RSE & PSHE

Vocabulary progression

Mixed-age

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Overview - Vocabulary progression

My healthy self

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

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

Connecting with others

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

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The online world

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

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Citizenship

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

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Staying safe

Year 1/2	Year 3/4	Year 5/6
999	alcohol	addictive
body clues	boundaries	air ambulance
comfortable	cigarettes	cautious
danger	current	coastguard
emergency	hazard	consent
harm	illegal	criminal offence
road safety	inappropriate	drugs
rule	legal	emergency services
safe	operator	emotional
trusted adult	personal space	mountain rescue
uncomfortable	pressure	peer pressure
unsafe	risk	physical
permission	road crossing	public transport
penis	tide	search-and-rescue
testicles	vapes	substance
vagina		threat
vulva		violence

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Health protect

Year 1/2	Year 3/4
999	allergy
dentist	asthma
doctor	defence
emergency	disease
first aid	immune
germs	infection
illness	pressure
injury	spf
medicine	sunburn
prevent	sunstroke
protect	symptom
serious	vaccine
spread	
unwell	
urgent	

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Further first aid (optional)

Year 6
Coming October 2026!

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Growing up

Year 1/2	Year 3/4	Year 5/6
change	boundaries	egg
grow	breasts	erection
nipples	period	genitals
penis	physical changes	hormones
private parts	puberty	influence
scrotum		menstrual cup
testicles		period pad
vagina		period pants
vulva		self-concious
		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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