

Learning for Life Vocabulary Progression Encompassing PSHE and RSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p><u>Self regulation</u></p> <ul style="list-style-type: none"> ● Emotions <p><u>The range of feelings that someone can have, such as happiness or anger.</u></p> <ul style="list-style-type: none"> ● Feelings <p><u>Emotions that a person can have.</u></p> <ul style="list-style-type: none"> ● 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 	<p><u>Building relationships</u></p> <ul style="list-style-type: none"> ● Family <p>A unit of people joined together.</p> <ul style="list-style-type: none"> ● Love <p>Feelings of affection and care.</p> <ul style="list-style-type: none"> ● Friend <p>Someone you like and enjoy spending time with.</p> <ul style="list-style-type: none"> ● Share <p>To have or use something at the same time as someone else.</p> <ul style="list-style-type: none"> ● Unique <p>Something original and unlike anything else.</p> <ul style="list-style-type: none"> ● Interests/Hobbies <p>Activities or subjects you enjoy or want to know more about.</p> <ul style="list-style-type: none"> ● Similar <p>Something that is nearly the same as another thing.</p> <ul style="list-style-type: none"> ● Different <p>Something that is not the same as something else.</p> <ul style="list-style-type: none"> ● Diversity <p>Recognising and valuing difference.</p> <ul style="list-style-type: none"> ● valuable ● special ● different ● sharing ● take turns ● timer ● passion ● like ● dislike ● enjoy ● special ● individual ● same 	<p><u>Taking on challenges</u></p> <ul style="list-style-type: none"> ● Rule <p>Something that tells us what is allowed or not allowed.</p> <ul style="list-style-type: none"> ● Persistence <p>Keeping on going, even though things might be difficult.</p> <ul style="list-style-type: none"> ● Challenge <p>Something that is difficult and tests your ability or determination.</p> <ul style="list-style-type: none"> ● Problem solving <p>The process of finding solutions to problems.</p> <ul style="list-style-type: none"> ● Mistake <p>Doing something incorrectly.</p> <ul style="list-style-type: none"> ● Cope <p>Deal successfully with a difficult situation.</p> <ul style="list-style-type: none"> ● Teamwork <p>Working well together as a group.</p> <ul style="list-style-type: none"> ● Grounding technique <p>A strategy you can use to calm yourself when you feel frustrated or unable to cope.</p> <ul style="list-style-type: none"> ● Trial and error <p>A way of solving a problem by trying a number of techniques and learning from your mistakes.</p> <ul style="list-style-type: none"> ● collaboration ● communication ● difficulty ● worried ● anxious ● panicked ● frustrated ● upset ● calm ● relaxed ● happy ● try ● stronger ● reason ● right 	<p><u>Listening and following instructions</u></p> <ul style="list-style-type: none"> ● Listening <p>Hearing and understanding what someone is saying to you.</p> <ul style="list-style-type: none"> ● Persevere <p>To keep on going, even though things might be difficult.</p> <ul style="list-style-type: none"> ● Team <p>A group of people all working together towards the same aims.</p> <ul style="list-style-type: none"> ● explain ● instructions ● odd ● different ● clue ● friends ● truth ● feelings ● honest 	<p><u>My family and friends</u></p> <ul style="list-style-type: none"> ● Festival <p>A day or period of celebration, usually for cultural or religious reasons.</p> <ul style="list-style-type: none"> ● Celebration <p>A special event that has been organised to celebrate something.</p> <ul style="list-style-type: none"> ● Turn-taking <p>In conversation or in a game, allowing the other person to speak and have a go, and then having your turn and repeating this process.</p> <ul style="list-style-type: none"> ● Support <p>To help someone when they are going through tough times or are upset.</p> <ul style="list-style-type: none"> ● 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><u>Managing self: My wellbeing</u></p> <ul style="list-style-type: none"> ● Exercise <p>Being physically active and moving your body.</p> <ul style="list-style-type: none"> ● Breathing <p>Air moving in and out of the lungs.</p> <ul style="list-style-type: none"> ● Heart-rate <p>The speed at which the heart is beating.</p> <ul style="list-style-type: none"> ● Health <p>Physical health means that your body is well. Mental health is related to your emotions.</p> <ul style="list-style-type: none"> ● Relaxation <p>Resting your body and mind.</p> <ul style="list-style-type: none"> ● Independence <p>Being able to do something by yourself, without help.</p> <ul style="list-style-type: none"> ● Pedestrian <p>A person who travels by walking, rather than in a vehicle.</p> <ul style="list-style-type: none"> ● movement ● healthy ● heart ● lungs ● brain ● bones ● muscle ● yoga ● meditate ● pose ● care ● wellbeing ● routine ● balanced ● diet ● energy ● superfood ● hazard ● crossing ● sensible ● aware

	<ul style="list-style-type: none"> • shy • bored • sorry 		<ul style="list-style-type: none"> • wrong 		
Year 1	<p><u>Family and Relationships</u></p> <ul style="list-style-type: none"> • Friendly Being nice or kind to someone • Problem A difficult matter or situation • Stereotype An oversimplified view or idea about something, often someone, which is often untrue and many people might believe • Permission Allowing someone to do a particular thing. • Behaviour The way that somebody acts around other people • Care Looking after someone or something • Emotions The range of feelings that someone can have, such as happiness or anger • Family A unit of people joined together by blood, marriage, or other means including adoption or a close social bond • Feelings Emotions that a person can have • Friend Someone you like and enjoy spending time with 	<p><u>Health and Wellbeing</u></p> <ul style="list-style-type: none"> • Allergy A strong reaction to something (e.g. certain foods, pollen) • Emotions The range of feelings that someone can have, such as happiness or anger • Feelings Emotions that a person can have • Germs A very small living thing which can make us ill • Ill (poorly) Not feeling well because of an illness or disease • Qualities The personality traits that make someone who they are • Relax To rest or take a break 	<p><u>Safety and the Changing body</u></p> <ul style="list-style-type: none"> • Accident Something that happens unintentionally • Drug A substance which changes the way the body, and sometimes the mind works, and can have a positive or negative effect (medicines are drugs) • Emergency When someone is badly hurt, very ill or there has been a bad accident • Hazards Dangerous or risky things that should be avoided if possible • Medicine Something you take to make you better if you are ill • Physical contact One person touches another • Polite Respectful and considerate behaviour towards others • Respect Being thoughtful and polite towards other people, or admiring someone because of their qualities or what they have achieved • Role A particular job you do as part of a larger task, or the part you play in it • Trust Relying on someone to do something for you, such as keeping something safe for you 	<p><u>Citizenship</u></p> <ul style="list-style-type: none"> • Care Looking after someone or something • Democracy A system of government where everyone can vote for who they want to represent them • Different Something that is not the same as something else • Fair Treating everyone equally • Pet An animal we look after and care for in our homes • Responsibility Being in charge of our own body/actions • Rule Something that tells us what is allowed or not allowed • Similar Something that is nearly the same as another thing • Unique Something original and unlike anything else • Vote A choice for a person or thing 	<p><u>Citizenship</u></p> <p><u>Economic Wellbeing</u></p> <ul style="list-style-type: none"> • Banks and building societies Look after your money and can lend you money that you have to pay back • Cash Physical money such as notes or coins • Earn To get money for doing something, such as a job • Save Keeping money for something special or for the future • Skill The ability to do something well • Spend Buying something with money • Value How much a coin or note is worth <p><u>Transition Lesson</u></p>

<p>Year 2</p>	<p><u>Introductory lesson</u></p> <p><u>Family and Relationships</u></p> <ul style="list-style-type: none"> • Friendship A special bond between yourself and a friend • Love Feelings of affection and care • Manners A way of behaving that shows respect towards other people 	<p><u>Family and Relationships</u></p>	<p><u>Health and Wellbeing</u></p> <ul style="list-style-type: none"> • Diet The food we eat • Exercise Movement of the body for our health and fitness • Goal Something you want to achieve • Growth mindset Believing that we can achieve things if we work hard. 'I can't do it yet!' • Healthy Being well, both physically and mentally <ul style="list-style-type: none"> • Physical activity Something that requires someone to move their body • Relaxation Doing calming activities such as having a bath or reading a book • Skill The ability to do something well • Strengths The things we are good at <p><u>Safety and the Changing body</u></p>	<p><u>Safety and the Changing body</u></p> <ul style="list-style-type: none"> • Medicine Something you take to make you feel better when you are ill • Pedestrian A person walking to travel somewhere • Private Something personal or secret • Secret Something that is not supposed to be known about or seen by anyone • Surprise An unexpected fact or event • Penis The male external sex organ • Testicles/testes Produce sperm and male sex organs • Vulva The external female sex organs • Vagina The tube inside a woman connecting the womb to the vulva <p><u>Citizenship</u></p>	<p><u>Citizenship</u></p> <ul style="list-style-type: none"> • Election An event where people vote • Environment The local surroundings or place a person lives or works in • Identity Who someone is and how they define themselves • Job Paid work carried out on a regular basis • Opinion What a person thinks about something <ul style="list-style-type: none"> • Rule Something that tells us what is allowed or not allowed • School council A group of children who help make school better • Volunteer A person who offers to help out with tasks or activities without getting paid • Vote A choice for a person or thing 	<p><u>Economic Wellbeing</u></p> <ul style="list-style-type: none"> • Coins Official disks of metal used as money • Need Something that we need or require to survive, rather than just simply 'want' • Notes Official printed paper which is used as money • Priority Something that should come before anything else • Want Something we would like to have <p><u>Transition Lesson</u></p>
<p>Year 3</p>	<p><u>Introductory lesson</u></p> <p><u>Family and Relationships</u></p> <ul style="list-style-type: none"> • Bullying To cause repeated physical or emotional pain to somebody • Communicate To interact with other people through words or body language • Empathy To be considerate and understanding of other people's feelings • Open questions Questions that do not have simple one word answers • Similar Something that is nearly the same as another thing 	<p><u>Family and Relationships</u></p> <p><u>Health and Wellbeing</u></p> <ul style="list-style-type: none"> • Alone Being by yourself • Balance A variety of different things or an equal amount of something • Barriers Obstacles that stop us achieving our goals • Belonging Feeling comfortable and at home in a certain situation or place • Identity Who someone is, how they define 	<p><u>Health and Wellbeing</u></p> <p><u>Safety and the Changing body</u></p> <ul style="list-style-type: none"> • Allergic Having a reaction to a substance (e.g. food, pollen) • Anaphylaxis Having an acute or severe allergic reaction • Bullying To cause repeated physical or emotional pain to someone • Casualty Someone who has an injury • Choice A decision between one or more choices • Cyberbullying Bullying that occurs through the internet • Decision Making a choice 	<p><u>Safety and the Changing body</u></p> <p><u>Citizenship</u></p> <ul style="list-style-type: none"> • Charity An organisation that raises money for those in need • Community A group of people in the same area, or have things in common • Consequence The result of an action, usually one that is negative or involves punishment • Council A group of people who manage a city, county or organisation • Councillor A member of a council • Law Rules enforced by government that define what we can and can't do • Recycling 	<p><u>Citizenship</u></p>	<p><u>Economic Wellbeing</u></p> <ul style="list-style-type: none"> • Budget A specific and limited amount of money you have to manage and spend • Expense The cost of something • Feeling A physical or emotional response to something • Qualification The skills or experience you have • Stereotype An oversimplified view or idea about something, often someone, that is often untrue and many people might believe <p><u>Transition Lesson</u></p>

	<ul style="list-style-type: none"> • Solve To find an answer to a problem • Sympathy Feeling sad for someone when something bad happens to them • Trust Relying on someone to do something for you, such as keeping a secret or keeping something safe for you 	<p>themselves</p> <ul style="list-style-type: none"> • Lonely Feeling sad because you are alone • Resilience Willingness to try even when things get really hard • Boundaries An invisible line that defines what behaviours an individual finds acceptable. 	<ul style="list-style-type: none"> • Distraction Something that prevents us from concentrating on something else • Fake Something that is not real but is pretending to be • Influence To have an effect on someone else's decision making • Injuries Damages to the body 	<p>Converting waste into reusable materials</p> <ul style="list-style-type: none"> • Rights A set of actions and principles that are entitled to someone • United Nations/UN An international organisation founded in 1945 after World War 2 which aims to maintain international peace and security, human rights and better standards of living 		
Year 4	<p><u>Introductory lesson</u></p> <p><u>Family and Relationships</u></p> <ul style="list-style-type: none"> • Act of kindness Doing something nice for someone • Authority A person with high status and decision making power • Bereavement Mourning or grieving someone who has died • Boundaries Physical or mental limits that someone establishes to protect themselves from getting hurt • Bystander Someone who watches something without getting involved • Permission Allowing someone to do something once they have asked first 	<p><u>Family and Relationships</u></p> <p><u>Health and Wellbeing</u></p> <ul style="list-style-type: none"> • Fluoride A chemical found in toothpaste that helps keep our teeth strong and healthy • Mental health Our psychological and emotional wellbeing • Negative emotions Emotions that make us feel sad or angry • Positive emotions Emotions that make us and others feel happy • Visualise To create an image of something in the mind 	<p><u>Health and Wellbeing</u></p> <p><u>Safety and the Changing body</u></p> <ul style="list-style-type: none"> • Age restriction Something restricted from access until you are a certain age • Asthma A common lung condition that causes breathing problems • Law Rules enforced by the government that define what we can and cannot do • Protect To keep someone safe from something • Puberty The physical and emotional changes of a child becoming an adult • Public Something that is open to anybody • Tobacco A plant grown for its leaves which contains a highly addictive drug called nicotine • Breasts Enlarged soft parts of a female's chest which produce milk for a baby • Genitals The external sex organs. The word 'genitals' is used for both males and females. 	<p><u>Safety and the Changing body</u></p> <p><u>Citizenship</u></p> <ul style="list-style-type: none"> • Authority A person with high status and decision making power • Cabinet A group of councillors who have responsibility for different things • Council officer A person who works for a council, not an elected member • Diversity Recognising and valuing difference • Bank balance How much money is in an account after money has been put in and taken out • Bank statement Regular update on the money which has gone in and out of a bank account and shows your bank balance • Career A job in one area of work that is undertaken for a long period of time • Debit card A card used to buy things where the money is 	<p><u>Citizenship</u></p>	<p><u>Citizenship</u></p> <p><u>Economic Wellbeing</u></p> <ul style="list-style-type: none"> • Bank balance How much money is in an account after money has been put in and taken out • Bank statement Regular update on the money which has gone in and out of a bank account and shows your bank balance • Career A job in one area of work that is undertaken for a long period of time • Debit card A card used to buy things where the money is taken straight from the bank account <p><u>Transition Lesson</u></p>

Year 5	<p><u>Introductory lesson</u></p> <p><u>Family and Relationships</u></p> <ul style="list-style-type: none"> • Attributes Qualities or characteristics that make up someone's personality • Cyberbullying Bullying that occurs through the internet • Marriage The legal commitment of two people to each other which is intended to be lifelong • Secret Something that is not meant to be known or seen by anyone • Wedding The ceremony which celebrates the marriage of two people 	<p><u>Family and Relationships</u></p> <ul style="list-style-type: none"> • Fail To be unsuccessful in achieving a goal • Protect To keep someone safe from something • Responsibility Being in charge of or taking ownership of our own actions, having a duty to fulfil • Steps To do what is necessary to reach a goal • Assertive Saying in a direct, but respectful way what you want or believe. • Aggressive Showing anger and a willingness to attack others in words or actions. • Passive Allowing something to happen without trying to change anything. 	<p><u>Health and Wellbeing</u></p> <p><u>Safety and the Changing body</u></p> <ul style="list-style-type: none"> • Attraction Liking or being drawn towards someone • Decision Making a choice • Consent Give permission for something to happen. • Influence To have an effect on someone's decision making • Menstruation/period The shedding of the uterus/lining every month • Bladder The organ in males and females where urine is stored before it leaves the body • Cervix A ring of muscles at the bottom of a female's womb/uterus • Clitoris The sensitive part of female genitals, above the urethra • Egg or ova Produced by females in the ovary • Ejaculation When the penis becomes erect and sperm come out of the body • Erection When the penis becomes hard and upright • Fallopian tube The tube which connects the ovaries to the womb/uterus. Eggs travel along the tubes 	<p><u>Safety and the Changing body</u></p> <p><u>Citizenship</u></p> <ul style="list-style-type: none"> • Defendant Qualities or characteristics that make up someone's personality • Freedom of expression Bullying that occurs through the internet • Government A group that has the authority to rule or govern over a country or state (in a democracy, people vote for those in the Government) • House of Commons Made up of MPs (Members of Parliament) that the public have voted to represent them • Protected characteristics It is against the law to discriminate against someone because of a protected characteristic such as age, disability, gender, race. • Judge Listens to both sides of a court case (the defence and the prosecution) and makes the final decision as to whether the defendant is guilty of what they are being accused of • Jury A group of people chosen at random who look at evidence in a criminal case and help decide whether or not the defendant is guilty or not guilty • Member of Parliament (MP) A person in the House of Commons who has been elected by vote to represent people from a specific area • Parliament Where the laws of our country are decided. It is made up of the 	<p><u>Citizenship</u></p> <p><u>Economic Wellbeing</u></p> <ul style="list-style-type: none"> • Discrimination Treating someone differently because of certain factors, such as the way they look or where they live • Expenditure Money going out or spent • Income Money coming in, earned or received • Interest An amount of money a bank or building society will pay for you to keep your money with them or charge you if you borrow money from them • Repayment Giving back money you have borrowed 	<p>Economic Wellbeing</p> <p><u>Transition Lesson</u> - roles and responsibilities</p>

			<p>each month.</p> <ul style="list-style-type: none"> • Labia The folds of skin on the external female genitals (vulva) • Nipples On the chest of males and the breast of females • Ovary/ovaries Are found on each side of the womb and release eggs each month • Pubic hair The hair found around the genitals • Scrotum The pouch which hangs behind the male's penis and contain the testes • Sperm duct The tube sperm travels through • Urethra The tube in males and females which takes urine from the bladder out of the body • Uterus Another name for the womb which is the place in a female where a baby grows during pregnancy • Vaginal opening The end of the vagina which can be seen between a female's legs • Voice breaking The change in a boy's voice • Wet dreams Ejaculation which happens when a boy is asleep • Womb Another name for the uterus 	<p>House of Lords and the House of Commons</p> <ul style="list-style-type: none"> • Pressure group Aim to change the opinions or activities of people and try to influence government policy or legislation • Prime Minister Leads the government • Trial The examination of evidence by a judge and usually a jury, in order to decide whether or not the defendant is guilty or not 		
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<p>Year 6</p>	<p><u>Introductory lesson</u></p> <p><u>Family and Relationships</u></p> <ul style="list-style-type: none"> ● Authority A person with high status and decision making power ● Conflict A disagreement or argument ● Earn To gain something like respect by showing others that you are a good, trustworthy person ● Expectation Anticipating that something will happen a certain way ● Grief Feelings of sadness experienced after someone's death ● Grieving A period of sadness that someone experiences when someone close to them dies ● Resolve To find a solution to a problem ● Respect Being thoughtful and polite towards other people, or admiring someone because of their qualities or what 	<p><u>Health and Wellbeing</u></p> <ul style="list-style-type: none"> ● Antibodies A substance that special cells in the body produce. These reduce or remove the effects of a disease germ (or its poisons) ● Habit A repeated action ● Vaccination An injection that gives us a very mild form of the disease and allows our bodies to develop antibodies to protect us from that disease 	<p><u>Health and Wellbeing</u></p> <p><u>Safety and the Changing body</u></p> <ul style="list-style-type: none"> ● Alcohol Alcohol is an active ingredient found in alcoholic drinks such as wine and beer and plays a social role within some cultures. Most countries regulate the production and sale of alcoholic beverages, because too much can be toxic to the human body and cause health problems including addiction or cancer of the liver. ● Internet trolling Someone who posts rude, inappropriate or unkind things online with the purpose of upsetting others ● Pregnant When a woman has a baby developing in her womb <p>Sex education</p> <ul style="list-style-type: none"> ● Conception Another word for fertilisation ● Fertilisation When a male sperm joins a female egg and a baby starts to grow ● Sexual intercourse Where a male inserts his penis into the female's vagina ● Sperm The male sex cell made in the testicles 	<p><u>Safety and the Changing body</u></p> <p><u>Citizenship</u></p> <ul style="list-style-type: none"> ● Authority A person with high status and decision making power ● Conflict A disagreement or argument ● Earn To gain something like respect by showing others that you are a good, trustworthy person ● Expectation Anticipating that something will happen a certain way ● Grief Feelings of sadness experienced after someone's death ● Grieving A period of sadness that someone experiences when someone close to them dies ● Resolve To find a solution to a problem ● Respect Being thoughtful and polite towards other people, or admiring someone because of their qualities or what they have achieved ● Harassment When someone repeatedly behaves in a way which causes you emotional suffering. 	<p><u>Citizenship</u></p> <p><u>Economic Wellbeing</u></p> <ul style="list-style-type: none"> ● Gambling A risk where money or something else is swapped in the hope of winning something/money ● PIN Personal Identification Number. A private set of numbers used to access a bank account. 	<p><u>Economic Wellbeing</u></p> <p><u>Transition Lesson.</u></p> <p><u>Identity</u></p>
<p>Whole school</p>						