

PSHE and RSE Education – Vocabulary Progression



In Year One, children will learn ...

How families are all different but share common features.
 As individuals they are similar or different to others and what they have in common.
 The names of their body part and that parts of bodies covered with underwear are private.
 How to keep themselves healthy and who helps them to stay healthy.
 How people make choices about what to do with money, including spending and saving.
 How kind and unkind behaviour can affect others.
 How to play and work co-operatively.

Key Vocabulary for Year One

Science *	Relationship Education	Health Education
Private parts Vagina penis	Gender Caring Love friendship Happy / unhappy Secure Making friends Good friends Respect Truthful Trustworthy Loyal Kind Generous Sharing Helping Lonely Falling out Arguments Differences Unique Polite Good manners Online Pretending Teasing Bullying Safe/Unsafe Worried Permission Right / wrong behaviour Family Divorced Foster parent Grandparents Married/not married partner	Physical health Healthy / unhealthy Fitness Active / inactive Exercise Healthy diet Sugar Fat Protein Vitamins Germs Personal hygiene - washing Virus Drugs / tobacco / alcohol sunscreen sun damage shade protection Mental health Emotions / feelings Anger Happiness Sadness Fear Surprise Nervous Excited

PSHE and RSE Education – Vocabulary Progression



In Year Two, children will learn ...

How people behave when they are being friendly and what makes a good friend.
 How to report bullying or other hurtful behaviour.
 How to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets.
 That different things help their bodies to be healthy.
 To recognise their own feelings and how different experiences can affect how they feel.
 Talk about the process of growing from young to old.
 Talk about what we can do now and how this will change as we grow up and then older.
 Learning and using the correct terminology for all parts of the body.
 Discuss our families, who is in them and how we try to all get along.

Key Vocabulary for Year Two

Science *	Relationship Education	Health Education
Body parts – penis Vagina testicles, Mammal Baby Toddler Teenager Adult	Friendship/ friends love Shy Advice Smile Talk Persistence Similarities/ differences Loneliness Feelings Ignore Effort Share Professional Kindness Consideration Listen Argument Conflict Emotions Calm Resolve Compromise Empathy Apologies Choices Negative Positive Exclude Unacceptable Rude Bully Body language Consequence Report Self -esteem	Safe/unsafe private parts Permission Uncomfortable Worried No Stop Hygiene Exercise Healthy Physical

PSHE and RSE Education – Vocabulary Progression



In Year Three, children will learn ...

How to build good friendships, including identifying qualities that contribute to positive friendships.
 How to recognise hazards that may cause harm or injury.
 That their body belongs to them and should not be hurt or touched without their permission.
 How families differ from each other.
 How to eat a healthy diet and the benefits of nutritionally rich foods.
 How we need to change as we grow older and how our tastes/friendships etc can change.
 Recap on the biological terms for the main body parts (from Year 2).
 Discuss about how we are all different and how we can support one another.
 Discuss how baby animals are born and how their mothers nurture them into growing into healthy adults.
 How will this influence family members e.g.: tired parents.
 All living things: grow and change whilst recognising we are all special.

Key Vocabulary for Year Three

Science *	Relationship Education	Health Education
Bladder	Friendship/ friends	Hygiene
Healthy	love	Cleanliness
Diet	Shy	Maturity
Nutrition	Advice	Puberty
Balanced	Smile	Penis
Dental	Talk	Vagina
Hygiene	Persistence	Breasts
Sugar	Similarities/ differences	Testicles
Obesity	Loneliness	Foreskin
Activity	Feelings	Circumcision
Exercise	Ignore	Body odour
Wellbeing	Effort	Safe
Sleep	Share	Permission
Mood	Professional	Uncomfortable
Bones	Kindness	routine
Skeleton	Consideration	Accident
Joints	Listen	Washing
Muscle	Argument	Hazards
Vertebrate	Conflict	Medicine/drugs
Invertebrate	Emotions	Alcohol
animal	Calm	Allergies
human	Resolve	
vitamins	Compromise	
bodies	Empathy	
Lifecycle	Apologies	
Reproduce	Empathy	
Alive	Choices	
Babies	Negative	
Old Age	Positive	
Mammal	Exclude	
	Unacceptable	
	Rude	
	Bully	
	Body language	
	Consequence	
	Report	

PSHE and RSE Education – Vocabulary Progression



In Year 4, children will learn ...

To develop self-worth by identifying positive things about themselves and their achievements.
 That everyone should feel included, respected, and not discriminated against.
 How they will grow and change.
 How they can manage their feelings.
 Discuss changes in our feelings and emotions due to puberty.
 Discuss that everyone can feel the same during this emotional change.
 Talk about the process of human birth and what happens. (video to be watched).
 Discuss different relationships that we may have now and in future but maybe have not experienced.
 Acknowledge what is meant by stereotypes and learn to challenge those.
 Discuss that everyone lives different lives and that is acceptable in society.
 How are babies born?
 Consider the need of babies before and after birth.

Key Vocabulary for Year Four

Science *	Relationship Education	Health Education
Bladder	Friendship/ friends	Hygiene
Healthy	love	Cleanliness
Diet	Shy	Maturity
Nutrition	Advice	Puberty
Balanced	Smile	Penis
Dental	Talk	Vagina
Hygiene	Persistence	Breasts
Sugar	Similarities/ differences	Testicles
Obesity	Loneliness	Foreskin
Activity	Feelings	Circumcision
Exercise	Ignore	Body odour
Wellbeing	Effort	Safe
Sleep	Share	Permission
Mood	Professional	Uncomfortable
Bones	Kindness	routine
Skeleton	Consideration	Accident
Joints	Listen	Washing
Muscle	Argument	Hazards
Vertebrate	Conflict	Medicine/drugs
Invertebrate	Emotions	Alcohol
animal	Calm	Allergies
human	Resolve	
vitamins	Compromise	
bodies	Empathy	
Lifecycle	Apologies	
Reproduce	Empathy	
Alive	Choices	
Babies	Negative	
Old Age	Positive	
Mammal	Exclude	
	Unacceptable	
	Rude	
	Bully	
	Body language	

PSHE and RSE Education – Vocabulary Progression



In Year Five, children will learn...

To recognise and respect similarities and differences between people.
 How to challenge stereotypes.
 How to help in an accident or emergency.
 How to communicate safely face to face and online.
 How babies are made discussing sexual intercourse including different sexual relationships.
 Getting ready for adulthood.
 How to have safe sex and the need for contraceptives to avoid unplanned pregnancy and STDs.
 Different relationships: friendships parent/child, family, and adult relationships.
 Discuss how sex is presented in the media and sexual stereotyping.

Girls talk:

Consider physical and emotional changes through puberty.
 Address worries and concerns of young women.

Boys talk:

Consider physical and emotional changes through puberty.
 Address worries and concerns of young men.

Key Vocabulary for Year Five

Science *	Relationship Education	Health Education	Sex Education
Life cycle	Disability	Mental health	Love
Sperm	Vision/ Hearing impaired	Equality	Consent
Eggs	Learning disability	Race	Respect
Scrotum	Physical disability	Heritage	trust
Nipple	Rights	Dual heritage	Mutual
Pubic hair	Consent	Ethnicity	Cuddle
Develop	Identity	Religion	Kiss
Facial hair	Fraud	Belief	Intercourse
Body odour	Phishing	Culture Freedom	sex
Voice breaking	Trolling	Boundaries	Conceive
Period	Harassment	Sexual abuse	Conception
Menstruation	Self-respect	Emotional abuse	Erection
Menstrual cycle	Personal information	Neglect	
Blood	Anonymity	Physical abuse	
Tampon	bullying	Discriminate	
Sanitary towel	Permission	Prejudice	
Hygiene	Unsafe		
Cleanliness	Online abuse		
Hormones	Inappropriate		
Maturity	Sexting		
Penis	Cyber bullying		
Vagina	Legal/Illegal		
Breasts	Personal boundaries		
Womb	Safe relationships		
Uterus	Acceptable contact		
Testicles	Stereotype		
Testis	Sexual orientation		
Foreskin	Gender		
Ovaries	Society		
Fallopian tubes	Community		
Bladder	Difference		
Urethra	Husband		
	Wife		

PSHE and RSE Education – Vocabulary Progression



	Single parent families Lesbian Gay Bisexual Homosexual heterosexual Transgender Families headed by grandparents Foster parents/Carers Partner Same sex relationships Opposite sex relationships Marriage Civil partnership		
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PSHE and RSE Education – Vocabulary Progression



In Year Six, children will learn...

How to keep healthy as they grow.
 How friendships change and grow.
 What will change as they become more independent.
 How babies are made.
 Coping with changes which occur during puberty both physically and emotionally, where to seek advice.
 Positive examples of sexual relationships.
 Importance of valuing ourselves to avoid negative sexual relationships.
 Recognise good and bad consequences in our actions.
 Recognise that changing emotions are a normal aspect of puberty.

Key Vocabulary for Year Six

Science *	Relationship Education	Health Education	Sex Education
Life cycle	Disability	Sperm	Love
Sperm	Vision/ Hearing impaired	Eggs	Consent
Eggs	Learning disability	Scrotum	Respect
Scrotum	Physical disability	Clitoris	trust
Nipple	Rights	Nipple	Mutual
Pubic hair	Consent	Intimate contact	Cuddle
Develop	Identity	Pubic hair	Kiss
Facial hair	Fraud	Develop	Life cycle
Body odour	Phishing	Facial hair	Intercourse
Voice breaking	Trolling	Body odour	Sex
Period	Harassment	Voice breaking	erection
Menstruation	Self-respect	Period	Conceive
Menstrual cycle	Personal information	Menstruation	conception
Blood	Anonymity	Menstrual cycle	
Tampon	bullying	Blood	
Sanitary towel	Permission	Tampon	
Hygiene	Unsafe	Sanitary towel	
Cleanliness	Online abuse	Hygiene	
Hormones	Inappropriate	Cleanliness	
Maturity	Sexting	Hormones	
Penis	Cyber bullying	Maturity	
Vagina	Legal/Illegal	Penis	
Breasts	Personal boundaries	Vagina	
Womb	Safe relationships	Breasts	
Uterus	Acceptable contact	Womb	
Testicles	Stereotype	Uterus	
Testis	Sexual orientation	Testicles	
Foreskin	Gender	Testis	
Ovaries	Society	Foreskin	
Fallopian tubes	Community	Vulva	
Bladder	Difference	Ovaries	
Urethra	Husband	Fallopian tubes	
	Wife	Bladder	
	Single parent families	Urethra	
	Lesbian	Mental health	
	Gay	Boundaries	
		Sexual abuse	

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	Bisexual Homosexual heterosexual Transgender Families headed by grandparents Foster parents/Carers Partner Same sex relationships Opposite sex relationships Marriage Civil partnership	Emotional abuse Neglect Physical abuse	
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