

Omega MAT RSHE Vocabulary Progression KS1, KS2

	Relationships	Health and Wellbeing	Living in the Wider world
Year 1	<p>Differences: Special, unique, like, dislike, female, male, boy, girl, vagina, penis, private, underwear, good touch, bad touch, same, different, strengths, weaknesses</p> <p>Family & Friends: Family, trust, friends, relationships, unhappy, safe, worried, unsafe</p>	<p>Health: Wash, clean, brush teeth, get dressed, good hygiene, doctors, medicine, germs, healthy, unhealthy, hand wash, soap</p> <p>Safety: Help, emergency, 999, police, ambulance, fire, worried, stranger danger, accident, hurt,</p>	<p>Money: Job, money, saving, bank, credit card/debit card, coins, notes, luxury items, essential items, spending,</p> <p>Responsibilities: Kind, unkind, polite, rude, share, responsibilities, pets, care, environment, local. Litter, pollution, baby, toddler, child, teenager, adult, senior citizen, Mum, Dad, Grandma, Grandad</p>
Year 2	<p>Bullying: Name calling, bullying, teasing, good touching, bad touching, penis, vagina, unsafe, uncomfortable, permission, deliberate, respect, polite, manners, rude, share, mean, upset, lonely,</p> <p>Friendship: Friends, friendship, lonely, argument, unhappy, happy, apologising, sorry, agree, disagree, falling out,</p>	<p>Safety: Think, Look, Listen, Road safety, safe to cross, fire, medicine, worried, pressured, online, internet, trusted adult, rules, unsafe, uncomfortable, trustworthy</p> <p>Staying Healthy: Healthy, active, sleep, rest, sugar, dental, screen time, balance, sun-safety, sun lotion, hats, sunglasses</p> <p>Feelings: Big feelings, small feelings, emotions, death, mourning, happy, sad, frustrated, angry, excited, silly, overjoyed, annoyed,</p>	<p>Jobs: career, money, salary, police, fireman, doctor, nurse, teacher, internet, digital, computers, technology, strengths, weaknesses, need, want</p>
Year 3	<p>Friendship: friend, special, close, caring, valuable, different, qualities, important, mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests, apologising,</p> <p>Family: hug, kiss, family, fostering, adoption, relationship, marriage, civil</p>	<p>Safety: Hazard, injury, risk, scratch, graze, bruise, emergency, ambulance, fire, police, emergency services, first aid</p> <p>Vagina, penis</p> <p>Staying Healthy: Influences, good habits, bad habits, physical health, sugar, smoking, obesity, dental hygiene, brushing teeth,</p>	<p>Diversity: faith, religion, clubs, community, values, beliefs, similarities, differences, culture, gender, respect, stereotypes</p>

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	ceremony, stereotypes, gender roles, boyfriend, girlfriend, husband wife, diversity	plaque, diet, nutrition, Active Lifestyles: Sleep, lethargic, blurred vision, headaches, physical activity, health bodies, active, feelings, emotions, obesity	
Year 4	Friendships; relationships; becoming independent; online safety, discrimination and harassment, challenge, identify, recognise, safe, unsafe, cultivate, career	Self-esteem, self-worth; personal qualities; goal setting; managing set# Feelings and emotions; expression of feelings; behaviour, grief, bereavement, loss, change, death Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes, discrimination,	Caring, environment; , people, animals; shared responsibilities, choices, decisions
Year 5	Respect: courteous behaviour; safety; human rights, abuse, politely, relationship, prejudice, witnessed, experienced, emotions, support, discrimination, female genital mutation	Physical, emotional, changes, growing, puberty, hygiene, contraception, vagina, penis, wet dreams, menstrual cycle, period, vulva, testicles, semen, erections.	Money; making decisions; spending and saving, budget, choices, use, expenditure, budget Basic first aid, accidents, dealing with emergencies, injury, bruise, scald, burn, choke, asthma, allergy, techniques, services, ambulance, police, fire, 999 Drugs, alcohol and tobacco; healthy habits, lifestyle, organisations. Exercise, diet, sleep, hygiene, medicines, legal, illegal, support. Careers; aspirations; role models; the future, qualifications, stereotype, attributes, skills, training.
Year 6	Different relationships, intimate, romantic, gender, ethnicity, faith,	Looking after ourselves; growing up; becoming independent; taking more	Media literacy and digital resilience; influences and decision-making; online

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	marriage, civil partnership, changing and growing, adulthood, independence, moving to secondary school, transition, reproductive, conceive, pregnancy, reproductive organs, friendship, changes, evolve, tolerance, diversity.	responsibility, FGM, Mental, physical, anxiety, worried, stressed, healthy, lifestyle, physical, drugs, legal, illegal, experience, resolve, issue, testicles, womb, egg, sperm	safety, establish, online, distribution, images, misinformation, gambling, device, advertisements.
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