believe disease emotions embarrassment fear follower friendship goals friendship guilt healthy leader liver lonely opinion peers pressure puberty relationship rights roles smoking trust value vaping wrong</p>	<p>anger appreciation attraction betrayal boyfriend care close comfortable compromise conflict critical thinking emotions empathy envy friendship girlfriend jealousy lonely loss love loyalty manage memories memento negotiate negative personal positive pressure problem solve reality relationship support symbol trust vulnerable</p>	<p>acceptance anxious belonging care characteristics change choices circle control family fallopian tube hobbies hormone identity inner circle interests love looking forward menstrual cup menstrual cycle menstrual pads menstrual towel menstruation ovaries panty liner period products period personality proud proportionate puberty reliable support tampons trusted adult trustworthy unique vagina vulva womb</p>

<p>Year 5</p>	<p>appreciation asylum challenge choices citizen collaboration cooperation conflict consequences courtesy deprive denied education empathise goals hopes leadership Learning Charter manners migrant motivation opportunities participation persecution poverty prejudice privilege refugee responsibilities rewards rights self-respect vision wealth empathy</p>	<p>appearance assumptions banter bullying colour community culture cyber bullying difference direct developing world disability discrimination fair happiness homophobic indirect included name-calling race racist racism respected respect rumour sexist similarity stereotype texting</p>	<p>adult aspiration attitudes barrier career choice country culture digital spending dream environment financial harm goal grown up identity influence job lifestyle media money motivation opportunity profession rallying reliable rights risk salary save self-care self-esteem society spend sponsorship support team work technology values</p>	<p>addicted alcohol altered body image calm celebrity choices comparison debate emergency fact informed decision influence level-headed media motivation nicotine obesity opinion pressure procedure recovery position self-respect smoking social media tobacco vaping healthy behaviour unhealthy behaviour</p>	<p>addiction age restriction appropriate assertive being responsible bullying characteristics choices community controlling data data protection devices fake online hoaxes gambling betting grooming harassed hobbies interests location settings lonely loot boxes mental health offline online physical health privacy reliable reporting responsibilities rights risk screen time self-esteem self-perception social network targeting troll trustworthy vulnerable wellbeing personal information personal qualities</p>	<p>aspects authentic body image change characteristics cope conception contraception consent erection edited embryo emotions excitement facial hair fallopian tube filter growth spurt influences making love larynx manage media menstrual cycle menstrual pads menstrual menstrual pads menstrual towels menstruation mental wellbeing opportunities ovary perception mental health milestone oestrogen ovaries periods pregnancy relationships puberty reliable sources responsibilities self-esteem sexual intercourse sperm testicles testosterone vulva scrotum self-image semen teenager testes vagina wet dream</p>
<p>Year 6</p>	<p>behaviour choices collaboration community comparison consequences cooperation cocoa pods courtesy decision democracy discernment education empathise empathy fears Ghana goals hazard risk illegal lawful laws Learning Charter legal manners Maslow motivation needs obstacles opportunities participation proud report resilience responsibilities rights</p>	<p>achievement accolade admiration argument assumption banter belonging bullying celebration community conflict control difference indirect disability discrimination empathy equality Equality Act harassment imbalance indirect misunderstanding normal paralympian perception perseverance power prejudice racism recipient respect rights stamina</p>	<p>achieve admire aspirations awareness collaborate compliment concern contribution cooperate dream feeling global goal issue leadership skills learning money motivate personal praise prevention recognition realistic rescue role safety strategy strengths stretch success criteria suffering support unrealistic</p>	<p>choice crime criminal drugs effects emotional health exploited gangs illegal immunisation managing stress mental health mental illness motivation prevention prescribed pressure reputation responsibility restricted strategies stress synthetic highs symptoms triggers unrestricted vulnerable anti-social volatile</p>	<p>age restriction anxiety ashamed assertive authority bullying communication consent control courtesy digital rights emotions feelings grief influences isolation loneliness mental health personal data power pressure privacy real fake respect risks safety self-care self-control signs stigma strategies stress support targeting technology true untrue warning AI artificial intelligence (AI) early warning signs</p>	<p>adolescent attraction caesarean assertive baby celebrity cervix choice consent embryo emotions challenge contractions criticise feelings foetus freedom identity independence journey labour looking forward love mental health midwife negative body-talk opportunities placenta pregnancy pressure puberty real self relationship responsibilities secondary self-esteem self-image transition sexting umbilical cord values worries</p>

	trusted adult welcome worries	struggle stereotype protected characteristics		substances over-the-counter new psychoactive substances anti-social behaviour		
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