



# RSE and PSHE

## Progression of Vocabulary

*EYFS - Year 6*



# Progression of Vocabulary Document



EYFS	
Self Regulation: My feelings	emotions, feelings, happy, sad, angry, calm, scared, loved, happy, cheerful, positive, delighted, smiley, sad, unhappy, upset, gloomy, miserable, angry, cross, annoyed, frustrated, furious, loving, caring, supportive, affectionate, friendly, calm, peaceful, quiet, still, relaxed, scared, nervous, anxious, worried, unsure, worried, excited, surprised, tired, proud, shy, bored, sorry
Building relationships: Special relationships	family, love, friend, share, unique, interests/hobbies, similar, different, diversity, valuable, special, different, sharing, take turns, timer, passion, like, dislike, enjoy, special, individual, same
Taking on challenges	rule, persistence, challenge, problem solving, mistake, cope, teamwork, grounding technique, trial and error, collaboration, communication, difficulty, worried, anxious, panicked, frustrated, upset, calm, relaxed, happy, try, stronger, reason, right, wrong, safe, confident, comfortable, fair, equal, enjoyable, calm, orderly
Listening and following instructions	listening, persevere, team, explain, instructions, odd, different, clue, friends, truth, feelings, honest
My family and friends	festival, celebration, turn-taking, support, special event, religion, culture, beliefs, tradition, kind, polite, fun, gentle, good listener, trust, helps, snatch, rough, unkind, compliment, loved, appreciated, collaborate, work together, encourage, party, relationship
Managing self; My wellbeing	exercise, breathing, heart-rate, health, relaxation, independence, pedestrian, movement, healthy, heart, lungs, brain, nones, muscle, yoga, meditate, pose, care, wellbeing, routine, balance, diet, energy, superfood, hazard, crossing, sensible

Year 1/2 Cycle A	
Families and relationships	behaviour, care, emotions, family, feelings, friend, friendly, problem, stereotype, permission
Health and wellbeing	allergy, emotions, feelings, germs, ill, poorly, qualities, relax
Safety and the changing body	accident, drug, emergency, hazards, medicine, physical contact, polite, respect, role, trust
Citizenship	care, democracy, different, fair, pet, responsibility, rule, similar, unique, vote
Economic wellbeing	bank, building society, cash, earn, save skill, spend, value
Year 1/2 Cycle B	
Families and relationships	friendship, love, manners
Health and wellbeing	diet, exercise, goal, growth mindset, healthy, physical activity, relaxation, skill, strengths
Safety and the changing body	medicine, pedestrian, private, secret, surprise, penis, testicles/testes, vulva, vagina
Citizenship	election, environment, identity, job, opinion, rule, school council volunteer, vote
Economic wellbeing	coins, need, notes, priority, want



# Progression of Vocabulary Document



Year 3/4 Cycle A	
Families and relationships	bullying, communicate, empathy, open questions, similar, solve, sympathy, trust
Health and wellbeing	alone, balance, barriers, belonging, identity, lonely, resilience, boundaries
Safety and the changing body	allergic, anaphylaxis, bullying, casualty, choice, cyberbullying, decision, distraction, fake, influence, injuries
Citizenship	charity, community, consequence, council, councillor, law, recycling, rights, united nations (un)
Economic wellbeing	account, budget, career, feeling, stereotype
Year 3/4 Cycle B	
Families and relationships	act of kindness, authority, bereavement, boundaries, bystander, permission
Health and wellbeing	fluoride, mental health, negative emotions, positive emotions, visualise
Safety and the changing body	age restriction, asthma, law, protect, puberty, public, tobacco, breasts, genitals
Citizenship	authority, cabinet, council officer, diversity, human rights, local government, protect, reuse
Economic wellbeing	bank account, bank statement, influence, satisfaction, value for money

Year 5/6 Cycle A	
Families and relationships	attributes, cyberbullying, marriage, secret, wedding
Health and wellbeing	fail, protect, responsibility, steps, assertive, aggressive, passive
Safety and the changing body	attraction, decision, consent, influence, menstruation/period, bladder, cervix, clitoris, egg or ova, ejaculation, erection, fallopian tube, labia, nipples, ovary/ovaries, pubic hair, scrotum, sperm duct, urethra, uterus, vaginal opening, voice breaking, wet dreams, womb
Citizenship	defendant, freedom of expression, government, house of commons, protected characteristics, judge, jury, member of parliament (mp), parliament, pressure group, prime minister, trial
Economic wellbeing	allocate, expenditure, income, loan, repayment
Year 5/6 Cycle B	
Families and relationships	authority, conflict, earn, expectation, grief, grieving, resolve, respect
Health and wellbeing	antibodies, habit, vaccination
Safety and the changing body	alcohol, internet trolling, pregnant, <b>sex education:</b> conception, fertilisation, sexual intercourse, sperm
Citizenship	authority, conflict, earn, expectation, grief, grieving, resolve, respect, harassment
Economic wellbeing	earnings, gambling, roles and responsibilities, university, valuables