



PSHE/ RSE Vocabulary Progression

EYFS

EYFS		
Self- Regulation: My Feelings	Building Relationships: Special Relationships	Taking on Challenges
<p>Emotions, feelings</p> <p>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</p>	<p>Family, love, friend, share, unique, interests/hobbies, similar, different, diversity</p> <p>Valuable, special, different, sharing, take turns, timer, passion, like, dislike, enjoy, special, individual, same</p>	<p>Rule, persistence, challenge, problem solving, mistake, cope, teamwork, grounding technique, trial and error</p> <p>Collaboration, communication, difficulty, worried, anxious, panicked, frustrated, upset, calm, relaxed, happy, try, stronger, reason, right, wrong, safe, confident, comfortable, fair, equal, enjoyable, calm, orderly</p>
Listening and following instructions	My Family and Friends	Managing self: My wellbeing
<p>Listening, persevere, team</p> <p>Explain, instructions, odd, different, clue, friends, truth, feelings, honest</p>	<p>Festival, celebration, turn-taking, support</p> <p>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</p>	<p>Exercise, breathing, heart-rate, health, relaxation, independence, pedestrian</p> <p>Movement, healthy, heart, lungs, brain, bones, muscle, yoga, meditate, pose, care, wellbeing, routine, balanced, diet, energy, superfood, hazard, crossing, sensible, aware</p>

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Families and relationships		
Year 1	Year 2	Year 3
Behaviour, care, emotions, family, feelings, friend, friendly, problem, stereotype, permission	As previous year, plus: Friendship, love, manners	As previous years, plus: Bullying, communicate, empathy, open questions, similar, solve, sympathy, trust
Year 4	Year 5	Year 6
As previous years, plus: Act of kindness, authority, bereavement, boundaries, bystander, permission	As previous years, plus: Attributes, cyberbullying, marriage, secret, wedding	As previous years, plus: Authority, conflict, earn, expectation, grief, grieving, resolve, respect

Health and Wellbeing		
Year 1	Year 2	Year 3
Allergy, emotions, feelings, germs, ill (poorly), qualities, relax	As previous year, plus: Diet, exercise, goal, growth mindset, healthy, physical activity, relaxation, skill, strengths	As previous years, plus: Alone, balance, barriers, belonging, identity, lonely, resilience, boundaries
Year 4	Year 5	Year 6
As previous years, plus: Fluoride, mental health, negative emotions, visualise	As previous years, plus: Fail, protect, responsibility, steps, assertive, aggressive, passive	As previous years, plus: Antibodies, habit, vaccination

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Safety and the Changing Body		
Year 1	Year 2	Year 3
Accident, drug, emergency, hazards, medicine, physical contact, polite, respect, role, trust	Medicine, pedestrian, private, secret, surprise, penis, testicles / testes, vulva, vagina	Allergic, anaphylaxis, bullying, casualty, choice, cyberbullying, decision, distraction, fake, influence, injuries
Year 4	Year 5	Year 6
As previous years, plus: Age restriction, asthma, law, protect, puberty, public, tobacco, breasts, genitals	As previous years, plus: Attraction, decision, consent, influence, menstruation/period, bladder, cervix, clitoris, egg or ova, ejaculation, erection, fallopian tube, labia, nipples, ovary / ovaries, public hair, scrotum, sperm duct, urethra, uterus, vaginal opening, voice breaking, wet dreams, womb	As previous years, plus: Alcohol, internet trolling, pregnant, conception, fertilisation, sexual intercourse, sperm

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Citizenship		
Year 1	Year 2	Year 3
Care, democracy, different, fair, pet, responsibility, rule, similar, unique, vote	As previous year, plus: Election, environment, identity, job, opinion, rule, school council, volunteer, vote	As previous year, plus: Charity, community, consequence, council, councillor, law, recycling, rights, United Nations (UN)
Year 4	Year 5	Year 6
As previous years, plus: Authority, cabinet, council officer, diversity, human rights, local government, protect, reuse	As previous years, plus: Defendant, freedom or expression, government, House of Commons, protected characteristics, judge, jury, Member of Parliament (MP), parliament, pressure group, Prime Minister, trial	As previous years, plus: Conflict, earn, expectation, grief, grieving, resolve, respect, harassment

Economic Wellbeing		
Year 1	Year 2	Year 3
Banks and building societies, cash, earn, save, skill, spend, value	As previous year, plus: Coins, need, notes, priority, want	As previous year, plus: Budget, expense, feeling, qualification, stereotype
Year 4	Year 5	Year 6
Bank balance, bank statement, career, debit card	As previous years, plus: Discrimination, expenditure, income, interest, repayment	As previous years, plus: Gambling, PIN

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