

**PSHE Progression at Emerson Valley School**

**National Curriculum**

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupil's education. All schools should teach PSHE, drawing on good practice. From 2020, relationship education in primary schools will become compulsory in applicable schools in England. This subject will support all young people to be happy, healthy and safe. Equipping them for life as an adult in British society.

In PSHE, pupils should be taught the following vocabulary in context:

	Year 3	Year 4	Year 5	Year 6
Autumn1 - Being Me in My World	Valued, Achievements, Pleased, Acknowledge, Affirm, Emotions, Nightmare, Fears, Solutions, Support, Dream, Fairness, Group Dynamics.	Included, Excluded, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer.	Education, Empathy, Comparison, Opportunities, Obstacles, Cooperation, Collaboration, Legal, Illegal, Lawful, Laws, Participation, Motivation, Decision.	Challenge, Attitude, Citizen, Views, Opinion.
Autumn 2 - Celebrating Difference	Loving, Caring, Safe, Connected, Special, Conflict, Solutions, Resolve, Witness, Bystander, Gay, Consequences, Hurtful, Compliment.	Character, Judgement, Surprised, Appearance, Accept, Influence, Opinion, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed.	Culture, Belong, Racism, Discrimination, Rumour, Homophobic, Indirect, Direct.	Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Transgender, Courage, Power, Struggle, Imbalance, Harassment, Recipient, Achievement, Accolade, Perseverance, Admiration, Stamina.
Spring 1 - Dreams and Goals	Future, Aspirations, Enterprise, Cooperation, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration.	Hope, Determination, Resilience, Disappointment, Fears, Hurts, Plans, Cope, Self-belief, Commitment.	Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Culture, Sponsorship, Communication, Support, Rallying, Difference.	Personal, Criteria, Suffering, Concern, Hardship, Sponsorship, Empathy, Admire, Respect, Praise, Compliment, Recognition.

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Spring 2 - Healthy Me	Oxygen, Energy, Calories / kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice.	Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong.	Choices, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Calm, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Debate, Opinion, Fact, Motivation.	Immunisation, Prevention, Effects, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental illness, Symptoms, Stress, Triggers, Strategies, Pressure.
Summer 1 - Relationships	Men, Women, Unisex, Male, Female, Stereotype, Responsibilities, Respect, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Inequality, Exploitation, Rights, Justice, Equality, Deprivation, Hardship, Appreciation, Gratitude, Celebrate.	Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hope, Memorial, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Appreciation.	Personal attributes, Qualities, Characteristics, Self-esteem, Unique, Comparison, Online, Community, Risky, Gaming, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Physical health, Mental health, Off-line, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARRT rules.	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Signs, Warning, Self-harm, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Bereavement, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real / fake, Assertiveness, Judgement, Technology, Cyber-bullying, Abuse.
Summer 2 - Changing Me	Birth, Animals, Babies, Mother, Growing up, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Sperm, Ovaries, Egg.	Personal, Unique, Sperm, Ovaries, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Puberty, Menstruation, Periods.	Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Oestrogen, Fallopian Tube, Cervix, Develops, Breasts, Hips, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Period, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene.	Negative body-talk, mental health, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, midwife, labour, attraction, relationship, love, sexting, transition.