

# PSHE Overview: Knowledge and Vocabulary from EYFS to Key Stage 2

NB/ In all Year groups from Reception upwards, vocabulary from the previous year (and Key Stage from Y3) is revisited and consolidated.

Class	Topic	Knowledge	Vocabulary
Nursery	Being me in my world Celebrating Difference	<ul style="list-style-type: none"> <li>• They have the right to play safely and happily.</li> <li>• Know special things about themselves.</li> <li>• Know what being unique means.</li> </ul>	. Kind, gentle, friend,  . Different, unique, special, proud, happy, excited
	Dreams and Goals Healthy Me	<ul style="list-style-type: none"> <li>• Know what a challenge is.</li> <li>• Know which words are kind.</li> <li>• Know what the word 'healthy' means.</li> </ul>	. Dream, challenge, encourage . Healthy, exercise, sleep, wash
	Relationships Changing Me	<ul style="list-style-type: none"> <li>• Know what a family is.</li> <li>• Know some characteristics of healthy/safe friendships.</li> <li>• Know that we grow from baby to adult.</li> </ul>	. Family, relationships, lonely . Baby, grown up, change
Reception	Being me in my world Celebrating Difference	<ul style="list-style-type: none"> <li>• Some people are different from them.</li> <li>• Being kind is good.</li> <li>• Name emotions (happy, sad...)</li> </ul>	. Similar, different, unique, feelings, rights, responsibilities  . Happy, sad, frightened, angry, family
	Dreams and Goals Healthy Me	<ul style="list-style-type: none"> <li>• Know how to set goals and work towards them.</li> <li>• Know some jobs they would like to do when they are older.</li> <li>• Know the names for some parts of their body.</li> <li>• Know what to do if they get lost.</li> </ul>	. Dream, goal, ambition, perseverance, challenge, achievement  . Head, shoulders, knees, toes, stranger, scare
	Relationships Changing Me	<ul style="list-style-type: none"> <li>• Know that different people in a family have different responsibilities.</li> <li>• Know the names and functions of some body parts.</li> </ul>	. Relationships, friend, fall-out, argue . eyes, foot, stomach.... change, worry, memories

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Year 1	Being me in my world  Celebrating Difference	<ul style="list-style-type: none"> <li>• Understand rights and responsibilities within the classroom / as a member of the class.</li> <li>• Understand that their views are important.</li> <li>• Know what 'bullying' means.</li> <li>• Know that people are unique; it is ok to be different.</li> </ul>	<p>. safe, calm, belonging, proud, consequences, reward, Learning Charter.</p> <p>.different from/ similar to, deliberate, bully/ing, celebrations, unique, special</p>
	Dreams and Goals  Healthy Me	<ul style="list-style-type: none"> <li>• Know how to set simple goals.</li> <li>• Know how to achieve a goal/ identify obstacles.</li> <li>• Know how to work with a partner.</li> <li>• Know the difference between healthy and unhealthy.</li> <li>• Know how to make healthy lifestyle choices.</li> <li>• Know that household products and medicines can be unsafe when not used properly.</li> <li>• Know how to cross the road safely.</li> </ul>	<p>. Success, stepping-stones, teamwork, process, working together.</p> <p>. Un/healthy, balanced, exercise, sleep, choices, body parts, clean, safe, medicine, Green Cross Code</p>
	Relationships  Changing Me	<ul style="list-style-type: none"> <li>• Know that families are founded on belonging, love and care.</li> <li>• Know that everyone's family is different/ there are different types of family.</li> <li>• Know how to make a friend.</li> <li>• Know about people who help in our community.</li> <li>• Know the names of male/ female body parts.</li> <li>• Know which body parts are private/ know the correct names for private parts.</li> <li>• Know that animals, including humans, have a life cycle.</li> </ul>	<p>. Friendship, same, different, caring, sharing, greeting, self-belief, incredible</p> <p>. Changes, life cycles, adulthood, male, female, vagina, penis, testicles, vulva, anus, learn, new, grow, anxious, worried, excited, coping.</p>
Year 2	Being me in my world  Celebrating Difference	<ul style="list-style-type: none"> <li>• Know about rewards and consequences and that these stem from choices.</li> <li>• Know that positive choices impact positively on self-learning and the learning of others.</li> <li>• Identify hopes and fears for the year ahead.</li> <li>• Know the difference between a one-off incident and bullying.</li> <li>• Know how to get help if being bullied.</li> <li>• Know that friends can be different and still be friends.</li> <li>• Know that there are stereotypes about boys and girls/ it is ok not to conform to gender stereotypes.</li> <li>• Know that it is good to be yourself.</li> </ul>	<p>. Worries, hopes, fears, responsible, actions, praise, co-operate, problem-solving</p> <p>. Assumptions, stereotypes, bully, purpose, stand up for, diversity, kindness, value</p>

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	Dreams and Goals	<ul style="list-style-type: none"> <li>● Know that it is important to persevere towards a realistic goal.</li> <li>● Know what good group-working looks like.</li> <li>● Know how to share success with other people.</li> <li>● Know what their body needs to stay healthy.</li> <li>● Know how medicines work in their bodies.</li> <li>● Know how to make some healthy snacks.</li> </ul>	<p>. Realistic, achievement, strength, persevere, difficult, learning together, partner, product</p> <p>. Healthy choices, lifestyle, motivation, relaxation, tense, calm, medicines, dangerous, balanced diet, portion, energy, fuel, nutritious</p>
	Healthy Me		
	Relationships	<ul style="list-style-type: none"> <li>● Know how to say stop if someone is hurting them.</li> <li>● Know that there are good secrets and worry secrets, and why it is important to share worry secrets.</li> <li>● Know the reasons why friends have conflicts; learn about and know how to use problem solving methods.</li> <li>● Know the physical differences between male and female bodies.</li> <li>● Know private parts are special; no-one has the right to hurt these.</li> <li>● Know who to ask for help if they are worried or frightened.</li> </ul>	<p>. Important, co-operate, physical contact, communication, hugs, acceptable/ not, point of view</p> <p>. change, grow, control, respect, appearance, vagina, acceptable/un, comfortable/un, looking forward</p>
	Changing Me		
Year 3	Being me in my world	<ul style="list-style-type: none"> <li>● Know that the school has a shared set of values.</li> <li>● Know why rules are needed; how these relate to choices/ consequences.</li> <li>● Know what it means to be a witness to bullying; a witness can make the situation worse/ better by what they do.</li> <li>● Know that some words are used in hurtful ways; this can have consequences.</li> </ul>	<p>. Welcome, valued, achievements, personal goal, acknowledge, affirm, emotions, nightmare, solutions, group dynamics, ideal school, belong.</p> <p>. Loving, caring, safe, connected, conflict, bystander, bullying, witness, gay, hurtful, comment</p>
	Celebrating Difference		
	Dreams and Goals	<ul style="list-style-type: none"> <li>● Know they are responsible for their own learning.</li> <li>● Know how to take steps to overcome obstacles.</li> <li>● Know how to overcome learning challenges.</li> <li>● Know how exercise affects their bodies.</li> <li>● Know how calories/ fat/ sugar will affect their health.</li> <li>● Know that bodies are complex and need taking care of.</li> </ul>	<p>. Perseverance, success, obstacles, enterprise, co-operation, motivated, solutions, review.</p> <p>. Calories, heartbeat, saturated fat, sugar, healthy, drugs, harmful, advice, appreciate.</p>
	Healthy Me		
	Relationships	<ul style="list-style-type: none"> <li>● Know roles of different family members.</li> <li>● Know some friendship skills.</li> <li>● Know some strategies to keep safe online.</li> </ul>	<p>. Men, women, unisex, stereotype, win-win, problem solve, Internet, social media, online, risky, gambling,</p>
	Changing Me		

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		<ul style="list-style-type: none"> <li>• Know the male and female bodies change at puberty, so that adult bodies can make babies.</li> <li>• Know some outside body changes during puberty.</li> </ul>	<p>fair trade, equality, justice, United Nations.</p> <p>. animals, babies, mother, uterus, womb, nutrients, survive, care, puberty, sperm, ovaries, egg, ovum/a, task, roles.</p>
Year 4	Being me in my world  Celebrating Difference	<ul style="list-style-type: none"> <li>• Know their place in the school community.</li> <li>• Know what democracy is (pupil voice)</li> <li>• Know that some forms of bullying are harder to identify (e.g. cyberbullying)</li> <li>• Know what to do if they think bullying is taking place.</li> </ul>	<p>. Included, excluded, school community, democracy, voting, authority, contribution, UN Convention on the rights of the child..</p> <p>. Assumption, cyber-bully, text message, website, troll, impression, physical features.</p>
	Dreams and Goals  Healthy Me	<ul style="list-style-type: none"> <li>• Know how to work as part of a successful group.</li> <li>• Know that hopes and dreams can't all come true.</li> <li>• Know how to work out the steps to achieve a goal.</li> <li>• Know that a group has leaders and followers.</li> <li>• Know the effects of smoking on health.</li> <li>• Know ways to resist peer pressure.</li> </ul>	<p>. Resilience, positive attitude/ experience, disappointment, design, strength, evaluate.</p> <p>. Healthy, friendship group, assertive, leader, follower, smoking, vaping, pressure, peers, alcohol, liver disease, anxiety opinion. right, wrong.</p>
	Relationships  Changing Me	<ul style="list-style-type: none"> <li>• Know some of the reasons why people feel jealousy.</li> <li>• Know that memories can support through loss.</li> <li>• Know that it is better for an unsafe friendship/ one causing negative feelings to end.</li> <li>• Know that babies are made by a sperm and ovum joining.</li> <li>• Know names of internal / external body parts involved in reproduction.</li> <li>• Know the importance of personal hygiene.</li> </ul>	<p>. Jealousy, emotions, negative, loss, denial, pain despair, hopelessness, acceptance, memento, boyfriend, girlfriend, attraction, love.</p> <p>. Gene, penis, testicles, sexual intercourse, fertilise, menstruation, menstrual cycle, periods, fallopian tube, range of emotions, excited.</p>
Year 5	Being me in my world	<ul style="list-style-type: none"> <li>• Understand how democracy/ having a voice benefits the school community.</li> </ul>	<p>. Vision, hope, citizen, refugee, asylum, migrant, wealth, poverty.</p>

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	Celebrating Difference	<ul style="list-style-type: none"> <li>• Understand rights and responsibilities associated with being a citizen in the wider community/ their country.</li> <li>• Know how an individual's behaviour can affect a group/ consequences of this.</li> <li>• Know external forms of support for victims of bullying.</li> <li>• Know that differences in culture can sometimes be a source of conflict.</li> <li>• Know their life is different to that of children in the developing world.</li> </ul>	. Belong, racism, rumour, name-calling, homophobic, indirect/ direct (bullying) developing world, artefacts, happiness.
	Dreams and Goals Healthy Me	<ul style="list-style-type: none"> <li>• Know that young people from different cultures might have different dreams and goals.</li> <li>• Know about a range of different jobs/ some pay more money than others.</li> <li>• Know that we can learn by communicating with someone from another culture.</li> <li>• Know basic emergency procedures, including the recovery position.</li> <li>• Know the effects of tobacco.</li> <li>• Know different roles of food, and that people can develop eating disorders related to body image pressure.</li> <li>• Know risks of alcohol misuse.</li> </ul>	. Money, grown up, salary, society, sponsorship, aspiration, culture.  .Healthy/ unhealthy behaviour, informed decision, media influence, emergency procedure, recovery position, calm, level headed, body image, self respect, eating disorder, debate, opinion, fact
	Relationships Changing Me	<ul style="list-style-type: none"> <li>• Know that too much screen time isn't healthy.</li> <li>• Know how to stay safe when using technology to communicate.</li> <li>• Know how boys' and girls' bodies change during puberty, and the importance of looking after themselves, physical/ emotionally.</li> <li>• Know that sexual intercourse can lead to conception.</li> <li>• Know about changes involved in becoming a teenager.</li> </ul>	. Personal attributes, qualities, self-esteem, social network, gaming, grooming, violence, trustworthy, personal information, privacy, settings.  . Body-image, self-image, characteristics, personality, looks, oestrogen, cervix, sanitary products, hygiene, Adam's apple, scrotum, semen, erection, having sex, sexual intercourse, umbilical cord, IVF, foetus, embryo, contraception, teenager, responsibilities, rights
<b>Year 6</b>	NB/ <u>Y6 follow the Second Step Programme</u> Empathy and skills for learning	<ul style="list-style-type: none"> <li>• Know that respect and empathy help you to get along with others.</li> <li>• Know that people can have different feelings about the same situation.</li> <li>• Know how to join a group/ invite others to join.</li> <li>• Know how to exercise compassion.</li> </ul>	Respect, empathy, attentive/ness, compassion, perspectives, conflict

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	Emotion Management	<ul style="list-style-type: none"> <li>● Know how to acknowledge and control strong emotions</li> <li>● Know how to calm down emotions that are getting out of control.</li> <li>● Managing anxiety.</li> <li>● How to handle 'put downs'.</li> </ul>	Emotions, positive self-talk, calming, put-downs, anxiety, strategies
	Problem Solving	<ul style="list-style-type: none"> <li>● Know how to state a problem without blaming someone.</li> <li>● Solving problems helps you to be successful at school.</li> <li>● Know that it is ok to say no to others.</li> </ul>	Respect/ful, solutions, peer pressure, problem solving steps, assertiveness