



## PSHE Language Continuum:

### Pre-school

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me in My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing me</b>

\*\*This is a working document, words may be added or excluded based on the knowledge of the children and which words may or may not be taught.

<b>Being Me in My World</b>	Kind, Gentle, Friend, Similar, Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns, Unique.
<b>Celebrating differences</b>	Different, Differences, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family, Unique
<b>Dreams and Goals</b>	Dream, goal, challenge, job, persevere, achievement, happy, kind, encourage, proud.
<b>Healthy Me</b>	Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Heart, Active, Wash, Clean, Safe adult, Scared, Trust.
<b>Relationships</b>	Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing.
<b>Changing Me</b>	Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories, Healthy, Grow.

### Reception:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me in My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing me</b>

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<b>Being Me in My World</b>	Kind, Gentle, Friend, Similar, Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns, Unique.
<b>Celebrating differences</b>	Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, included, bullied, celebrations, unfair, special, bully, unique



<b>Dreams and Goals</b>	Proud, success, internal treasure chest, stretchy learning, stepping-stones, process, working together, team work, celebrate, challenge, obstacle, overcome, achieve, dreams, goa
<b>Healthy Me</b>	Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Hygienic, Safe Medicines, Trust, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait.
<b>Relationships</b>	Family, Belong, Same, Different, Friends, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Feelings, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate.
<b>Changing Me</b>	Changes, Life cycles, Baby, Adult, Growing up, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping.

**Year 1:**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me in My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing me</b>

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<b>Being Me in My World</b>	Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed
<b>Celebrating differences</b>	Boys, Girls, Assumptions, Stereotypes, Special, Kind, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Friends, Value, boys, girls, bully, sad, help, value, male
<b>Dreams and Goals</b>	Realistic, strengths, persevere, challenge, difficult, easy, learning together, partner, product, problem-solve.
<b>Healthy Me</b>	Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Dangerous, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious
<b>Relationships</b>	Similarities, Differences, Relationship, Important, Co-operate, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, Not acceptable, Conflict, Point of view, Positive problem solving, Surprise, Good secret, Worry secret, Telling, Adult, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments.
<b>Changing Me</b>	Control, Life cycle, Adult, Fully grown, Old, Young, Respect, Appearance, Physical, Toddler, Child, Teenager, Independent, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private, Touch, Texture, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Excited, Nervous, Anxious, Happy



**Year 2:**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me in My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing me</b>

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<b>Being Me in My World</b>	Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, Co-Operate, Problem Solving,
<b>Celebrating differences</b>	Family, Loving, Caring, Safe, Connected, Special, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Tell, Consequences, Hurtful, Compliment.
<b>Dreams and Goals</b>	Co-operation, motivated, enthusiastic, excited, efficient, responsible, frustration, 'solve it together' technique, solutions, review, evaluate respect, admire, ambition
<b>Healthy Me</b>	Oxygen, Energy, Calories / kilojoules, Heartbeat, Lungs, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Complex, Appreciate, Choice, Emergency Services, Ambulance, Fire engine, Police Car, Coastguard.
<b>Relationships</b>	Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Win-win, Solution, Solve-it-together, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude, Interconnected.
<b>Changing Me</b>	Birth, Animals, Babies, Mother, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Cope, Puberty, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum / ova, Breasts, Womb / uterus, Vagina, Stereotypes, Task, Roles, Challenge.

**Year 3:**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me in My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing me</b>

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<b>Being Me in My World</b>	Welcome, Valued, Achievements, Proud, Pleased, Personal Goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Group Dynamics, Team Work, View Point, Ideal School, Belong.
<b>Celebrating differences</b>	Family, Loving, Caring, Safe, Connected, Special, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Tell, Consequences, Hurtful, Compliment.
<b>Dreams and Goals</b>	Hope, determination, resilience, positive attitude, disappointment, fears, positive experiences, plans, cope, help, self-belief, commitment
<b>Healthy Me</b>	Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Vaping, Pressure, Peers, Guilt, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Opinion.
<b>Relationships</b>	Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love, Attraction.
<b>Changing Me</b>	Birth, Animals, Babies, Mother, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Cope, Puberty, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum / ova, Breasts, Womb / uterus, Vagina, Stereotypes, Task, Roles, Challenge.

**Year 4:**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me in My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing me</b>

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<b>Being Me in My World</b>	: Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC).
<b>Celebrating differences</b>	Character, Assumption, Judgement, Surprised, Appearance, Accept, Influence, Opinion, Attitude, Bullying, Secret, Deliberate, Bystander, Witness, Problem solve, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed
<b>Dreams and Goals</b>	Lifestyle, job, career, profession, salary, contribution, society, culture, sponsorship, aspiration, communication, support, rallying, difference
<b>Healthy Me</b>	Choices, Healthy behaviour, Less healthy behaviour, Informed decision, Media, Influence, Emergency Procedure, Recovery position, Calm, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Respect, Debate, Fact, Motivation



<b>Relationships</b>	Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love, Attraction.
<b>Changing Me</b>	Personal, Unique, Characteristics, Parents, Sperm, Gene, Egg / ovum, Penis, Testicles, Vagina / vulva, Womb / uterus, Ovaries, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Puberty, Menstruation, Tampons, Hormones, Fallopian tube, Periods, Menstrual cycle, Period pants/pads, Seasons, Control, Emotions, Acceptance.

**Year 5:**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me in My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing me</b>

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<b>Being Me in My World</b>	Challenge, Attitude, Citizen, Views, Opinion, Collaboration, Collective Decision, Opportunities, Vision, Empathise, Refugee, Persecution, Asylum, Migrant, Conflict, Cooperation, Participation.
<b>Celebrating differences</b>	Culture, Conflict, Belong, Racism, Colour, Race, Discrimination, Bullying, Rumour, Name-calling, Racist, Banter, Homophobic, Cyber bullying, Texting, Indirect, Direct, Developing World.
<b>Dreams and Goals</b>	Personal, realistic, unrealistic, criteria, learning steps, global, issue, suffering, concern, hardship, empathy, praise, compliment, recognition.
<b>Healthy Me</b>	Responsibility, Choice, Immunisation, Prevention, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers
<b>Relationships</b>	Personal qualities, Attributes, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Age-restriction, Online community, Risky, Safe, Unsafe, Responsibilities, Social network, Gaming, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMART rules.
<b>Changing Me</b>	Body image, self image, personality, self esteem, affirmation, comparison, oestrogen, adam's apple, scrotum, genitals, broader, erection, urethra, wet dreams, growth spurt, facial hair, pubic hair, testosterone, circumcised, foreskin, epididymis, unfertilised, embryo, umbilical cord, fertility treatment, contraception, pregnancy, hygiene, age appropriate, consent, manage, perceptions, milestones, sexual intercourse, conception, cervix, hips, semen, larynx, IVF, foetus, legal, law, rights



**Year 6:**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me in My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing me</b>

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<b>Being Me in My World</b>	Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Empathise, Obstacles, Legal, Illegal, Lawful, Laws, Motivation.
<b>Celebrating differences</b>	Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Diverse, Stereotype, Individuality, Equality, Fairness, Banter, Identity, Courage, Fairness, Rights, Responsibilities, Power, Struggle, Imbalance, Harassment, Bullying behaviour, Argument, Para-Olympian, Achievement, Accolade, Perseverance, Admiration, Stamina.
<b>Dreams and Goals</b>	Coping strategy, barriers, setback, delayed gratification, benefits, coercive/positive motivation, intrinsic/extrinsic reward, setbacks, strategies, optimism, taking responsibility, locus of control
<b>Healthy Me</b>	Positivity, Choice, Strategies, Serotonin, Stress, Homeostasis, Substances, Prevalence, Balance, Energy, Nutrients, Vaccination, Over-the-counter medication, Communicable disease, Sleep disruption, Triggers, Emotions
<b>Relationships</b>	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-care, Emotions, Feelings, Loss, Grief, Shock, Hopelessness, Acceptance, Bereavement, Coping strategies, Power, Control, Authority, Script, Assertive, Self-control, Real / fake, True / untrue, Judgement, Technology, Cyber-bullying, Abuse, Safety
<b>Changing Me</b>	Real self, negative body talk, pregnancy, placenta, contraceptives, midwife, mental health, opportunities, freedoms, relationships, transition, secondary, journey, worries, assertive, anxiety, adolescent, labour, cervix, love, sexting