RSE & PSHE

Vocabulary progression

Standard

This version was updated on 06/11/2026, 11:25

Copyright: While we encourage you to share this document within your school community, please ensure that it is only uploaded to your school website if it is password protected.

Overview - Vocabulary progression

My healthy self					
Year 1	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 6**
anger	active	health	balanced diet	cope	calories
body clues	exercise	mental health	fixed mindset	light (activity)	(tooth) decay
disgust	five-a-day	mind	growth mindset	moderate (activity)	dental hygiene
emotions	healthy	mood	hydrated/dehydrated	regulate	flossing
face clues	habits	negative (feelings)	hygiene	response	long-term
fear		physical health	mindset	vigorous (activity)	persistence
feelings		positive (feelings)	nutrients	wellbeing	setback
happiness		respect	resilience		short-term
relax		routine			
sadness		support			
surprise		trust team			
trust					
trusted adult					

**Words on this page are classified as Tier 2 words unless stated otherwise.*

© Kapow Primary 2026

Overview - Vocabulary progression

Connecting with others					
Year 1	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 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

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

The online world					
Year 1	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 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 engine	advert influence fact opinion scam targeted adverts mislead sponsored	gambling online bullying realistic upstander harmful online reputation v

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Citizenship				
Year 1	**Year 2**	**Year 3/4**	**Year 5**	**Year 6**
Coming soon!	Coming soon!	budget business environment human rights local council responsibilities respect career job training gender satisfaction bank value	Coming soon!	Coming soon!

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Staying safe			
Year 1	**Year 2**	**Year 4**	**Year 6**
999	penis	alcohol	addictive
body clues	permission	boundaries	air ambulance
comfortable	private parts	cigarettes	cautious
danger	testicles	current	coastguard
emergency	vagina	hazard	consent
harm	vulva	illegal	criminal offence
road safety		inappropriate	drugs
rule		legal	emergency services
safe		operator	emotional
trusted adult		personal space	mountain rescue
uncomfortable		pressure	peer pressure
unsafe		risk	physical
		road crossing	public transport
		tide	search-and-rescue
		vapes	substance
			threat
			violence

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Health protection	
Year 1	**Year 3**
999	allergy
dentist	asthma
doctor	defence
emergency	disease
first aid	immune
germs	infection
illness	pressure
injury	spf
medicine	sunburn
prevent	sunstroke
protect	symptom
serious	vaccine
spread	
unwell	
urgent	

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Further first aid (optional)
Year 6
Coming October 2026!

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Growing up		
Year 2	**Year 4**	**Year 5**
change	boundaries	egg
grow	breasts	erection
nipples	period	genitals
penis	physical changes	hormones
private parts	puberty	influence
scrotum		menstrual cup
testicles		period pad
vagina		period pants
vulva		self-conscious
		sensitive
		tampon
		wet dreams
		womb/uterus

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Sex education (Optional)
Year 6
conception
consent
ovary
pregnant
sexual intercourse
sperm

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

My healthy self					
Year 1	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 6**
anger	active	health	balanced diet	cope	calories
body clues	exercise	mental health	fixed mindset	light (activity)	(tooth) decay
disgust	five-a-day	mind	growth mindset	moderate (activity)	dental hygiene
emotions	healthy	mood	hydrated/dehydrated	regulate	flossing
face clues	habits	negative (feelings)	hygiene	response	long-term
fear		physical health	mindset	vigorous (activity)	persistence
feelings		positive (feelings)	nutrients	wellbeing	setback
happiness		respect	resilience		short-term
relax		routine			
sadness		support			
surprise		trust team			
trust					
trusted adult					

*Words on this page are classified as Tier 2 words unless stated otherwise.

Overview - Vocabulary progression

Connecting with others					
Year 1	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 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

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

The online world					
Year 1	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 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 engine	advert influence fact opinion scam targeted adverts mislead sponsored	gambling online bullying realistic upstander harmful online reputation v

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Citizenship				
Year 1	**Year 2**	**Year 3/4**	**Year 5**	**Year 6**
Coming soon!	Coming soon!	budget business environment human rights local council responsibilities respect career job training gender satisfaction bank value	Coming soon!	Coming soon!

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Staying safe			
Year 1	**Year 2**	**Year 4**	**Year 6**
999	penis	alcohol	addictive
body clues	permission	boundaries	air ambulance
comfortable	private parts	cigarettes	cautious
danger	testicles	current	coastguard
emergency	vagina	hazard	consent
harm	vulva	illegal	criminal offence
road safety		inappropriate	drugs
rule		legal	emergency services
safe		operator	emotional
trusted adult		personal space	mountain rescue
uncomfortable		pressure	peer pressure
unsafe		risk	physical
		road crossing	public transport
		tide	search-and-rescue
		vapes	substance
			threat
			violence

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Health protection	
Year 1	**Year 3**
999	allergy
dentist	asthma
doctor	defence
emergency	disease
first aid	immune
germs	infection
illness	pressure
injury	spf
medicine	sunburn
prevent	sunstroke
protect	symptom
serious	vaccine
spread	
unwell	
urgent	

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Further first aid (optional)
Year 6
Coming October 2026!

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Growing up		
Year 2	**Year 4**	**Year 5**
change	boundaries	egg
grow	breasts	erection
nipples	period	genitals
penis	physical changes	hormones
private parts	puberty	influence
scrotum		menstrual cup
testicles		period pad
vagina		period pants
vulva		self-conscious
		sensitive
		tampon
		wet dreams
		womb/uterus

**Words on this page are classified as Tier 2 words unless stated otherwise.*

Overview - Vocabulary progression

Sex education (Optional)
Year 6
conception
consent
ovary
pregnant
sexual intercourse
sperm

**Words on this page are classified as Tier 2 words unless stated otherwise.*