



Curriculum For Life: Health and Wellbeing - Vocabulary Progression

	Year 3	Year 4	Year 5	Year 6
Mental Wellbeing	- feelings - emotions - health - wellbeing - change - express - expressing - intensity - body - experienced	- emotions - range - identify - situations - control - mental health - physical health - worries	- worry - worries - actions - effective - behaviours - mental health - physical health - support	- feelings - emotions - affected - managed - challenge - challenging - change - life events - circumstances - conflicting - positive - wellbeing - support networks - loneliness - connection - advice
Physical Health & Fitness	- exercise - daily - benefits - physical health - mental health - healthy - weight - maintain	- physical - mental - benefits - active - lifestyle - wellbeing - healthy	- physical wellbeing - mental wellbeing - link - advice	- self care - strategies - diary
Healthy Eating	- healthy - snack - healthier - sugar - content	- sugar - added sugar - intake - maximum - daily - recommended - compare - content - labels - fruit - vegetables - diet - healthy	- nutrition - nutritional - content - food choices - information - inform - choices	- food groups - Eatwell Guide - health - balanced - carbohydrates - fats - proteins - proportions - healthy - nutrition - nutritional content
Health & Prevention	- handwashing - hygiene - germs - bacteria - infection - clean - unclean - microbes	- dental - oral - plaque - tooth - decay - consequences - brush - effectively - limiting - sugary - reduce	- sun - exposure - ultra violet rays - safe - responsibility - safety - sun cream	- physical - illness - indicators - identify - symptoms - concerns
Internet Safety & Harms	- technology - impact - internet - tech - online - engage - time - activities - positive - negative - excessive - health - bodies - thoughts - feelings - restrictions - age - pressure - pressured - uncomfortable - strategies - passwords - private - protect - reputation - methods - safe - secure - trust - awareness - information - share	- technology - distraction - positive - negative - attention - engagement - online - value - important - less important - limitations - limit - time - extended - engagement - health - wellbeing - relationships - work - strategies - self-management - solutions - reminders - external - influences - internet - private - monitored - safe - online - services - consent - information - store - digital age	- technology - sleep - health - wellbeing - healthy - benefits - body - quality - affect - negatively - strategies - bedtime - benefits - risks - accessing - information - health - wellbeing - fact - fake - judgement - researching - trusted - source - website - apps - services - private - information - request - permission - access - data - functions - device - personal	- features - persuasive - design - engaged - persuade - nudge - behaviours - technology - strategies - assess - limit - health - age - appropriate - impact - personal - experience - positive - outcomes
Basic First Aid	- emergency - role - safety - information - services - assist - assistance - Calmly - Reassure - Casualty - Emergency operator 999/111 - Incident - Location	- asthma - asthmatic - casualty - breathing - manege - condition - safety - reassure - medical - Airways - Trachea - Triggers	- choke - choking - administer - back blows - tummy thrusts - medical - casualty	- head injury - minor - major - casualty

	• Injuries • Landmarks • Identification • Information • Hazards • Awareness • Accident prevention • Assistance • Hoax	Inhaler • Lungs • Medicine • Larynx • Inhale • Exhale • Inflate • Deflate		
Drugs, Alcohol & Tobacco	• medicines • household • products • safely • correctly • risk • risky • help • information	• drug • caffeine • cigarettes • e-cigarettes • vaping • alcohol • risks • laws • guidelines • restrictions • safe • healthy • support	• medicines • drugs • responsibly • health • wellbeing • preventative • vaccination • immunisation • disease • illness • allergies • advice • guidance • legal • illegal • drugs • risks • effects • analyse • unhealthy • habit • support • concerns	• drugs • influence • factors • peer • strategies • worries • concerns • mixed • messages • media • smoking • vaping • alcohol • analyse • thoughts • feelings • actions • informed • decisions • reliable • information.
Changing Adolescent Body	• growing • change • physically • skills • identify • child • adult • hygiene • personal • old • older • products • clean • cleanliness	• Change • Exciting • Worries • Physical • Height • Breasts • Genitals • Penis • Testicles • Hips • Waist • Shoulders • Chest hair • Puberty • Hygiene • Menstruation/period • Vulva • Vagina • Egg • Ova • Ovaries • Fallopian tube • Uterus • Womb • Bleeding • Lining • Sanitary products • Towels	• puberty • change • cervix • ovary • fallopian tube • uterus • vagina • vulva • clitoris • urethra • opening • vaginal opening • labia • penis • bladder • testicle • sperm • duct • scrotum • breasts • nipples • menstruation • Menstruation/period • Egg • Ova • Ovaries • Fallopian tube • Uterus • Womb • Bleeding • Lining • Sanitary products • Towels • Tampons • Voice breaking • Erections • Wet dreams • Ejaculation • Masturbation • • Emotional • Emotions • Attraction • Puberty • Change • Feelings	• Puberty • Change • Cervix • Ovary • Fallopian tube • Uterus • Vagina • Vulva • Clitoris • Vaginal opening • Labia • Penis • Bladder • Testicle • Scrotum • Sperm duct • Breasts • Nipples • Sperm • Egg • Erection • Fertilise • attraction
Sex Education				• Sexual intercourse • Relationship • Sex • Consent • Sperm • Egg • Erection • Fertilise • IVF • Conception • Sexual intercourse • Consent • Relationship • Pregnancy • Development • Commitment • Baby • Love • Care



Curriculum For Life: Relationships - Vocabulary Progression

	Year 3	Year 4	Year 5	Year 6
Families & People Who Care For Me	- family - features - life - relationships - qualities - support - care - positive - belonging	- family - structures - different - diverse - similar - different - value - celebrate - respect	- family - changes - strategies - conflict - worry	- commitment - marriage - lifelong - health - wellbeing - relationships
Caring Friendships	- friend - friendship - qualities - values - ingredients - respect	- friendship - problems - conflict - resolve - resolution	- problems - solutions - strength - strengthened - respectful - issues	- support - healthy - unhealthy - strategies - challenge - support
Respectful Relationships	Respect			
	- respect - manners - courtesy - expectation - roles - society - authority - appropriate	- respect - positive - attributes - choices - strengths - values - qualities	- opinions - beliefs - values - act - actions	- prejudice - discrimination - challenge - respect
	Bullying			
	- bully - bullying - fall out - argument - disagreement - effects	- bully - bullying - impact - bystander - responsibility - reasons - individuals	- bully - bullying - experience - feelings - support - worried	- bullying - cyberbullying - impact - safely - support - recognise - identify
	Stereotypes			
	- stereotype - gender - challenge - negative - factors - exist - unfair	- stereotype - gender - fictional - reinforce - influence - impact - affect - conform	- stereotypes - gender - attitudes - change - equality - race - religion - assumptions - harmful - discrimination	- stereotypes - visible - difference - facial - negative - represent - alternative - appearance
	Permission & Consent			
	- permission - situation - touch - phrases - ask - give	- permission - give - grant - situations - ask	- consent - boundaries - body - respect	- consent - agree - disagree - gained - assumed - absence - right
Online Relationships	- know - online - friends - family - teachers - different - knowing - offline - bullying - online - behaviour - methods - offline - kind - unkind - act - search - online - information - engine - results - narrow - images - news - video - regular	- online - upset - hurt - angry - emotions - expressed - exhibit - bullying - behaviour - bullied - media - online - technologies - games - apps - social media - images - texts - videos	- joking - teasing - bullying - playful - experience - types - behaviour - roles - block - user - abusive - platforms - apps - games - posts - images - videos - photos - technology-specific - communication - emojis - memes - GIFs - text-based - appropriate - circumstance - context	- bullying - capture - evidence - screenshot - behaviour - responsible - identify - flag - report - inappropriate - content - illegal - platforms - kind - respect - online - boundaries - self-respect - sharing - information

	•online •share •ask •information •unsure •personal •willing •unwilling	•strategies •online •social •environments •safe •fun •experiences •positive •respect •respectful •online •healthy •unhealthy •behaviours •important •unimportant •thoughts •feelings •beliefs •disrespectful	•communicate •online •friends •harm •pleasant •intentions •decision •responsible	•sharing •images •inappropriate •picture •impact •sharer
Being Safe	Boundaries			
	•body •private •PANTS •appropriate •inappropriate •touch •right •trust •help	•personal •space •boundaries •relationships •uncomfortable •support	•appropriate •inappropriate •touch •strategies •physical •unwanted •contact •unsafe •uncomfortable •worried	•abuse •types •neglect •emotional •physical •bullying •sexual •online •support •worried
	Privacy and Secrecy		Analysing Risk	
	•good •bad •secret •situations •worried	•privacy •secrets •surprises •private •public •uncomfortable •worried	•risk •risky •everyday •activities •stop •think	•freedom •feelings •consequences •anti-social •behaviour •local •environment •resist •peer •pressure



Curriculum For Life: Citizenship - Vocabulary Progression

	Year 3	Year 4	Year 5	Year 6
Rights & Responsibilities	•children •rights •protections •specific •school •individuals •groups •campaign •action •support	•human •rights •Universal Declaration of Human Rights	•rights •responsibilities •balanced	•rights •conflict •resolution
Rules & Laws	•law •rules •lives •judges •lawyers •MPs	•laws •parliament •government •justice •democracy •rule of law	•laws •broken •crime •accused •roles •sentence •purpose •aggravating •mitigating •factors •case	•law •social media •posts •online •acceptable •offences •committed •posting •scenarios •fair
Democracy	•views •opinions •argument •democracy	•democracy •general •election •Prime Minister •Members of Parliament •political •party •politicians •secret •ballot •Suffragette Movement	•central •local •government •Parliament •democracy	
Citizenship / Social Action	•society •benefits •essential •career •role	•citizen •citizenship •active •positive •difference	•active •citizen •qualities •skills •characteristics •positive •communities •strategies	•global •citizen •connected •world •actions •impact •locally •change
Climate Change / The Environment	•habitats •endangered •local •renewal	•climate change •greenhouse effect •fossil fuels •locally •nationally •internationally •government •organisations •response •responsibility •tackling	•climate change •COP26 •goals •tackle •government •effective •future •change	•G7 •role •function •achievements •issue •global •topic •summit •influence



Curriculum For Life: Economic Wellbeing - Vocabulary Progression

	Year 3	Year 4	Year 5	Year 6
How to Manage Money	Ways To Pay	Keeping Records	Simple Financial Records & Budgets	Foreign Currency
	•payment •method •cash •debit card •credit card •borrow •spending •paid •interest •choices	•money •track •choices •records •spending •saving	•financial •budget •spending •control •planning	•calculate •foreign •currency •exchange rates
Being a Critical Consumer	Choices About Spending & Saving	Choices About Spending & Saving	Influences on Spending & Saving	Influences on Spending & Saving
	•needs •choices •spending •financial. •spending •saving •influence •impact •ideas •opinions •attitudes •feelings	•needs •wants •prioritise •choices •track •money •spending •saving •influence •impact •opinions •attitudes •feelings	•influence •money •choices •manufacturers •critical •consumer •income •commitments •values •culture	•informed •decisions •spend •save persuade •informed •decisions •spend •save •influence •manufacturers
			Value For Money	
			•informed •decisions •spend •save	
Managing Risks and Emotions		Using Accounts To Keep Money Safe	Borrowing & Saving	Borrowing & Saving
		•save •money •account •bank •building society •credit union •managing •complex •easier	•save •borrow •interest	•risks •borrowing •interest •save •borrow •unmanageable •debt •unhappy •consequences •impact •feelings
				Gambling
				•risks •gambling •winning •losing •influence •pressure
The Important Role Money Plays in Our Lives	Earning Money	Earning Money	Links Between Work and Money	Wider and Global communities
	•paid •unpaid •jobs	•jobs •paid •unpaid •earn •money •more •less	•work •money •choices •affect •achieve •job •goals •financial	•taxes •community •deducted •money government •local •supports
	The Role of Charities			
	•charities •help •role			