

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

999
dentist
doctor
emergency
first aid
germs
illness
injury
medicine
prevent
protect
serious
spread
unwell
urgent

Year 3/4

allergy
asthma
defence
disease
immune
infection
pressure
spf
sunburn
sunstroke
symptom
vaccine

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Further first aid (optional)

Year 6

Coming October 2026!

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Growing up

Year 1/2

change
grow
nipples
penis
private parts
scrotum
testicles
vagina
vulva

Year 3/4

boundaries
breasts
period
physical changes
puberty

Year 5/6

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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