

## STRATFORD-SUB-CASTLE PSHE SUBJECT PROGRESSION – VOCABULARY

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being me in my world	safe special calm belonging rights responsibilities proud consequences	worries fears hopes belonging rights responsibilities actions praise reward consequence choices positive negative co-operate	valued achievements praised affirm personal goal acknowledge proud emotions feelings nightmare fears worries solutions rights responsibilities dream learning-charter consequences fairness choices co-operate challenge teamwork belong ideal viewpoint	included excluded valued charter role community responsibility democracy rights reward consequence decisions voting authority observer contribution	education appreciation opportunity goal motivation vision hope challenge rights British citizen denied empathise wealth poverty prejudice consequence choice rewards cooperation collaboration	goals worries fears value community choice opportunities comparison Maslow Rights and responsibilities empathise behaviour rewards collaboration

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Celebrating difference	similar/similarity same difference different bullying unfair deliberate on purpose included bully celebration special unique	similarities assumptions stereotypes special bully purpose lonely help stand up for qualities friendship unique	family loving caring safe connected difference special conflict solutions resolve witness bystander bullying gay unkind feelings hurtful compliment unique similarity	character assumption judgement surprised difference accept appearance assumption influence opinion judgement attitude bullying friend secret deliberate bystander witness bully cyber-bully text message website	culture conflict difference similarity belong culture wheel racism colour race discrimination bullying rumour name-calling racist homophobic cyber bullying indirect direct happiness continuum developing world	normal ability perception visual impairment vision role model harassment imbalance indirect recipient accolade stamina disability perseverance conflict

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Dreams and goals	<p>proud goal treasure achievement stepping stones dreams celebrate challenge obstacle overcome</p>	<p>realistic success achievement proud goal strengths persevere partner teamwork success problem solve</p>	<p>perseverance challenges success obstacles dreams goals decoration teamwork enterprise design cooperation strengths enthusiastic efficient responsible obstacle frustration solution review self-review celebrate evaluate</p>	<p>dream hope goal feeling determination perseverance fears hurt disappointment plans cope help resilience self-belief motivation commitment decoration enterprise design cooperation</p>	<p>dream hope goal feeling achievement grown up adult lifestyle job career profession salary contribution society determination motivation aspiration sponsorship</p>	<p>dream hope strengths stretch personal realistic/unrealistic achievement success criteria global hardship empathy contribution recognition admire</p>

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Healthy me	healthy unhealthy balanced exercise sleep clean hygienic medicines trust listen eyes ears Green cross code	healthy choices lifestyle motivation relaxation dangerous medicines balanced diet portion healthy/unhealthy proportion fuel nutritious	oxygen heartbeat lungs heart fitness challenge healthy drugs attitude safe anxious scared strategy advice harmful substances medicines appreciate	friendship emotions healthy relationship value embarrassed roles leader follower assertive agree disagree smoking pressure peers guilt advice alcohol liver fear anxiety belief right wrong	choices healthy behaviour unhealthy pressure informed decision emergency procedure recovery position calm level-headed body image media celebrity altered self-respect eating problem motivation	mood energy balanced diet drugs effects motivation misuse anti-social responsible appropriate gang recovery position Mental health Emotional health symptoms triggers pressure

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Relationships	family belong different same friends friendship kind caring sharing greeting community	special relationship physical contact hugs like/dislike acceptable/unacceptable conflict point of view trust secret compliments appreciate	male female unisex role job responsibilities differences similarities respect stereotype conflict resolution friendship win-win problem solve danger hazard risk concerned anxious relieved trade climate interconnected inequality global communication transport	relationship close distant contribute mutual benefit belonging caring loss strategy shock numb disbelief denial anger pain sadness despair acceptance souvenir memento memorial opinion debate respect	characteristics personal qualities attributes self-esteem friendship negotiate compromise trust loyalty anger betrayal empathy boyfriend girlfriend attraction personal comfortable positive negative jealousy body language safe technology risk resist harm identity	significant feelings relationship loss grief bereavement coping strategies denial despair acceptance authority assertive communication Cyberbullying safety abuse