



Whole School Vocabulary Progression for PSHE (including RSE)

At Cam Woodfield Junior School, PSHE is split into six different units (described in the JIGSAW scheme as 'puzzles').

The vocabulary progression from Year 3 to Year 6 is set out below.

- Children should be using the correct PSHE vocabulary from previous year groups as well as learning and using the correct vocabulary for their current year group.
- These words should be spelt correctly.
- It is important that children understand the terms, can explain and define what they mean and use them to communicate appropriately (verbally or in written form) within context.





Vocabulary Progression for Year 3



Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Puzzle 1 Being Me in My World	Puzzle 2 Celebrating Difference	Puzzle 3 Dreams and Goals	Puzzle 4 Healthy Me	Puzzle 5 Relationships	Puzzle 6 Changing Me
<p>Welcome, Valued, Achievements, Proud, Pleased, Personal goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Fears, Worries, Solutions, Support, Rights, Responsibilities, Learning charter, Dream, Behaviour, Rewards, Consequences, Actions, Fairness, Choices, Co-operate, Challenge, Group dynamics, Team work, Actions, View point, Ideal school, Belong.</p>	<p>Family, Loving, Caring, Safe, Connected, Special, Family conflict, Solve it together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Unkind, Feelings, Tell, Bystander, Consequences, Hurtful, Compliment, Special, Unique, Difference, Similarity.</p>	<p>Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Team work, Enterprise, Design, Cooperation, Challenge, Product, Team work, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve it together' technique, Solution, Team work, Review, Learning, Strengths, Success, Self-review, Celebrate, Evaluate.</p>	<p>Oxygen, Energy, Calories/ Kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated Fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Dangerous, Emergency, Emergency Services, Ambulance, Fire engine, Police car, Coastguard helicopter, Harmful, Risk, Feelings, Complex, Appreciate, Body, Healthy, Choice.</p>	<p>Men, Women, Male, Female, Unisex, Role, Job, Responsibilities, Differences, Similarities, Respect, Stereotype, Conflict, Solution, Problem solving, Friendship, Win-win, Safe, Unsafe, Risky, Internet, Social media, Private Messaging (PM), Gaming, Global Communications, Transport, Interconnected, Food journeys, Climate, Trade, Inequality, Needs, Wants, Rights, Deprivation, United Nations, Equality, Justice, Happiness, Celebrating, Relationships, Friendship, Family, Thank you, Appreciation.</p>	<p>Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Growth, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Change, Puberty, Control, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum/Ova, Womb/Uterus, Vagina, Stereotypes, Task, Roles, Challenge, Change, Looking forward, Excited, Nervous, Anxious, Happy.</p>



Vocabulary Progression for Year 4



Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Puzzle 1 Being Me in My World	Puzzle 2 Celebrating Difference	Puzzle 3 Dreams and Goals	Puzzle 4 Healthy Me	Puzzle 5 Relationships	Puzzle 6 Changing Me
<p>Included, Excluded, Welcome, Valued, Team, Charter, Role, Job description, School, Community, Responsibility, Rights and Responsibilities, Democracy, Reward, Consequence, Democratic, Decisions, Voting, Democracy, Authority, Role, Contribution, Observer, Decisions, Choices, Democracy, UN Convention on Rights of Child, Learning Charter.</p>	<p>Character, Assumption, Judgement, Surprised, Different, Appearance, Accept, Assumption, Influence, Appearance, Opinion, Attitude, Judgement, Bullying, Friend, Secret, Deliberate, On purpose, Bystander, Witness, Bully, Problem solve, Cyber bullying, Text message, Website, Troll, Special, Unique, Different, Characteristics, Physical features, Impression, Changed, Judgement.</p>	<p>Dreams, Hopes, Goals, Determination, Perseverance, Resilience, Positive attitude, Disappointment, Fears, Hurt, Positive experiences, Plans, Cope Help, Self-belief, Motivation, Determination, Commitment, Team work, Enterprise, Design, Cooperation, Review, Learning Strengths, Success, Celebrate, Evaluate.</p>	<p>Friendships, Emotions, Healthy, Relationships, Friendship groups, Value, Roles, Leader, Follower, Smoking, Vaping, Pressure, Peers, Guilt, Advice, Assertive, Agree / disagree, Alcohol, Liver, Disease, Peer Pressure, Anxiety, Fear, Believe, Opinion, Right, Wrong.</p>	<p>Relationship, Close, Jealousy, Problem-solve, Emotions, Positive, Negative, Loss, Strategy, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hopelessness, Relief, Acceptance, Depression, Souvenir, Memento, Memorial, Memories, Special, Remember, Friendships, Negotiate, Compromise, Trust, Loyalty, Anger, Betrayal, Empathy, Boyfriend, Girlfriend, Attraction, Pressure, Personal, Comfortable, Love, Appreciation, Symbol, Care.</p>	<p>Personal, Unique, Characteristics, Parents, Sperm, Egg/ Ovum, Penis Testicles, Vagina/ Vulva, Womb/ Uterus, Ovaries, Making love, Having sex, Sexual Intercourse, Fertilise, Conception, Puberty, Menstruation, Periods, Seasons, Change, Control, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy.</p>



Vocabulary Progression for Year 5



Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Puzzle 1 Being Me in My World</p>	<p>Puzzle 2 Celebrating Difference</p>	<p>Puzzle 3 Dreams and Goals</p>	<p>Puzzle 4 Healthy Me</p>	<p>Puzzle 5 Relationships</p>	<p>Puzzle 6 Changing Me</p>
<p>Education, Appreciation, Opportunities, Goals, Motivation, Vision, Hopes, Challenge, Rights, Responsibilities, Citizen, Denied, Empathise, Refugee, Persecution, Conflict, Asylum, Migrant, Rights, Wealth, Poverty, Responsibilities, Prejudice, Citizen, Privilege, Deprive, Rewards, Consequences, Choices, Learning Charter, Rewards, Consequences, Cooperation, Collaboration, Participation.</p>	<p>Culture, Conflict, Difference, Similarity, Belong, Culture wheel, Racism, Colour, Race, Discrimination, Culture, Bullying, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem-solving, Indirect, Direct, Happiness, Continuum, Developing world, Direct and indirect bullying, Celebration.</p>	<p>Dreams, Hopes, Goals, Feeling, Achievement, Money, Grown up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Perseverance, Motivation, Aspiration, Culture, Country, Aspiration, Sponsorship, Communication, Support, Rallying, Team work, Cooperation, Difference.</p>	<p>Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Media Influence, Emergency procedure, Recovery position, Calm, Level-headed, Body image, Social media, Celebrity, Altered, Self-respect, Comparison, Body image, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation.</p>	<p>Characteristics, Personal qualities, Attributes, Self-esteem, Responsibility/Being responsible, Age-limit, Social network, Community, Online/Offline, Rights, Risky, Age-limit, Community, Violence, Appropriate, Grooming, Trolled, Gambling/betting, Trustworthy, Devices, Screen time, Mental health, Physical health, Personal information, Safe Online Choices, Vulnerable, Risk, Grooming.</p>	<p>Self-image, Body image, Self-esteem, Perception, Characteristics, Affirmation, Puberty, Menstruation, Periods, Sanitary towels/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, Responsibilities, Change, Manage, Cope, Emotions.</p>



Vocabulary Progression for Year 6



Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Puzzle 1 Being Me in My World	Puzzle 2 Celebrating Difference	Puzzle 3 Dreams and Goals	Puzzle 4 Healthy Me	Puzzle 5 Relationships	Puzzle 6 Changing Me
Goals, Worries, Fears, Value, Welcome, Choice, Ghana, West Africa, Cocoa plantation, Cocoa pods, Machete, Rights, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Choices, Behaviour, Rights and Responsibilities, Rewards, Consequences, Empathise, Learning Charter, Obstacles, Cooperation, Collaboration, Legal, Illegal, Lawful, Laws, Collaboration, Participation, Motivation, Democracy, Decision, Proud.	Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Male, Female, Diversity, Transgender, Gender diversity, Courage, Fairness, Rights and Responsibilities, Power struggle, Imbalance, Control, Harassment, Bullying, Direct and Indirect, Argument, Recipient, Para Olympian, Achievement, Accolade, Disability, Sport, Perseverance, Admiration, Stamina, Celebration, Difference, Conflict.	Dreams, Hopes, Goals, Learning strengths, Stretch, Achievement, Personal, Realistic, Unrealistic, Success criteria, Learning steps, Money, Global, Issue, Suffering, Concern, Hardship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition.	Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile, substances, Synthetic highs, New psychoactive substances, Exploited, Vulnerable, Criminal, Illegal, Gangs, Gang pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure.	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Support, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Scripts, Assertive Strategies, Risks, Pressure, Influences, Self-control, Real/Fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Cyberbullying, Abuse, Safety.	Self-image, Self-esteem, Real, self, Celebrity, Opportunities, Freedoms, Responsibilities, Puberty, Pregnancy, Embryo, 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, Looking forward, Journey, Worries, Anxiety Hopes, Excitement.