



PSHE & RSE Progression in Vocabulary

	EYFS	KS1	LKS2	UKS2
Me and My Feelings	sad, tired, happy, calm, worried, excited, angry, scared	bored, sick, okay, ready to learn, frustrated, nervous, jealous, terrified achievement, choice, comfortable, complain, concentrate, confused, difficult, embarrassed, emotions, fears, fed up, frightened, healthy, helpful, like, lonely, negative, nervous, positive, relaxed, resilience, safe, shocked, thankful, uncomfortable, upset,	Scared, hurt, depressed, exhausted, shy, appreciated, proud, relaxed, content, silly, determined, failure, grief, guilt, healthy, peace weak annoyed, anxious, attitude, aware, brave, challenged, curious, embarrassed, elated, out of control	annoyed, anxious, attitude, aware, brave, challenged, curious, embarrassed, elated, out of control blame, coping, difficulties, impact, independent, influence, mindset, morals, opportunities, progress, pros and cons, reaction, responsible, strategy
Me and My Actions	Behaviour, fair, co-operate, kind, share,	Choice, action, tease, bully, unkind, unacceptable, online,	Argue, compromise, resolve, negotiate,	society, discrimination, constructively challenge, consequence, aggressive behaviours, prejudice, minority, stereotype, empathy, conflict, resolution, negotiate
Me and My Relationships	Special people, friendship, choose, similar, different, love, care	Special people, trust, support, love, family, safe, kind, loyal, difference, unique, self-respect, tolerance, community	Civil partnership, marriage, legal, commitment, healthy, unhealthy, protection, respect, anonymous, diversity, family, culture, race, religion, age, sex, sexual orientation, disability, equality, racism, homophobia,	Consent, respectful relationships, trust, permission, abuse
Me and My Well-being	Healthy, teeth, plaque, body parts, external genitalia, private,	Personal hygiene, clean, germs, sweat, smell	Physical, emotional, mental health, media, social media, goal, celebrate, achieve,	Contact, acceptable, unacceptable, responsibility, puberty, body image, external genitalia, menstrual cycle, menstrual health, hygiene and germs human reproduction, baby, conceived, private, contact
Me and My Safety	Safe, grow, change, responsibility, online, stranger, stop, look, listen, grown-up	Comfortable, uncomfortable, private area, touch, secret, surprise, trusted adult, safe, internet, medicine, water, road, stranger danger	Pressure, unacceptable, risky, boundary, appropriate, dangerous, crime, smoke, drugs, report, private, secret, confidence,	Confidential, pressure, physically and emotionally healthy, concern, risk, dare, harm, abuse, permission, resilience, consequence, responsibility
Me and Living in the Wider World	Money: bank, buy, money, pay, piggy bank, price, save, spend	Money: bank account, contactless, credit card, possessions, shopping, value, wages, want, work, save	Money: balance, borrow, budget, consumer, credit, debit, debt, employment, loan, owe, payment, priority, profit, repay, repayments, savings,	Money: cost, critical, consumer, ethical spending, fair trade, gamble, income, investment, labour, lend, luxury, minimum wage, necessity, outgoings, payment, prioritise, retail, risk, scam, enterprise
Me and Living in the Wider World	care, concern, earth, environment, harm,	affect, choice, democracy, vote, difference, world, same, different, living thing, environment	actions, challenge, charity, citizen, consequence, consider, decision, difference, diversity, Fairtrade, human right, inequality, rules, laws	identity, background, institution, voluntary, cultural practise, stereotype, prejudice

