

# Personal Development

## Key Vocabulary Progression



Although the vocabulary below is linked to curriculum learning, it is important that children at Mytham are able to apply this vocabulary in daily life, both in the classroom and during wider school life and beyond the school gates e.g school visits, local community events, high school transition etc. For this reason, vocabulary has not been separated into 'topics' it is important it is used throughout the school year in a variety of contexts.

### EYFS VOCABULARY

honest, respect, trying, friendship, co-operation, ambition, kind, gentle, friend, similar, different, right, wrong, responsibilities, feelings, angry, happy, excited, nervous, sharing, taking turns

eye, foot, eyebrow, forehead, ear, mouth, arm, leg, chest, knee, nose, tongue, finger, toe, stomach, hand, healthy, exercise, wash, clean, hygiene, clean, germs, teeth, gums

money, save, spend, pay, coins, dream, goal, challenge, job, achievement

happy, kind, encourage, resilience, positive, communication, mindful, exercise

healthy, unhealthy, food, body, rest, exercise, heart, sweat, drink, sun

celebration, culture, religion, family, change, grow, help, grown-ups, safe.

### KS1 VOCABULARY

safe, special, calm, belonging, special, rights, responsibilities, rewards, proud, consequences

upset, disappointed, similarity, same as, different from, difference, bullying, bullying behaviour, deliberate, on purpose, unfair, included, bully, bullied

celebrations, special, unique, proud, success, achievement, goal, team work, celebrate, learning, challenge, feelings, obstacle, overcome, achieve, dreams, goals

coins, money, save, saving, job, bank

healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, keeping clean, toiletry items (e.g. toothbrush, shampoo, soap), hygienic, safe medicines, sun, sunburn, damage

safe, safety, road, pavement, crossings. Pelican, zebra crossing, eyes, ears, look, listen, wait

family, belong, same, different, friends, friendship, qualities, caring, sharing, kind, greeting, like, dislike, help, helpful, community, feelings, confidence, praise, skills, self-belief, incredible, proud, celebrate, relationships, special, appreciate

changes, life cycles, baby, adult, adulthood, grown-up, mature, male, female, vagina, penis, testicles, vulva, anus, learn, new, grow, feelings, anxious, worried, excited

## LOWER KS2 VOCABULARY

welcome, valued, achievements, proud, pleased, personal goal, praise, acknowledge, affirm, emotions, feelings, nightmare, fears, worries, solutions, support

rights, responsibilities, dream, behaviour, rewards, consequences, actions, fairness, choices, co-operate, group dynamics, team work, view point, ideals

belong, family, loving, caring, safe, connected, difference, special, conflict, solve it together, solutions, resolve, witness, bystander, bullying, unkind, feelings, tell, consequences, hurtful, compliment, unique

perseverance, challenges, success, obstacles, dreams, goals, ambitions, future, aspirations, team work, enterprise, design, cooperation, product, strengths, motivated, enthusiastic, excited, efficient, responsible, frustration, 'solve it together' technique, solutions, review, learning, celebrate, evaluate

oxygen, energy, calories, heartbeat, lungs, heart, fitness, labels, sugar, fat, healthy, drugs, attitude, safe, anxious, scared, strategy, advice, harmful, risk, feelings, complex, appreciate, body, choice, men, women, unisex, male, female

stereotype, career, job, role, responsibilities, respect, differences, similarities, conflict, solution, solve-it together, problem-solve

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, deprivation, hardship, appreciation, gratitude, celebrate.

## UPPER KS2 VOCABULARY

challenge, goal, attitude, actions, rights and responsibilities, convention, citizen, choices, consequences, views, opinion, collaboration, collective decision, democracy

normal, ability, disability, impairment, empathy, perception, medication, vision, blind, male, female, diversity, transgender, gender diversity, courage, fairness, rights, responsibilities, power, struggle, imbalance, harassment, bullying, bullying behaviour, direct, indirect, argument, recipient

achievement, accolade, perseverance, sport, admiration, stamina, celebration, conflict, dream, hope, goal, learning, strengths, stretch, achievement, personal, realistic, unrealistic, feeling, success, criteria, learning steps

money, economy, global issue, suffering, concern, hardship, charity, empathy, motivation, admire, respect, praise, compliment, contribution, recognition, responsibility, choice

immunisation, prevention, drugs, effects, motivation, prescribed, unrestricted, over-the-counter, restricted, illegal, substances, 'legal highs', exploited, vulnerable, criminal, gangs, 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, self-harm, emotions, feelings, sadness, loss, grief, denial, despair, guilt, shock, hopelessness, anger, acceptance, bereavement, coping strategies

power, control, authority, bullying, assertive, risks, pressure, influences, self-control, real / fake, true / untrue, assertiveness, judgement, communication, technology, power, cyber-bullying, abuse, safety

body-image, self-image, characteristics, looks, personality, perception, self-esteem, affirmation, comparison, negative body-talk, mental health, uterus, womb, oestrogen, fallopian tube, cervix, develops, puberty, breasts, vagina, hips, penis, testicles, Adam's apple, scrotum, genitals, hair, broader, wider, sperm, semen, erection, ejaculation, urethra, wet dream, growth spurt, larynx, facial hair, pubic hair, hormones, scrotum, testosterone, ovaries, egg (ovum), period, fertilised, unfertilised, conception, sexual intercourse, foetus, contraception, pregnancy, midwife, labour, menstruation, sanitary products, tampon, pad, towel, liner, hygiene,

age appropriateness, legal, laws, responsible, teenager, responsibilities, rights, opportunities, freedoms, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement.