

PSHE Progression of Vocabulary

PSHE Jigsaw

	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Nursery	Kind Happy Sad	Friends Proud Special Family	Goal Dream Job	Healthy Exercise Wash	Family Friends Words	Child Grow Arm Leg Foot Nose Head Eye
Reception	Myself Feelings Rights Responsibilities	Talents Families Home Friends	Challenges Perseverance Jobs Help	Exercise Healthy food Physical activity Sleep Clean	Family life Friendship Lonely Upset Feelings	Bodies Respecting my body Fun Fears Growth
Year 1	Special Safe Community Consequences Rewards	Similarities Differences Celebrating	Success Achievement Learning styles Overcoming obstacles	Medicine Medication Road safety	Belonging Physical contact Preferences Celebrations	Life cycles (animals) Changes
Year 2	Hope Fear Fair Valuing contributions Choices	Assumptions Stereotypes Unique Diversity	Realistic Strengths cooperation Contributing	Relaxation Nutrition Lifestyle	Boundaries Secrets Trust Appreciation	Life cycles (plants) Young Old Independence