

In Year 1 children cover the following content across the year:

Core Theme	Key vocabulary
<p>Relationships Ourselves and others; similarities and differences; individuality; our bodies</p>	<p>similarity, difference, special, unique, strengths, abilities healthy, private, penis, testicles, vulva vagina, similar, different, health, healthy choices, body</p>
<p>Relationships Ourselves and others; people who care for us; groups we belong to; families</p>	<p>family, family tree, relatives, related, love, sharing, listening, support, similar, different, traditions</p>
<p>Health and wellbeing Being healthy; hygiene; medicines; people who help us with health</p>	<p>Doctor, dentist, nurse, medicines, hygiene – washing, diet, sleep, exercise</p>
<p>Living in the wider world Money; making choices; needs and wants</p>	<p>Money, good choices / bad choices</p>
<p>Health and wellbeing Keeping safe; people who help us</p>	<p>rules, safe, unsafe</p>
<p>Living in the wider world Ourselves and others; the world around us; caring for others; growing and changing</p>	<p>growing, adults, babies, change, older, growing up, jobs, future</p>

In Year 2 children cover the following content across the year:

Core Theme	Key vocabulary
Relationships Friendship; feeling lonely; managing arguments	happy, healthy, kindness, friend, smile, no, touch, uncomfortable, boundaries, personal, space, worries, help, trust
Relationships Behaviour; bullying; words and actions; respect for others	strengths, abilities, gender, stereotype, qualities
Living in the wider world	community, kindness, understanding, help, community helpers, trusted adult, signs, difference, similarity, respect
Health and wellbeing Keeping safe; recognising risk; rules	healthy, feelings, emotions, medicine, unwell, dose, safe, helpful, harmful, instructions, health, body, mind trusted adult, signs, help
Health and wellbeing Being healthy: eating, drinking, playing and sleeping	medicine, unwell, dose, safe, helpful, harmful, instructions,
Health and wellbeing Feelings; mood; times of change; loss and bereavement; growing up	healthy, feelings, emotions, mind growing, adult, baby, change, timeline, life cycle, likes, dislikes, change, future, likes, dislikes, change, future

In Year 3 children cover the following content across the year:

Core Theme	Key vocabulary
<p>Health and wellbeing Being healthy: eating well</p>	<p>health, wellbeing, sleep, routine, healthy, carbohydrates, proteins, dairy, fats, germs, virus, routines, hygiene, healthy, poorly, teeth, toothpaste, hand washing, soap</p>
<p>Health and wellbeing Being healthy: keeping active, taking rest</p>	<p>Sleep, habit, routine, bedtime, puberty</p>
<p>Relationships Friendship; making positive friendships, managing loneliness, dealing with arguments</p>	<p>friend, respect, values, touch, private, privacy, resilience, encouragement</p>
<p>Living in the wider world Community; belonging to groups; similarities and differences; respect for others</p>	<p>different, equal, respect, community, values, diversity, customs, respect, feelings, values</p>
<p>Health and wellbeing Keeping safe; at home and school; our bodies; hygiene; medicines and household products</p>	<p>same, different, ourselves, others, individual, together, similar, likes, dislikes, male, female, boy, girl, body, born, private parts, sex parts, penis, testicles, vagina, vulva, gender household, product, medicine, safety, risk, instructions, warning, side effects, dose, dosage, prescribed, pharmacy, vaccination, cigarette, e-cigarette, smoking, vaping, alcohol, caffeine, laws, guidelines, cessation</p>
<p>Relationships Families; family life; caring for each other</p>	<p>family, family tree, relatives, related, love, sharing, listening, support, similar, different, traditions commitment, safe, secure, trust, relationship, marriage, change, affect, loss, separation, divorce</p>

In Year 4 children cover the following content across the year:

Core Theme	Key vocabulary
<p>Health and wellbeing Self-esteem: self-worth; personal qualities; goal setting; managing set backs</p>	<p>strength, weakness, proud, abilities, goals, aspirations, achievement, future, vision, online, social media, profile, safety</p>
<p>Relationships Respect for self and others; courteous behaviour; safety; human rights</p>	<p>friend, values, qualities, difficulty, compromise, communication, yes, no, boundaries, permission</p> <p>diversity, stereotypes, judge, judgement, point of-view, opinion, disagree, agree</p>
<p>Health and wellbeing Feelings and emotions; expression of feelings; behaviour</p>	<p>relationships, appropriate, behaviour, belonging, membership, together, family</p>
<p>Health and wellbeing Growing and changing; Puberty Being healthy: dental care</p>	<p>puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, hormones, sweat, health</p> <p>hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, hormones, changes, feelings, support, control</p> <p>toothbrush, toothpaste</p>
<p>Living in the wider world Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions</p>	<p>responsibility, responsible, consequences, irresponsible, personal pace, crowded, uncomfortable, boundaries, invade, defend, empathy, caring, support, understanding</p>
<p>Health and wellbeing Keeping safe; out and about; recognising and managing risk</p>	<p>Influence, pressure, persuade, healthy choices, consequence, responsibility, feelings emotions</p>

In Year 5 children cover the following content across the year:

Core Theme	Key vocabulary
<p>Health and wellbeing Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes</p>	<p>identity, stereotypes, prejudice, peer pressure, choice, emotions, wellbeing, emotional health, mental health, stress, anxiety</p>
<p>Living in the wider world Money; making decisions; spending and saving</p>	<p>invest, financial, risk, retailers, influence, value for money, budget, debt</p>
<p>Health and wellbeing Basic first aid, accidents, dealing with emergencies</p>	<p>burns, scalds, casualty, injury, emergency, services, operator, minor burns, bleeding</p>
<p>Relationships Friendships; relationships; becoming independent; online safety</p>	<p>strength, weakness, proud, abilities, goals, aspirations, achievement, future, vision, online, social media, profile, safety</p> <p>online identity, communication, risk,</p>
<p>Health and wellbeing Drugs, alcohol and tobacco; healthy habits</p>	<p>self-image, self-respect, attributes, self talk, development, proud, drugs, alcohol, tobacco, cigarettes, e-cigarettes, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, infection, immunisation, vaccination, antibiotic</p>
<p>Living in the wider world Careers; aspirations; role models; the future</p>	<p>goal, challenges, talent, qualities, strengths, influences, employment, career, workplace, experiences, skills, job description, leadership</p>

In Year 6 children cover the following content across the year:

Core Theme	Key vocabulary
<p>Health and wellbeing</p> <p>Looking after ourselves; growing up; becoming independent; taking more responsibility</p>	<p>self-respect, boundaries, kind, confidence, strengths, weaknesses, trolling, social media, internet, comparison, mental health, mental ill health, wellbeing, illness, symptoms, mind</p> <p>body image, reality, pressure, attributes, influence, relationships, emotions, secondary school, future, memories, reflect</p>
<p>Living the wider world</p> <p>Media literacy and digital resilience; influences and decision-making; online safety</p>	<p>online identity, communication, risk, online bullying, diversity, inclusive, differences</p>
<p>Relationships</p> <p>Different relationships, changing and growing, adulthood, independence, moving to secondary school</p>	<p>personal safety, risk, consequences, friends, change, relationships, emotions, feelings</p> <p>strengths, self-care, development, saving, bank account, responsible, irresponsible, budget, interest, transition, secondary, Independence, networks</p>