PHRSE: Progression of Vocabulary/Terminology

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|  | **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **EYFS** | Myself  Feelings  Being gentle  Rights  Responsibilities | Talents Families Home Friends Standing up for myself | Challenges Perseverance Jobs Help | Exercise Healthy food Physical activity Sleep Clean | Family life Friendship Falling out | Bodies Respecting my body Fun Fears Growth |
| **Y1** | Special Safe Community Consequences Rewards | Similarities  Differences Bullying Celebrating | Success Achievement Learning styles Overcoming obstacles | Medicine Medication Road safety | Belonging Physical contact Preferences Celebrations | Life cycles (animal/human) Male Female Changes |
| **Y2** | Hope  Fear  Fair  Valuing Contributions  Choices | Assumptions Stereotypes Gender Gender diversity | Realistic Strengths cooperation Contributing | Relaxation Nutrition Lifestyle | Boundaries Secrets Trust Appreciation | Life cycles (plants) Young Old Independence |
| **Y3** | Goals self-worth Positivity Challenges Perspectives | Diverse families Family conflict Child-centred Compliments Witness Solutions | Ambitions Enthusiasm Managing feelings Budgeting | Food labelling Healthy choices Online safety Offline safety | Roles Negotiation Diverse lives Impact | Internal External Needs |
| **Y4** | Democracy Motivation Class Citizen Voice Peer pressure | Judgment Appearance Acceptance Influences Impressions | Disappointment Overcoming Resilience Positive attitude | Healthy friendships Smoking Alcohol Inner strength Assertiveness | Jealousy Love/loss Memories Girlfriends Boyfriends | Being unique Body changes Transition Accepting change  Having a baby |
| **Y5** | Aspirations National citizenship Conflict Vote Participation | Cultural diversity Racism Rumours Material wealth Respecting culture | Financial success Long-term Charity | Vaping Emergency aid Body image Relationships with food Healthy choices | Self-recognition Self-esteem Online communities Gaming Gambling Grooming | Self-image Media influence Puberty Conception IVF |
| **Y6** | Global citizenship Children’s Universal Rights Group dynamics Role-modelling Anti-social behaviour | Perceptions of normality Disability Empathy Inclusion Exclusion | Success criteria Recognition Evaluating | Personal responsibility Substances Exploitation County Lines/Gangs Managing stress | Mental health Sources of support Control Power | Body image Physical attraction Consent Sexting |