

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

**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 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 1/2	Year 3/4	Year 5/6

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 result	advert influence scam targeted More coming soon!
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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 body clues comfortable danger emergency harm road safety rule safe trusted adult uncomfortable unsafe permission penis 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 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 grow nipples penis private parts scrotum testicles vagina vulva	boundaries breasts period physical changes puberty	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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