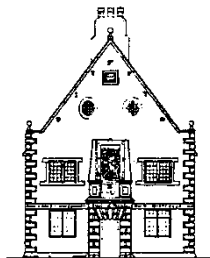


Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum



Vocabulary Progression

Nursery – Year 6

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

Me and My Relationships

| Nursery | Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|----------------|------------------|----------------|------------------|----------------|------------------|-----------------|-------------------|
| 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 | Feelings | Rules | Loss | Devastated | Resolution | |
| Legs | Favourite | Body Language | Feelings | Feelings | Miserable | Insensitive | Balanced |
| Eyes | Family | Emotions | Showing feelings | Cooperate | Distressed | Sensitive | friendship |
| Ears | Help | Support | Help | Collaborate | Lonely | | |
| Nose | Special people | Behaviour | Bullying | Friendship | Alone | unhealthy | Respectful |
| Mouth | Friends | Hurt | Teasing | Falling out | Ignored | relationship | Assertive |
| Teeth | Feelings | Help | Repeated | Making up | Isolated | | Peer pressure |
| Hands | Happy | Heal | Regular | Compromise | Abandoned | verbal abuse | Assertiveness |
| Fingers | Sad | Family | Friendly | Conflict | Apologetic | physical abuse | Resolution |
| Feet | Emojis | Special people | friendship | Point of view | Regretful | sexual abuse | Sensitive |
| Toes | Kind | Friendship | | Dare | remorseful | | Thoughtful |
| Knees | helpful | Making up | | Persuade | rueful | uncomfortable | Response |
| Elbows | | listening | | Continuum | repentant | touching | Marriage |
| Pants | | | | Opinions | aching | | civil partnership |
| Vest | | | | Respectful | sore | unsafe | forced marriage |
| Private | | | | 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 |
| | | | | | calm | non-verbal | |
| | | | | | untroubled | body language | |
| | | | | | assured | tone of voice | |
| | | | | | confident | face-to-face | |

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

| | | | | | | | |
|--|--|--|--|--|---|--|--|
| | | | | | 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 | | |
|--|--|--|--|--|---|--|--|

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

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | | | | | | Prejudice Respect Diversity Tolerance Relationships Friend Acquaintance Stereotype Gender stereotype Media influence assumption |
|--|--|--|--|--|--|--|--|

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

Keeping myself safe

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

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

| | | | | | | | |
|--|--|---|--|---|--|--|--|
| | | Harmful Responsibility Private Trust privates | | 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 |
|--|--|---|--|---|--|--|--|

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

Rights and Responsibilities

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

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 |
|--|--|--|--|--|--|--|--|--|

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

Being my Best

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

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

| | | | | | | | |
|--|--|--|--|---|--|--|--|
| | | | | Goals Ambitions Improve Achieve Collaboration Teamwork Cooperation Goal setting Talents Skills intelligence | | | Adult Scenario Script Role Feelings Panic Calm Responsive unresponsive |
|--|--|--|--|---|--|--|--|

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

Growing and Changing

| Nursery | Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|----------------|------------------|---------------|---------------|----------------|-----------------|-----------------|------------------|
| Family | Seasons | Organ | Help | Relationships | Learning line | Wellbeing | Change |
| Baby | Spring | Heart | Support | Positive | Practice | Resilience | Support |
| Love | Summer | Lungs | Supportive | Healthy | Compromise | Trust | Conversation |
| Care | Autumn | Intestines | Change | Trust | Hormones | | Discuss |
| grow | Winter | Brain | Loss | Caring | Puberty | Unwanted | Body image |
| | Cycle | Stomach | Feelings | Personal space | Pubic hair | attention | Self esteem |
| | Growing | Digested | Emotions | Body space | Eggs | | Manipulation |
| | Life-cycles | Oxygen | frightened | Invade | Sperm | Unwanted | |
| | Baby | Caring | nervous | Uncomfortable | Penis | Touches | Media |
| | Child | Love | Growing | Stop | Testicles | | manipulation |
| | Teenager | Attention | Food | Respect | Breasts | Separation | |
| | Adult | Change | Rest | Touch | Ovaries | Fostered | Stereotype |
| | Old age | Growing | Sleep | Secret | Womb | Pubic hair | |
| | Family | Unkind | Care | Surprise | Vagina | Clitoris | Gender |
| | Baby | Unkindness | Learning | Feelings | Vulva | Vulva | stereotype |
| | Love | Tease | Unique | Angry | Clitoris | Vaginal opening | |
| | Care | Teasing | Special | Upset | Labia | Urinary opening | Peer pressure |
| | Grow | Bully | penis | Jealous | Menstrual cycle | Lips (labia) | Right to privacy |
| | | Bullying | Testicles | Worried | Periods | Penis | Sharing online |
| | Private | Witness | Vulva | Excited | Menstruation | Testicles | Online safety |
| | Parts | Experience | Nipples | Scared | | Scrotum | Puberty |
| | | Getting help | Genitals | Talk | Period / | Foreskin | Physical changes |
| | Penis | Surprise | Penis | Egg | menstruation | Anus | |
| | vulva | Secret | Vulva | Sperm | pad | Wet dreams | Emotional |
| | | Uncomfortable | Private | Puberty | | Erection | changes |
| | | Privates | Privacy | Period | Tampons | Stretch marks | |
| | | Private | Consent | Ovary | | Crush | Rights |
| | | Penis | Permission | Fallopian tube | Menstruation | Puberty | FGM |
| | | Vulva | First aid | Uterus (womb) | cup | Genitalia | In confidence |
| | | Hygiene | Risk | Lining | | Semen | |

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

| | | | | | | | |
|--|--|--|---|---|--|--|--|
| | | | <p>Accident Danger Hazard Kettle Safe Burn Scald Accident Emergency</p> | <p>Vagina Period Menstruation pad Tampon Menstruation cup Breasts Genitals Testicles Womb Wet dream Penis</p> | <p>Wet dreams Testicles Sperm Secret Surprise Uncomfortable feelings Marriage Live together Civil partnership Forced marriage</p> | <p>Menstruation Period Period pads Tampon Sanitary protection Menstruation cup Embarrassed Reactions Consequences Hormones Compromise Respect Mood swings In confidence Break confidence Confidential Prejudice Biological sex Sexual orientation Gender identity</p> | <p>Break confidence Confidential Eggs Ovaries Sperm Testicles Puberty Vagina Penis Orgasm Embryo Womb Sexual intercourse Consensual Condom Surrogacy Adoption IVF Age of consent Miscarriage HIV Infection Immune system Virus Transmission Sharing needles Sexual contact Condom</p> |
|--|--|--|---|---|--|--|--|

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| | | | | | | | |
|--|--|--|--|--|--|---|-----------|
| | | | | | | Gender expression Verbal abuse Physical abuse | prejudice |
|--|--|--|--|--|--|---|-----------|