



# Vocabulary Progression

Nursery – Year 6

Updated Summer 2025

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

**Me and My Relationships**

<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
Like	Special	Rules	Happy	Rules	Feelings	Collaborate	Collaboration
Feel	Practice	Safe	Safe	Safety	Physical effects	Negotiation	Teamwork
Choose	Effort	Responsibility	Caring	Responsibility	Sad	Compromise	Negotiation
Head	Same	Work together	Friendly	Care	Unhappy	Conflict	Compromise
Arms	Different	Listening	Rules	Loss	Devastated	Resolution	
Legs	Special	Feelings	Feelings	Feelings	Miserable	Insensitive	Balanced
Eyes	Favourite	Body Language	Showing feelings	Cooperate	Distressed	Sensitive	friendship
Ears	Same	Emotions	Help	Collaborate	Lonely		
Nose	Different	Support	Bullying	Friendship	Alone	unhealthy	Respectful
Mouth	Family	Behaviour	Teasing	Falling out	Ignored	relationship	Assertive
Teeth	Help	Hurt	Repeated	Making up	Isolated		Peer pressure
Hands	Special people	Help	Regular	Compromise	Abandoned	verbal abuse	Assertiveness
Fingers	Friends	Heal	Friendly	Conflict	Apologetic	physical abuse	Resolution
Feet	Help	Friendship	friendship	Point of view	Regretful	sexual abuse	Sensitive
Toes	Feelings	Making up		Dare	remorseful		Thoughtful
Knees	Happy			Persuade	rueful	uncomfortable	Response
Elbows	Sad			Continuum	repentant	touching	Marriage
Pants	Emojis			Opinions	aching		civil partnership
Vest	Kind			Respectful	sore	unsafe	forced marriage
Private	helpful			Courteous	excruciation	assertive	illegal
Penis				Challenging	agonising	passive	appropriate
Vulva				Strategies	painful	aggressive	inappropriate
Special				Calm	happy	emotions	illegal
Feel				Apologise	delighted		privacy settings
Look				Listen	ecstatic	emotional needs	identity theft
Friends				Making up	joyful		secure
Big					calm	non-verbal	
Small					untroubled	body language	
Colour					assured	tone of voice	
Jug					confident	face-to-face	

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

<p>Near Far Sad Love Adopt Special days Quiet Loud Help Special similar</p>					<p>peaceful scared frightened petrified terrified bothered positive healthy relationship respect responsibilities qualities excluded assertive aggressive negotiate friendly rude consequences face-to-face compromise respectful collaborate collaboration collaborative teamwork feelings physical effects facial expressions body language unkind tease</p>		
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Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

					bully pressure independent		
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Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

**Valuing Difference**

<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
Similar	Special	Same	Unique	Family	Negotiation	Friendship	Witness
Different	Likes	Different	Respect	Adoption	Compromise	Talking	Bystander
Friendship	Dislike	Difference	Special people	Fostering	Body space	Listening	Unique
Friend	Favourite	Respect	Feelings	Same-sex couple	Invade	Listening skills	Positive feedback
Family	Same	Kind	Behaviour	Blended family	Sharing	Respect	Confidence
Special	Different	Unkind	Calm	Community	Acquaintances	Excluded	Self-esteem
Similar	Kind	Unkindness	Aggressive	Belonging	Aggressive	Discrimination	Unique
Different	Unkind	Tease	Solve	Respect	Apologise	Prejudice	Diversity
Kind	Family	Teasing	Special people	Cooperation	Similarities	Metaphor	Biological sex
Sharing	Home	Bully	Help	Listening skills	Difference	Diverse	Sexual orientation
Helping	Kindness	Bullying	Feelings	Politeness	Respect	Multicultural society	Gender identity
Feelings	New friend friendship	Behaviour	Cooperate	Courtesy	stereotype	Sex	Gender expression
		Rules	Kind	Manners		Sexual orientation	Stereotype
		Safe	Kindness	Similarities		Gender identity	Point of view
		Fair	Unkind	Differences		Gender expression	Cultural norms
		Unfair	Feelings	Identity		Embarrassed	Respect
		Special people	Listening	Respect		Consequences	Disrespect
		Qualities	Being listened to	Name calling		reactions	Body language
		Feelings	Listen	Bullying			Empathy
		Family	problem	Prejudice			Unique
		Special people		Gender			Identity
				Disability			
				Race			
				Colour			
				sexuality			

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

							Prejudice Respect Diversity Tolerance Relationships Friend Acquaintance Stereotype  Gender stereotype Media influence assumption
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Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

**Keeping safe**

<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
Safe	Keep clean	Sleep	Sleep	Trust	Danger	Habit	Social media
Who can help?	Keep Safe	Rest	Medicines	Safe	Dangerous	Addiction	Parental consent
Grown up	Sleep	Grow	Safety	Unsafe	Risk	Pros cons	
Tell	Water	Tired	Safe	Danger	Risky	Weigh up risk	Trolling
Tummy feelings	Food	Feelings	Unsafe	Dangerous	Hazard	Bullying	
Unsafe	Fresh air	Worried	Feelings	Risk	Hazardous	Cyberbullying	Online safety
Safety signs	Cuddle	Nervous	Worried	Risky	Privacy	Dare	Sharing
Weather	Medicine	Scared	Feelings	Feelings	Privacy settings	Pressure	Privacy
Clothing	Chemist	Support	Getting help	Strategy	Security	Resist pressure	Personal
Playground	Doctor	Unsafe	Touch	Consequence	Dare	Assessing risk	information
Car-park	Grown up	Private	Uncomfortable	Risk	Assertive	Influence	Right to privacy
Pavement	Safe	Trust	Hurt	Safer	Medicine	Risk taking	
Paint	Unsafe	Privates	Surprise	Drugs	Drug	Personal information	Sharing online
Scissors	Detective	Penis	Secret	Cigarettes	Choices		information
Glue	Tummy feelings	Vagina	Safe	Nicotine	Social norm	Privacy settings	Illegal
Careful	Uncomfortable	Vulva	Unsafe	Alcohol	Persevere		consequences
Labels	Worried	Nipples	Tell	Risk	Influence	Drugs	Habit
Medicine	Tell	Buttocks		Browsing			Drugs
Cleaning products	Adult	Bottom		Phishing		Cigarettes	Emotional needs
Water	Trust	Testicle		Search engine		Alcohol	
Food	address	Consent		Fake news		Norms	Drug
Fresh air		Entertainment		Internet safety		Perception	
sleep		Donating		Private		Risk taking	Legal
		Risks		Public		assertive	Illegal
		Harmful		Profile			Medical
		Feelings					Non-medical
		Emotions		Personal information			Drug law
		Loss					Age restrictions
		Lost					Possess
		Medicine		Decisions			Supply

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

		Safe Harmful Responsibility		Risks Strategies Medicines Drugs Harmful Helpful instructions			Produce Penalties Alcohol  Short-term effects  Long-term effects  Risks Norms Physical needs Emotional needs  Independence Responsibility  Conflicting emotions
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Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

**Rights and Respect**

<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
Healthy snacks	Family	Behaviour	Responsibility	Volunteer	Being	Responsibility	Biased
Sugar	Look after	Consequences	Help	Wellbeing	responsible	Fact	Unbiased
Germs	Help each other	Special person	Share	Helper		Opinion	Fact
Wash hands	Be alone	Promise	Take turns	Responsible	Reliable	Biased	Opinion
Fruit		Environment	Listen	Safe	Trustworthy	Unbiased	Stereotype
Vegetables	Friends	Responsibility	Feelings	Healthy	Safe	Rights	Social media
	Look after	Needs	Control	Fact	Healthy	Duties	Profile
Similar	Help each other	Responsible	Erupt	Opinion	Rules	Voluntary group	Image
Different		Rules	Safe	Environment	Laws		Online safety
Helping	Working	Money	Unsafe	Waste	Rights	Community	Sharing
Family	together	Cost	Uniform	Income	Responsibility	group	Saving
Friends	Responsibility	Bills	Ask for help	Saving	United Nations		
Feelings	Helpful	Spending	Gamer	Spending	Democracy	Pressure (action)	Bank (building
	Caring	Afford	Personal	Earning	Influence	group	society) account
Classroom		Bank	information	Income	Opinion		
Care	Environment	Coin	Internet		Respectful	Costs	Junior ISA
Tidy	Litter	Note	risk		Courteous	Wages	Interest
Clean	Electricity	Worth	Environment		Anti-social	Salaries	Debit card cash
Look after	Pollution	Saving	Money		behaviour	Rent	Value
	recycling	Safe	Spending			Fair trade	Tax
		First aid	Saving		Witness	Borrow	
	Money	Risk			Environment	Loan	Income tax
	Shop	accident			Conservation	Credit	(PAYE)
	Buy	Danger			Income	Debit	
	Cost	Hazard			Expenditure	Interest	VAT
	Pay	Kettle			Essential	Public services	Public services
		Safe			Income tax	Council	Voluntary group
	Money	Burn				Vote	
	Save	Scald			National	Elections	Community
	Safe place	Emergency			insurance	councillors	group

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

					VAT Deductions Public services		Pressure (action) group  Mission statement  Values Beneficiary Campaign bid Pitch Grant  Environmentally sustainable  Composting Recycling Energy Material Waste Transport Shop local Food miles Fair Trade Reuse Democracy Election Manifesto Candidate Voting Policies Voting booth
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Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

								Ballot slip Ballot box Constituencies  House of Commons  MP Proposal Debate Amendments Penalties Enforcement Majority House of Lords Royal Assent
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Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

**Being my Best**

<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
Food	Bounce	Starchy	Practice	Balanced diet	Individual	Healthy choices	Wellbeing
Water	Back	Diary	Encourage	Proteins	Unique	Organs	Connect
Exercise	Encourage	Protein	Goal	Muscles	Choices	Body systems	Be active
Sleep	Try again	Fruit	Achieve	Diary	Balanced diet	Perseverance	
Energy		Vegetables	Challenge	Teeth	Wellbeing	Commitment	Take notice
	Try	Vitamins	Choose	Bones	Mental health	Resilience	(mindful)
Challenge		Portion	Choices		Refuse	Determination	
Encourage	Food	Healthy	Healthy	Starchy	Reduce	Patience	Keep learning
Keep trying	Energy	Meat	Unhealthy	carbohydrates	Re-use		Get creative
Get better at	Grow	Sugar	Hygiene		Rot	Interpersonal	Give
	Healthy	Cereal	Routine	Energy	Recycle	skills	Aspirations
Practice	Fruit	Salt	clean	Fruit and veg	Repair		Goal setting
Encourage	Vegetable	Germ	Vaccination	Healthy	Re-think	Community	Perseverance
Keep trying	Diary	Disease	Injection	Infection	Community		Health
Challenge		Hygiene	Disease	Cleanliness	First aid	School	Accurate
	Exercise	Spread	Germ	Hygiene	Injury	community	Reliable
	Sleep	Learning	Teeth	Rest	Minor		Sources
	Wash	Practice	dental	Sleep	Accident	Independence	Assessing risk
	Healthy	Make mistakes	Spread	Water	Emergency	Responsibility	Weigh up
	Energy	Confidence	Organ	Medicine	Blood		Dilemma
	Grow	Achievement	Heart	Drug	Nose bleed	Personal	Choices
		Praise	Lungs	Dose	Choking	qualities	Influence
	Muscles	Support	Intestines	Safety	Breathing		Red Cross
	Routine	Feedback	Brain	Instructions	Airway	celebrities	First aid
	Calm	Encourage	Stomach	Debate	Unresponsive		Emergency
	<b>sleep</b>	Feelings	Oxygen	Discussion	Casualty		999
		Behaviour	Digested	Continuum	Burn		Ambulance
		Consequences	Oxygen	Courteous	Scald		Operator
		Special person	Food	Respectful	Wound		Information
		promise	Water	justify	recovery		serious

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			Exercise Rest Brain Heart Lungs Stomach Small intestine Large intestine water	Goals Ambitions Improve Achieve Collaboration Teamwork Cooperation Goal setting Talents Skills intelligence			Adult Scenario Script Role Feelings Panic Calm Responsive unresponsive
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**Growing and Changing**

<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
change grow temperature hear smell see different remember warmer seasons	Seasons Spring Summer Autumn Winter Cycle Growing Life-cycles Egg Seed Baby	Energy Food Water Air Oxygen Exercise Sleep Healthy Change Growing Size	Help Support Supportive Change Loss Feelings Emotions frightened nervous Growing Food	Relationships Positive Healthy Trust Caring Personal space Body space Invade Uncomfortable Stop Respect	Learning line Practice Compromise Hormones Puberty Pubic hair Eggs Sperm Penis Testicles Breasts	Wellbeing Resilience Trust Unwanted attention Unwanted Touches Separation	Change Support Conversation Discuss Body image Self esteem Manipulation Media manipulation

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Weathe grow change bigger taller breastfeeding adoption special needs Private parts Penis Vulva Make a baby Different families Private parts everyone	Grow Change Old Young Baby Child Teenager Adult Old age Family Baby Love Care Tummy Womb Pregnancy Egg Sperm Adoption Surrogacy Donated sperm/eggs Same-sex parents One parent families Grow Messages (DNA/genes) Families of different beliefs IVF Private	Height Needs Help Caring Love Attentiom Unkind Unkindness Tease Teasing Bully Bullying Witness Experience Getting help Surprise Secret Uncomfortable Privates Private Penis Vulva Hygiene Help Change Sore Doctor Private activity Private places My body is mine (body autonomy)	Rest Sleep Care Learning Unique Special penis Testicles Vulva Nipples Genitals Penis Vulva Private Privacy Consent Permission First aid Risk Accident Danger Hazard Kettle Safe Burn Scald Accident Emergency	Touch Secret Surprise Feelings Angry Upset Jealous Worried Excited Scared Talk Egg Sperm Puberty Period Ovary Fallopian tube Uterus (womb) Lining Vagina Period  Menstruation pad  Tampon  Menstruation cup  Breasts Genitals Testicles	Ovaries Womb Vagina Vulva Clitoris Labia Menstrual cycle Periods Menstruation  Period / menstruation pad  Tampons  Menstruation cup  Wet dreams Testicles Sperm Secret Surprise  Uncomfortable feelings  Marriage Live together Civil partnership Forced marriage	Fostered Pubic hair Clitoris Vulva Vaginal opening Urinary opening Lips (labia) Penis Testicles Scrotum Foreskin Anus Wet dreams Erection Stretch marks Crush Puberty Genitalia Semen Menstruation Period Period pads Tampon  Sanitary protection  Menstruation cup  Embarrassed Reactions Consequences	Stereotype  Gender stereotype  Peer pressure Right to privacy Sharing online Online safety Puberty Physical changes  Emotional changes  Rights FGM In confidence  Break confidence  Confidential Eggs Ovaries Sperm Testicles Puberty Vagina Penis Orgasm Embryo Womb
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Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

	Parts Penis Vulva Testicles Vagina Privacy My body is mine			Womb Wet dream Penis		Hormones Compromise Respect Mood swings In confidence  Break confidence  Confidential Prejudice Biological sex  Sexual orientation  Gender identity  Gender expression  Verbal abuse Physical abuse	Sexual intercourse  Consensual Condom Surrogacy Adoption IVF Age of consent Miscarriage HIV Infection Immune system Virus Transmission Sharing needles Sexual contact Condom prejudice
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