

RSE & PSHE

Vocabulary progression

Standard

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Overview - Vocabulary progression

My healthy self					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
anger	active	health	balanced diet	cope	calories
body clues	exercise	mental health	fixed mindset	light (activity)	(tooth) decay
disgust	five-a-day	mind	growth mindset	moderate (activity)	dental hygiene
emotions	healthy	mood	hydrated/dehydrated	regulate	flossing
face clues	habits	negative (feelings)	hygiene	response	long-term
fear		physical health	mindset	vigorous (activity)	persistence
feelings		positive (feelings)	nutrients	wellbeing	setback
happiness		respect	resilience		short-term
relax		routine			
sadness		support			
surprise		trust team			
trust					
trusted adult					

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Connecting with others

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
fair / unfair friendly lonely polite safe share strengths trust trusted adult	belong bullying calm carer family	behaviour falling out friendship relationship respect self-respect	assertive compromise disrespect manners	civil partnership commitment conflict influence marriage	bystander discrimination empathy self-esteem stereotypes upstander

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The online world

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
online polite safe screen time trusted adult	permission personal information private information sharing	anonymous block communicate report respect respectful screenshot	content in/accurate mislead reliable search engine	advert influence scam targeted	Coming soon!

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Citizenship

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Coming soon!	Coming soon!	Coming soon!	Coming soon!	Coming soon!	Coming soon!

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Staying safe

Year 1	Year 2	Year 4	Year 6
999 body clues comfortable danger emergency harm road safety rule safe trusted adult uncomfortable unsafe	penis permission private parts testicles vagina vulva	alcohol boundaries cigarettes current hazard illegal inappropriate legal operator personal space pressure risk road crossing tide vapes	addictive air ambulance cautious coastguard consent criminal offence drugs emergency services emotional mountain rescue peer pressure physical public transport search-and-rescue substance threat violence

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Health protection

Year 1	Year 3
999 dentist doctor emergency first aid germs illness injury medicine prevent protect serious spread unwell urgent	allergy asthma defence disease immune infection pressure spf sunburn sunstroke symptom vaccine

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Further first aid (optional)

Year 6

Coming October 2026!

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Growing up

Year 2

change
grow
nipples
penis
private parts
scrotum
testicles
vagina
vulva

Year 4

boundaries
breasts
period
physical changes
puberty

Year 5

egg
erection
genitals
hormones
influence
menstrual cup
period pad
period pants
self-conscious
sensitive
tampon
wet dreams
womb/uterus

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Sex education (Optional)

Year 6

conception

consent

ovary

pregnant

sexual intercourse

sperm

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