



Progression of Key Vocabulary in RSHE

	EYFS	Year 1 (In addition to EYFS)	Year 2 (In addition to Year 1)
Physical Health and Mental Well Being			
Mental Wellbeing	Feelings Happy Unhappy Sad Help	Emotions Angry Cross Frightened Calm Worry Worried Mental	Mental wellbeing Mental health Nervous Anxious Lonely
Internet Safety and Harms	Internet Online hurt	Personal Information	Social media Cyber bullying
Physical Health and Fitness	Run Jump Dance Hop Skip Climb Walk	Exercise Physical Fitness	Active Healthy diet Physical health
Healthy Eating	Food Healthy	Diet Calories	
Health Prevention Basic First Aid	Teeth Tooth brush Wash Dentist Sleep Doctor Nurse	Breath Breathing Dental care Germs	Protect Hygiene Virus Damage Medicine Drug Vaccination
Keeping Safe	Rules Private	Privacy Values	Risk Permission Secret Physical contact
Relationships			
Families and People who care for us	Family Mum Mother Sister Brother Dad Father	Home Care Love Same Different	
Caring Friendships and Relationships	Friend Respect Bullying Kind Caring	Kindness Polite Manners Resilience On purpose	Trust Consideration Empathy Aspiration Deliberate
Being Safe and Safe Relationships	Names of familiar adults in school Safe	Unsafe	