



Know Yourself Grow Yourself Vocabulary Progression



Myself and My Relationships							
EYFS		Lower School		Middle School		Upper School	
special	angry	respect	divorce	ignore	proud	conflict	resilient
different	worried	truthful	foster parent	empathy	network	change	identity
same	welcome	loyal	grandparent	rude	unique	emotion	emotion
similar	fair	kind	married/not	trust	physical/mental	loss	mental health
likes	unfair	generous	married	unacceptable	wellbeing	bereavement	trustworthy
dislikes	rules	share	partner	bully	resolve	mood	loyalty
belonging	sharing	lonely	step-parent	choice	boundaries	feeling	empathise
feelings	taking turns	fall out	step-sibling	stand up for	respect	mind	compromise
goal	polite	argue	adopted	unacceptable	bystander	strategies	consent
achievement	family	difference	separated	cyber bullying	assertive	responsibility	prejudice
safe	behaviour	unique	divorce	apologise	opinion	wellbeing	assertiveness
unsafe	kind	polite	anger	healthy	attitude	stigma	rumour
happy	friendly	manners	fear	risky	stereotype	homophobic	
upset		online	happiness	consequence		racist	
frightened		apologise	sadness			disability	
		permission	grief			impairment	
		tease	nervous			discrimination	
		bullying	excited				
		deliberate					
		on purpose					

RSE

EYFS	Lower School	Middle School	Upper School	
<p>penis testicle vulva private parts growing change baby grown up adult trust care</p>	<p>healthy / unhealthy male / female penis vagina vulva testicles breasts mammal toddler teenager adult comfortable uncomfortable</p>	<p>hygiene cleanliness puberty maturity penis vulva vagina breasts testicles foreskin circumcision body odour YEAR 4: Menstruation egg/ovum womb/uterus periods sanitary towel tampon</p>	<p>emotional, physical, behavioural changes body image self image attitudes values gender stereotyping</p>	<p>reproduction human life cycle reproductive organs conception pregnancy responsibilities contraception lifecycle sex Adam's apple scrotum genitals semen erection ejaculation urethra wet dream larynx pubic hair hormones testosterone embryo umbilical cord IVF foetus</p>

Healthy and Safer Lifestyles

EYFS	Lower School	Middle School	Upper School
healthy sleep exercise food fruit vegetables vitamins energy muscles bones choice clean germs hygiene	unhealthy fitness exercise active diet sugar fat protein vitamins germs hygiene virus drugs tobacco alcohol sunscreen	hazard medicine drug allergy body odour alcohol immunisation diet nutrition active lifestyle physical contact risk emergency service network of support trust opinion belief fact first aid	peer influence social media trust consequence anti- social law legal /illegal independent gangs vulnerable people anti-social behaviour mental health responsible emergency emergency procedure e-cigarette/vape cannabis nicotine solvents smoking illegal drugs immunisation prescribed stress pressure

Citizenship

<i>EYFS</i>	<i>Lower School</i>	<i>Middle School</i>	<i>Upper School</i>
<i>environment/neighbourhood</i> <i>shopkeeper, grocer, teacher, artist, farmer,</i> <i>doctor, butcher, baker, postman, librarian,</i> <i>pharmacist, vicar etc</i> <i>planet</i> <i>habitat</i> <i>recycle</i> <i>belonging</i> <i>religion</i> <i>worship</i> <i>nationality</i> <i>festival</i> <i>ceremony</i> <i>country</i>	<i>rules</i> <i>responsibilities</i> <i>decision</i> <i>negotiate</i> <i>stereotype</i> <i>community</i>	<i>persevere</i> <i>contribute</i> <i>opinion</i> <i>stereotype</i> <i>culture</i> <i>tradition</i> <i>diversity</i> <i>stereotype</i> <i>responsible</i> <i>respect</i> <i>rights</i> <i>democratic</i> <i>representative</i>	<i>personal information</i> <i>rights</i> <i>democracy</i> <i>parliament</i> <i>MPs</i> <i>negotiate</i> <i>stereotype</i> <i>gender</i> <i>media</i>

Economic and Careers Education: Start Small Dream Big

EYFS	Lower School	Middle School		Upper School	
money	earn	earn	'solve it together'	purchase schemes	unrealistic
spend	save	save	technique	debt	success criteria
save	pocket money	budget	solutions	manageable	global issue
present	charity	perseverance	review	unmanageable	suffering
afford	borrow proud	challenges	evaluate	reliable	concern
dream	success	success	hope	enterprise	hardship
goal	working together	obstacles	determination	salary	sponsorship
challenge	team- work celebrate	dreams	resilience	risk	empathy
job	challenge	goals	positive attitude	influence	motivation
ambition	feelings	ambitions	disappointment	career	admirer
perseverance achievement	obstacle	future	fears	poverty	respect
happy	overcome	aspirations	hurts	lifestyle	praise
kind	achieve	co-operation	cope	career	compliment
encourage	realistic	motivated	help	profession	contribution
	achievement	enthusiastic	self-belief	salary	recognition
	goal	efficient		contribution	
	strength	responsible		society	
	persevere	frustration		determination	
	difficult			culture	
	easy			sponsorship	
				communication	
				support	
				team- work	
				co-operation	
				personal	
				realistic	