



**St Michael's CE Primary School**

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**PSHE Progression in Vocabulary**  
**2026-2027**

*Courage to Flourish in the Love of God*

## Progression in Vocabulary 2026-2027

|                  | My healthy self                                                                                                                                                                                                                  | Connecting with others                                                                                                                                                                                       | The online world | Staying safe                                                                                                                   | Health protection                                                                                                                                                  | Growing up                       | Citizenship                                                                                                                     |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>Nursery</b>   | Feelings, Happy, Sad, Angry, Worried, Calm, Hungry, Thirsty, Tired, Rest, Healthy, Try, Keep going                                                                                                                               | Family, Friend, Adult, Share, Take turns, Play together, Kind, Help, Listen, Wait, Same, Different                                                                                                           |                  | Safe, Danger, Stop, Help, Adult, Careful                                                                                       | Wash hands, Clean, Toilet, Food, Water, Exercise                                                                                                                   | Grow, Change, Dress, Independent | Belong, Community, Rules, Respect, Responsibility, Care, Look after                                                             |
| <b>Reception</b> | Angry, Body, Calm, Calm corner, Excited, Eyebrows, Feelings, Happy, Emotions, Sad, Worried, Head, Heart, Mouth, Tummy, Challenge, Persevere, Persist, Tricky, Enjoy, Favourite, Well-being, Yoga, Pose, Relax, Meditate, Breathe | Listen, Listening, Understanding, Friends, Truth, Honest, Explain, Different, Share, Sharing, Friend, Take turns, Friendly, Kind, Polite, Compliment, Support, Loved, Appreciated, Team, Teamwork, Teammate, |                  | Instructions, Obstacle course, Blindfold, Obstacle, Walk, Hazard, Safe, Careful, Alert, Crossing, Sensible, Pedestrian, Safety | Exercise, Movement, Healthy, Heart rate, Breathing, Lungs, Brain, Bones, Muscles, Health, Routine, Balanced, Diet, Vitamins, Nutrients, Energy, Superfood, Rainbow | Independent, Care                | Festival, Special event, Religion, Culture, Beliefs, Tradition, Celebrate, Celebration, Party, Classroom, Rule, Odd, Clue, Hunt |

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|               |                                                                                                                                               | Collaborate,<br>Work together,<br>Encourage,<br>Classmates,<br>Friendship,<br>Relationship,<br>Family, Love,<br>Same, Special,<br>Unique, Wait |                                                                               |                                                                                                                                                    |                                                                                                                                                                     |                                                                                               |  |
| <b>Year 1</b> | Anger, Body clues,<br>Disgust, Emotions,<br>Face clues, Fear,<br>Feelings, Happiness,<br>Relax, Sadness,<br>Surprise, Trust,<br>Trusted adult | Fair/unfair,<br>Friendly,<br>Lonely, Polite,<br>Safe, Share,<br>Strengths,<br>Trust, Trusted<br>adult                                          | Online, Polite,<br>Safe, Screen<br>time, Trusted<br>adult                     | 999, Body<br>clues,<br>Comfortable,<br>Danger,<br>Emergency,<br>Harm, Road<br>safety, Rule,<br>Safe, Trusted<br>adult,<br>Uncomfortable,<br>Unsafe | 999, Dentist,<br>Doctor,<br>Emergency,<br>First aid,<br>Germs,<br>Illness, Injury,<br>Medicine,<br>Prevent,<br>Protect,<br>Serious,<br>Spread,<br>Unwell,<br>Urgent |                                                                                               |  |
| <b>Year 2</b> | Active, Exercise, Five-<br>a-day, Healthy,<br>Habits                                                                                          | Belong,<br>Bullying, Calm,<br>Carer, Family                                                                                                    | Permission,<br>Personal<br>information,<br>Private<br>information,<br>Sharing | Penis,<br>Permission,<br>Private parts,<br>Testicles,<br>Vagina, Vulva                                                                             |                                                                                                                                                                     | Change, Grow,<br>Nipples, Penis,<br>Private parts,<br>Scrotum,<br>Testicles,<br>Vagina, Vulva |  |

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| <b>Year 3</b> | Health, Mental health, Mind, Mood, Negative (feelings), Physical health, Positive (feelings), Respect, Routine, Support, Trust team | Behaviour, Falling out, Friendship, Relationship, Respect, Self-respect | Anonymous, Block, Communicate, Report, Respect, Respectful, Screenshot |                                                                                                                                                       | Allergy, Asthma, Defence, Disease, Immune, Infection, Pressure, SPF, Sunburn, Sunstroke, Symptom, Vaccine |                                                                                              |  |
| <b>Year 4</b> | Balanced diet, Fixed mindset, Growth mindset, Hydrated/dehydrated, Hygiene, Mindset, Nutrients, Resilience                          | Assertive, Compromise, Disrespect, Manners                              | Content, In/accurate, Mislead, Reliable, Search result                 | Alcohol, Boundaries, Cigarettes, Current, Hazard, Illegal, Inappropriate, Legal, Operator, Personal space, Pressure, Risk, Road crossing, Tide, Vapes |                                                                                                           | Boundaries, Breasts, Period, Physical changes, Puberty                                       |  |
| <b>Year 5</b> | Cope, Light (activity), Moderate (activity), Regulate, Response, Vigorous (activity), Wellbeing                                     | Civil partnership, Commitment, Conflict, Influence, Marriage            | Advert, Influence, Scam, Targeted                                      |                                                                                                                                                       |                                                                                                           | Egg, Erection, Genitals, Hormones, Influence, Menstrual cup, Period pad, Period pants, Self- |  |



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|               |                                                                                                               |                                                                                         |                                        |                                                                                                                                                                                                                                                                                       |                                                      | conscious,<br>Sensitive,<br>Tampon, Wet<br>dreams,<br>Womb/uterus                 |  |
| <b>Year 6</b> | Calories, (Tooth)<br>decay, Dental<br>hygiene, Flossing,<br>Long-term,<br>Persistence, Setback,<br>Short-term | Bystander,<br>Discrimination,<br>Empathy, Self-<br>esteem,<br>Stereotypes,<br>Upstander | Coming soon in<br>supplied<br>document | Addictive, Air<br>ambulance,<br>Cautious,<br>Coastguard,<br>Consent,<br>Criminal<br>offence, Drugs,<br>Emergency<br>services,<br>Emotional,<br>Mountain<br>rescue, Peer<br>pressure,<br>Physical, Public<br>transport,<br>Search-and-<br>rescue,<br>Substance,<br>Threat,<br>Violence | Optional first<br>aid:<br>vocabulary<br>not supplied | Conception,<br>Consent,<br>Ovary,<br>Pregnant,<br>Sexual<br>intercourse,<br>Sperm |  |