

PSHE Vocabulary Framework for Key Stage 1 and 2

Which words should we teach?

This document ensures that there is a clear year-on-year acquisition of key vocabulary within each component for each subject.

Tier 1	Tier 2	Tier 3
- Most every day words - Most often found in everyday talk - The 20 most common words. The, to, be, of, and, a, in , that, have, I, it, for, not, on, with, he, as, you do, at.	- General academic and literary words - Most often found in academic speech and texts - E.g. relative, vary, formulate, accumulate, calibrate, itemise, misfortune, dignified, faltered, proceed.	- Subject specific words - Most often found in Information texts within a specific subject or field - E.g. lava, ventricle, timbre, circumference, deciduous

Subject: PSHE						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	Safe Special Calm Belonging Rights Responsibilities Charter Rewards	Worries Hopes Fears Responsible Actions Praise Positive Negative	Welcome Valued Achievements Pleased Personal goal Acknowledge Affirm Emotions	Included Excluded Valued Role Job description School community Democracy Democratic Voting	Education Appreciation Opportunities Motivation Vision Challenge Citizen Denied	Value Community Wants Needs Maslow Empathy

	Proud Consequences Upset Disappointed Illustration	Choices Co-operate Problem-solving	Feelings Nightmare Solutions Support Dream Behaviour Feelings Fairness Challenge Group dynamics Team work Viewpoint	Authority Contribution Observer Decisions Conventions	Empathise Refugee Persecution Conflict Asylum Migrant Wealth Poverty Prejudice Citizen Privilege Deprive Collaboration Participation	Comparison Obstacles Cooperation Legal Illegal Lawful Laws
Celebrating Differences	Similarity Similar Same as Different from Difference Bullying Deliberate On purpose Unfair Included Celebration Unique	Assumptions Shield Stereotypes Kind Unkind Feelings Lonely Help Stand up for Male Female Diversity Fairness Value	Family Loving Caring Safe Connected Difference Special Conflict Solve Solutions Resolve Witness Bystander Bullying Gay Consequences Hurtful Compliment Special Unique Difference Similarity	Character Judgement Surprised Appearance Accept Influence Opinion Attitude Judgement Problem solve Cyber bullying Text message Website Troll Characteristics Impression Changed Assumption	Culture Conflict Difference Similarity Belong Racism Race Discrimination Rumour Racist Homophobic Bullying Indirect Happiness Continuum Developing world	Normal Ability Disability Impairment Empathy Perception Medication Male Female Diversity Transgender Gender diversity Courage Fairness Rights Responsibilities Power Struggle Imbalance Control Harassment Argument Recipient

						Para-Olympian Achievement Accolade Perseverance Admiration Stamina
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dreams and Goals	Proud Success Achievement Goal Learning Process Dream Celebrate Challenge Obstacle Overcome Celebration Internal Feelings Realistic Strengths Persevere Difficult Easy	Realistic Strengths Persevere Challenge Partner Team-work Group Product Problem	Perseverance Ambitions Aspirations Future Enterprise Cooperation Strengths Motivated Enthusiastic Excited Efficient Responsible Frustration Solution Review Evaluate	Hope Determination Resilience Positive Attitude Fears Hurt Disappointment Cope Help Plans Experiences Self-belief Motivation Commitment Cooperation	Money Adult Lifestyle Career Profession Salary Contribution Society Determination Perseverance Motivation Aspiration Communication Support Rallying	Stretch Personal Realistic Un-realistic Criteria Global Issue Suffering Concern Hardship Empathy Admire Respect Contribution Recognition
Healthy Me	Healthy Unhealthy Balanced Exercise Sleep Choices Clean Toiletry Hygienic Safe Medicine Trust	Lifestyle Motivation Relax Relaxation Tension Calm Dangerous Body Portion Proportion Energy Fuel	Oxygen Energy Calories Kilojoules Heartbeat Lungs Heart Fitness Fat Saturated Fat Drugs Attitude	Friendships Emotions Relationships Value Roles Leader Follower Assertive Agree Disagree Smoking Pressure	Informed Decision Pressure Media Influence Emergency Procedure Calm Recovery - position Body image Social Media Celebrity	Responsibility Immunisation Prevention Prescribed Unrestricted Restricted Volatile Legal Illegal Substances Exploited Vulnerable

	Safety Green Cross Code	Nutritious	Scared Anxious Strategy Scared Harmful Risk Complex Appreciate	Peers Guilt Alcohol Liver Disease Anxiety Fear Believe Opinion	Altered Self -respect Comparison Eating disorder Respect Debate Fact Opinion	Criminal Gangs Strategies Reputation Crime Anti -social Symptoms Mental -health Stress Triggers
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	Family Belong Different Same Friends FriendshipQualities Caring Sharing Kind Greeting Like Dislike Help Helpful Community Feelings Confidence Praise Qualities Skills Self belief Incredible Proud Celebrate Relationships Special Appreciate Feelings	Similarities Special Relationship Important Cooperate AcceptableNot acceptable Conflict Viewpoint Secret Surprise Good secret Worry secret Telling Adult Trust Surprised Happy Sad Frightened Trust Trustworthy Honesty Reliability Compliments Positive Negative	Men Women Male Female Unisex RoleJob Responsibilities Differences Similarities Respect Stereotype Conflict Solution Safe Unsafe Risky Internet Social media Gaming Global Communications Interconnected Trade Inequality Needs Wants Rights Deprivation Equality Justice Appreciation	Relationship Close Jealousy Loss Strategy ShockDisbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Acceptance Depression Souvenir Memento Memorial Loss Memories Special Remember Negotiate Compromise Trust Loyalty Betrayal Empathy Boyfriend Girlfriend Attraction Pressure Personal Comfortable	Characteristics Personal Qualities Attributes Self - esteem ResponsibilityAge- limit Social network Community Online Offline Responsibility Rights Risky Violence Appropriate Grooming Trolled Gambling Betting Trustworthy Devices Mental-health Social Personal Vulnerable	Ashamed Stigma Stress Anxiety Support Warning Self- harm Bereavement Authority Assertiveness Judgement Abuse technology
Changing Me	Changes Life cycle Baby Adulthood Grown-up Mature Male Female Vagina	Old Young Change Respect Appearance Physical Toddler Child Teenager	Changes Birth Animals Babies Mother Growing up Baby Grow Uterus	Personal Unique Characteristics Parents Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva	Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation Puberty	Self-image Self-esteem Real-self Celebrity Opportunities Freedoms Responsibilities Pregnancy Embryo

	Penis Testicles Vulva Anus Learn New Grow	Adult Independent Timeline Freedom Responsibilities Male Female Vagina Penis Testicles Vulva Anus Public Private Like Dislike Acceptable Unacceptable Comfortable Uncomfortable Excited Nervous Anxious	Womb Nutrients Survive Love Affection Care Change Puberty Control Testicles Sperm Penis Ovaries Egg Ovum/ Ova Vagina Stereotypes Task Roles Challenge	Womb/ Uterus Ovaries Making love Having sex Sexual Intercourse Fertilise Conception Puberty Menstruation Periods Circle Seasons Change Control Acceptance	Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus Sperm Semen Testicles/Testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF) Teenager Milestone Perceptions Puberty Responsibilities Opportunities	Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife Attraction Relationship Pressure Love Sexting Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health Transition Secondary Journey
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