

LifeWise



The LifeWise PSHE Key Vocab





Year 1 Key Vocab

Life Survival

Live, Laugh and Learn in Lockdown	Lockdown, nature, rubbing, bark, exercise, healthy, goal, fresh air, fun, friends, food, fit body and mind
Signalling & Sign Language	Hear, speak, blind, deaf, communicate, speak, talk, difference, respect, signal, sign, sign language, nursery rhyme, facial expression, body language , Morse Code, semaphore, text, telegraph line, soldier, message, code, runway, distance
Emergency Services	Fire engine, fire brigade, emergency, police, policewoman, policeman, firefighter, ambulance, ambulance crew, hospital, police station, fire station, paramedic, flood, rescue, injury, accident, vehicle, medical, arrest, crime, criminal, laws, life-threatening situation, name, address, telephone number
Braving the Weather	Extreme, weather, flood, drought, hurricane, rain, tornado, snow, hailstones, fog, wind, danger, protect, high tide, drown, lightning, thunder, forecast, symbol, sun cream, shade
Trust	Trust, special, worried, safe, secret, pretend, protected, belonging, unkind, unsafe, earn
Food & What Not To Eat	Lockdown, nature, rubbing, bark, exercise, healthy, goal, fresh air, fun, friends, food, fit body and mind



Year 1 Key Vocab

Life Survival

Safety Symbols	Safety, symbol, environment, unsafe, safe, medicines, harmful, chemicals, protect, warning, poisonous
Water Safety	Dangerous, rules, safety, supervision, safely, protect, canal, paddling pool, lifeguard, flag, shock, deeper, polluted, depth, rescue, injure, harmful, disease, current, unconscious, life jacket, shock, water, careful, adult, difficulty, panic, calm, float, pretend
Road Safety	School patrol crossing officer, lollipop lady/man/person, dangerous, adult, zebra crossing, toucan crossing, pelican crossing, puffin crossing, sign, symbol, red, green, amber, traffic light, parked, beeping, road sign, circular, triangular, command, warning, triangle, circle, common, driver, pedestrian, information, roundabout, traffic,
Communication	Language, speak, communication, understand, difference, similarity, unkind, signals, facial expressions, body language, sign language, greeting, important, useful , tricky situation, communicate, safe, feelings, comfortable, uncomfortable, protect, secret, worried, afraid, surprise
My Body Belongs To Me	Head, ears, mouth, nose, eyes, hair, teeth, neck, shoulders, arms, elbows, wrists, hands, fingers, chest, stomach, legs, knees, ankles, feet, toes, body, touch, trust, health, worry, nurse, doctor, dentist, belong, worried, nipples, anus, vagina, vulva, penis, testicles, scientific, pain, uncomfortable, private parts, no, hurt, respectful



Year 2 Key Vocab (1/2)

Life Survival

My Body Belongs To Me	Head, ears, mouth, nose, eyes, hair, teeth, neck, shoulders, arms, elbows, wrists, hands, fingers, chest, stomach, legs, knees, ankles, feet, toes, body, touch, trust, health, worry, nurse, doctor, dentist, belong, worried, nipples, anus, vagina, vulva, penis, testicles, scientific, pain, uncomfortable, private parts, no, hurt, respectful
Fire Safety	Prevent, plan, practise, fire, escape, panic, injury, safety, meeting point, belongings, fire fighter, fire brigade, fire engine, emergency, matches, smoke alarm
Fight or Flight	Emotion, feelings, fight or flight, response, happiness, sadness, fear, anger, worry, anxious, excited, surprised, frightened, scared, shy, sad, miserable, delighted, nervous, calm down, relax, protect, survive, normal, situation, chemicals, hormones, adrenaline, lungs, stomach, churns, energy, blood vessels, muscles, afraid, worried, turmoil, natural, choice, refuse, attempt, comfortable
First Aid/CPR	Emergency services, injured, unsafe, choking, unconscious, first aid lifebelt, airways, breathing, circulation, recovery, swallow, safe, CPR, dangerous, palm, oxygen, recovery position, rescue breath, wound



Year 2 Key Vocab (1/2)

Life Survival

Cyber Safety	Password, log in, programme, website, online, parents, tablet, laptop, screen, safe, risk, strangers, harm, Internet, permission, e-mail, links, install, download, post, rules, safe, harmful, content, contact, report, data, social media, benefit, disadvantage, limit, post, message, responsible, cyber bullying, cookie, history, website, permission
Forest Survival	Survival, forest, survive, conditions, safety, rescue, equipment, waterproof, human, signal, positive, mental attitude, motivation, determination, stranded, description, wild
Navigation	SatNav, vehicle, map, compass, point, destination, route, direction, navigation, quarter, half, straight, fraction, turn, navigate, North Star, North, East, South, West, plough, constellation, night sky, season
Environment	Environment, harm, human, damage, pollution, global warming, improve, natural, poisonous, harmful, thermal, radioactive, exhaust fumes , recycle, recycling, plastic, materials, local, waste, wildlife, landfills, endanger, injury, marine, protect
Wildlife	Animal, wildlife, dangerous, bite, sting, safety, protect, disturb, pollination, respect, allergy, swelling, wound, endangered, extinct, native, habitat, encourage, food chain, species, protection



Year 2 Key Vocab (1/2)

Life Survival

Desert Island	Desert island, stranded, survive, safety, mental well-being, shelter, explore, activity, benefit, signal, rescue, human, healthy, adjectives, collect, provide, spear, seaweed, imagine, busy, active
My Body is Growing	Animals, humans, offspring, development, growth, change, penguin, chick, kitten, hen, puppy, cub, bear, frog, tadpole, egg, baby, adult, species, extinct, vaccination, healthy, diet, alcohol, avoid, protected, disease, timeline, stage, toddler, teenager, senior citizen, child, offspring, mate, reproduce, female, male
Live, Laugh and Learn in Lockdown	Lockdown, nature, rubbing, bark, exercise, healthy, goal, fresh air, fun, friends, food, fit body and mind



Year 2 Key Vocab (2/2)

WellBeing

Happiness	Emotion, happiness, happy, positive, negative, feelings, overwhelming, sadness, anger, jealousy, shyness, confidence, worried, anxious, scared, unhappy, bored, unsure, miserable, excitement, surprise, fear, happier, healthy, successful, attitude, celebrate, achievements, challenging, support
Personal goal setting	Personal goal, setting, aims, ambitions, celebrate, challenge, recognise, strengths, achieve, successful, success, fail, failure, target, motivate, motivation, dream, specific, measurable, attainable, relevant, time, barrier
Feeling sad	Emotion, happiness, happy, positive, negative, feelings, overwhelming, sadness, anger, jealousy, shyness, confidence, worried, anxious, scared, unhappy, bored, unsure, miserable, excitement, surprise, fear, strength, improvement, depression, wrong, change, trust
The Art of Failure	Achieve, win, lose, succeed, failure, failing, celebrate, achievement, strength, improvement, aspiration, goal, adjective, successful, learn, mistake, success, positive, challenge
It's okay not to be okay	Emotions, feelings, ok, constructive feedback, support, unkind, teasing, bullying, unacceptable, problem, argument, advice, trust, role-play, solve, comfort
Anger	Emotions, feelings, anger, negative, positive, rules, angry, behaviour, measure, scale, explode, heart rate



Year 2 Key Vocab (2/2)

WellBeing

Dealing with loss	Alive, dead, living, dying, die, death, cope, loss, feelings, sadness, anger, fear, bereavement, grieve, lose, grief, remember, loved one, pass away, memory
A problem shared is a problem halved	Problem, worry, share, solved, advice, caring, encouraging, comfortable, secret, trouble, feelings, halved, trust, solve
Relaxation	Active, busy, rest, sleep, relaxation, activity, repair, reduce, stress, mood, relax, worried, problem, screen, mind, body, health, screen, technology, rules, negative
Medicines and Drugs	Drug, medicine, dose, trusted adult, General Practitioner (GP), doctor, nurse, hospital, chemist, vomit, drowsy, drowsiness, fatal, dosage, cough medicine, antibiotics, sweets, stomach ache, unconscious, unwell, smoking, alcohol, tobacco, addicted, addictive, disease, cancer, stroke, blood pressure, trusted adult, health, protect, decision, addiction, habit

In **KS2** we will be learning the following words:





Year 3 Key Vocab

WellBeing

Live, Laugh and Learn in Lockdown	Lockdown, fresh air, fun, friends, food, fit body and mind, virus, healthy snacks, socially distance, water droplets, spread.
Growth Mindset	Positive, health, success, relationships, problem solving, personal goal, aim, growth mindset, strengths, improvements, aspirations, resilience, failure, grit, practising, learning, challenge, encouraging, advice, negative, determined, willing, resilient, open mind, effort, overcome, mistake, succeed
Mindfulness	Mindfulness, worry, stress, physical, mental, emotional, environment, sights, tastes, smells, feel, hear, improve, health, concentrate, focus, react, respond, self-assessment, positive, negative, achievement, strength, improvement, aspirations, goals
Anxiety	Worry, anxiety, concern, anxious, uncertain, emotions, feelings, fear, nervous, afraid, scared, fearful, appearance, measure, scale, 'Handy Helper', 'Park it Post Box', overcome, avoid, honest, breathing exercises, strategy, anonymous, concern
Self-image	Positive, negative, media, online, achievement, strength, improvement, self-image, personality, successful, image, accept, improvement, description, happy



Year 3 Key Vocab

WellBeing

Problem solving & Time management	Problem, challenge, problem-solving, time management, negative, positive, respect, dilemma, solve, choice, respect, negotiate, decision, solution, answer, goal, decision, plan, determined, focused, succeed, deadline
Relationships with others	Positive, health, family, relationship, unhealthy, support, relatives, committed, married, civil partnership, marriage, commitment, connected, opposite, trust, understanding, caring, healthy, respect, loyalty, equality, safety, honest, valued, interests, beliefs, values, mirror, qualities
Self worth	Self-worth, self-esteem, negative, positive, jealous, envious, angry, upset, disappointed, lonely, compare, cope, boost, neutral, good, healthy, achieve, low, high, boastful, over confident, bragging, fault
Helping others get help	Emotions, feelings, support, advice, help, problem, injury, tearful, nervous, appetite, confidence, behave, danger, worry, reassurance, alone, patient, trusted, concern, role-play, serious
Stress	Alcohol, drugs, cigarettes, stress, worry, medicines, tablets, mental, health, physical, react, substances, reaction, environment, emotion, feeling, motivation, overwhelmed, concentration, reaction, suffer, deal, exercise, mindfulness, drink, energy drinks, alcohol, cope, smoking, behaviour



Year 3 Key Vocab

LifeStyle

My Body, Your Body	Human, nutrition, food, skeleton, protection, movement, support, muscles, bones, organ, balanced diet, sugar, salt, fat, exercise, dental, immunisation, hygiene, heart, liver, kidneys, large intestine, small intestine, lungs, brain, stomach, oesophagus, pancreas, spleen, connective tissue, calcium, diet, ribcage, spine, genitals, organ, waist, thigh, private, safe, protected, illegal, expose, penis, testicles, anus, nipples, vagina, vulva, brain, ankle, knee, wrist, hips, offspring, male, female
Live, Laugh and Learn in Lockdown	Lockdown, fresh air, fun, friends, food, fit body and mind, virus, windmill exercise, ski hops, punches, jumping jacks, star jumps, high step marches, high knee jacks, squats, vulnerable, shielding
A Balanced Diet	Balanced diet, healthy, intake, unhealthy, food group, choice, energy drink, damage, dental health, tooth decay, obesity, carbohydrate, fat, vitamin, mineral, protein, water, ingredient, nutritional value, habit, calorie, immune system, energy
Importance of Physical Activity	Physical activity, habit, routine, illness, healthy, exercise, inactive, active, obesity, positive, negative, mental wellbeing, balanced, goal, screen, effect, health, benefit, weight, control, increase, leaflet, enjoy
Screen Time	Exercise, screen, habit, positive, neutral, negative, consequence, balanced lifestyle, carbohydrate, moderation, balance, unhealthy, affect, vision, eye strain, sleep deprivation, mentally, relationship, habit, console, tablet, ailments, conditions, arthritis, repetitive strain injury (RSI), migraine,



Year 4 Key Vocab

LifeStyle

Screen Time	Exercise, screen, habit, positive, neutral, negative, consequence, balanced lifestyle, carbohydrate, moderation, balance, unhealthy, affect, vision, eye strain, sleep deprivation, mentally, relationship, habit, console, tablet, ailments, conditions, arthritis, repetitive strain injury (RSI), migraine, aggression, violent, protected, responsibility, recommendation, offensive, harmful, manage
Respect	Respect, treat respectful, law, illegal, vulnerable, society, cultural, ethnic, racial, religious, gender identity, sexual orientation, disability, disrespect, rudeness, aggression, swearing, peer pressure, responsible, arrest, imprisonment, protect
Problem Solving & Resourcefulness	Problem, problem-solving, solution, analyse, dilemma, technology, online, social media, trolling, bullying, confident, independent, support, successful, solve, resourcefulness, sources, internet, research, independent, record, hormone, risk, danger, hazard, selective, question
Where Does My Food Come From?	Supermarket, grocers, greengrocers, butcher, vending machine, restaurant, influence, choice, habit, critical consumer, resources, journey, travel, fresh, sustainability, environment, bacteria, virus, disease, hygiene, convenience, range, availability, insecticide, chemical, curvature, appearance, waste, farmer, livelihood, compromise, safety
Sleep	Sleep, rest, recovery, growth, development, repair, health, well-being, lifestyle, blood vessels, heart, relaxed, sleepy, technology, prevent, learning, physical, mental, habit, graph, construct, data, results, least, most, average



Year 4 Key Vocab

LifeStyle

Healthy Eating	Balanced diet, food group, nutrient, healthy, diet, habit, energy drink, damage, culture, customs, carbohydrate, protein, vitamin, mineral, fat, oil, packaging label, traffic light system, exclude, favour, recommended, recommendation, saturated, unsaturated, cholesterol, nutritional value, obesity, tooth decay, active, healthier, fuel, weight, mental health, physical health, unhealthy
Leadership	Leader, quality, manage, organise, team, goal, skill, achievements, emotion, opinion, view, consider, compromise, negotiation, negotiate, resilience, responsibility, confident, respect, challenge, relationship, collaborate, resolve, difference, decision, honest, committed, creative, inspiring, reliable, poster, advert
Keeping My Body Safe	Pants, rules, message, acrostic, penis, vagina, testicles, vulva, anus, breasts, nipples, boundary, inappropriate, unwanted, negative, positive, affection, safe, ill, hurt, danger, examination, trusted, secret, forced, worried, uncomfortable, helpful, parent, sibling, teacher, police, confide, acrostic, private, report



Year 5 Key Vocab (2/2)

Life Prep

Supporting the Community	Community, features, support, local, national, voluntary, pressure group, residential home, community centre, social group, cultural, heritage, responsible, volunteering, petition, facilities, importance, success, self-esteem, self-satisfaction, resources, volunteer
Respecting Others Boundaries & Beliefs	Culturally diverse, population, customs, beliefs, laws, values, influence, respect, opinion, views, relationship, different, similar, Appreciate, feelings, rights, race, religion, ethnic identity, law abiding, tradition, safe, comfortable, marriage, appearance, sex, gender identity, stereotype, class, disability, considerate, intolerance, disrespect, aggression, damaging, label, Sikhism, Hinduism, Judaism, Buddhism, Islam, Christianity, Humanism, Atheism, respectful, harmful, offend, acceptable, trust
You Get Out, What You Put Into Life	Kind, kindness, volunteering, commitment, desire, responsibility, maturity, benefit, community, neighbourhood, appreciation, love, dispute, conflict, resolving, inspire, qualities, appropriate, behaviour, overcome, relationship, moral, dilemma, fable, compassion, empathy, qualities, valuable
Borrowing Money	Loan, debt, mortgage, interest, borrow, income, interest rate, deposit, expensive, repay, owe, student loan, payday loan, employer, belongings, money, cash, credit card, credit score, PIN, afford, repay, late payment fee, security, check, contactless, online



Year 5 Key Vocab (2/2)

Life Prep

The Digital World	Mobile phone, computer, online, internet, gaming, Digital World, risk, dangerous, danger, personal information, netiquette, digital etiquette, social media, misrepresent, mislead, password, safety, pressure, behave, unacceptable, hazard, respectful, responsible, rules, benefit, communication, positive, negative
Communicating Effectively	Communicate, digitally, online, unhappy, uncomfortable, unsafe, hurt, feelings, effectively, mental, physical, well-being, reality, unacceptable, unhealthy, risky, harassment, critically, dangerous, support, advice, passwords, personal information, addresses, images, effect, boundaries, permission, social media, internet, consumer, misinterpret, mislead, abuse, trolling, bullying, behaviour, verbal, written, non-verbal, visual, effective, communication, important, diplomatic, honest, listener, eye contact, gesture, communicator, sensitive, improve, successful, netiquette
Saving Money	Budget, money, save, pocket money, debt, homeless, government, calculate, responsibility, manage, value, afford, rely, independent, rent, mortgage, payment, income, earning, decision, purpose, interest, bank, building society, advice, investment, account, withdraw



Year 6 Key Vocab (1/2)

Life Prep

Live, laugh and learn in Lockdown	Lockdown, fresh air, fun, friends, food, fit body and mind, virus, vulnerable, shielding, digest, calories, energy, household
Tax	Tax, income, wages, responsibility, rights, duty, community, money, support, interest, loan, debt, evasion, expenditure, government, National Health Service, income tax, pension, earnings, salary, benefit, State pension, medical, retire, National Insurance, salary, calculated, earnings, contributions
Entrepreneurship, Enterprise & Business	Business, company, employee, employer, entrepreneur, enterprise, risk, profit, advice, success, decision, positive, negative, opportunity, challenge, wealth, status, inspire, financial, commitment, difficulty, benefits, disadvantages, growth, entrepreneurship
Banks	Bank, loan, debt, borrow, account, increase, charge, money, interest, savings, insurance, financial, services, national, expiry date, PIN, cash machine, access, security, keypad, contactless card, cash, business, fund
Organisation of Life	Organised, physical, mental, emotional health, hygiene, routine, habit, actions, responsibilities, duties, respect, disorganised, stress, health, disease, strategies



Year 6 Key Vocab (1/2)

Life Prep

Pensions	Pension, retire, retirement, contribute, earnings, National Insurance, wages, salary, government, Pension Fund, State Pension, employer, transfer, Private Pension, retired, draw a pension, national age of retirement, self employed, NEST, prepare
Law	Laws, consequences, responsibility, pressure, behave, dare, unacceptable, unhealthy, risky, trolling, bullying, harassment, dangerous, uncomfortable, anxious, advice, wrong, help, illegal, legal, substances, alcohol, drugs, harmful, respectful, conflict, violence, rights, anti-social, aggressive, consider, speeding, threaten, bystander, criminal record, afraid, prevent, protect, trusted, bothered, emergency, forced, arranged marriage, deterrent, rules, stolen, punishment, Houses of Parliament, Queen, crime, case, victim, introduce, change, signature, petition, judge, court, prison, fine, community service, warning, fair, harm, persuade, factors
From Learning To Working	Earning, institutions, certificates, diplomas, achievement, goal, improvement, determination, success, responsibilities, skills, job, career, qualifications, subject, study, knowledge, focus, concentration, transferred, research, effort, requirements, impact, GCSE, A Level, BTec, Diploma, Certificate, Science, English Language, English Literature, Maths, university, Higher Education, Foreign Languages, transferable, coursework, exam, equivalent, variety



Year 6 Key Vocab (2/2)

Life Prep

Power of Negotiation	Pension, retire, retirement, contribute, earnings, National Insurance, wages, salary, government, Pension Fund, State Pension, employer, transfer, Private Pension, retired, draw a pension, national age of retirement, self employed, NEST, prepare
The Government	Prime Minister, leader, political parties, General Election, Government, pressure, actions, respectfully, compromise, strategies, dispute, resolve, negotiation, represent, stereotype, rules, laws, community, decision, belief, idea, suggestion, Cabinet, Member of Parliament, MP, democratically, responsible, education, health, finance, trade, opposition, policies, British Government, Cabinet, Minister, welfare, Royal Family, Head of State, reflect, views, election, critical consumer, accurate, disrespectful, rights, prejudiced, arrest, imprisonment, racism, alternatives, community
How To Write A CV	Curriculum Vitae, CV, successful, job, application, educational background, personal statement, experience, details, passwords, information, private, disability, sexual orientation, qualifications, interview, feedback, template, description, personality, character, right, employer, succinct, skill, personality, character, achievement, award



Year 6 Key Vocab (2/2)

Life Prep

My Amazing Body	Relationship, love, trust, respect, partner, mental health, safety, intimate, sexual relationship, consent, criminal offence, protect, responsible, penis, vagina, sperm, ovary, fertilisation, divide, embryo, baby, human, offspring, generation, life cycle, consequences, emotions, reproduction, care, online relationship, naked, variation, pregnancy, intimate relationship, responsibility, implication, expectation, text message, console, digital media
Drugs, Alcohol and Smoking	Drug, medicine, dose, trusted adult, alcohol, tobacco, cannabis, smoking, solvents, prescription drugs, painkillers, consequences, disease, addicted, dependent, inject, emergency services, overdose, unconscious, unwell, addictive, health, protect, decision, legal, illegal, substance, advice, support, hallucinogenic, stimulant, depressant, painkiller, heroin, ketamine, ecstasy, cocaine, acid, solvent, diazepam, methadone, energy drink

LifeWise

Thank you So Much
For Listening

