



PSHE/RSHE

Vocabulary Progression Map

Years 3–6 | Academic year 2026–27

Purpose

This map identifies one new, explicitly taught key word or term for every lesson in the long-term plan. The selected vocabulary is intended to strengthen pupils' understanding of the substantive and disciplinary knowledge in each unit.

Previously taught vocabulary should continue to be retrieved, modelled and used in discussion. PSHE Days are not included because their vocabulary will depend on the chosen annual theme.

Suggested classroom routine

Stage	What this could look like
Introduce	Say the word, display it and give the pupil-friendly definition.
Explore	Use an example, non-example, image, scenario or gesture to make the meaning clear.
Rehearse	Ask pupils to say the word and use it in a complete spoken sentence.
Apply	Expect the word to be used during discussion, reflection and written responses.
Retrieve	Revisit earlier vocabulary at the start and end of subsequent lessons.

Whole-school progression threads

The vocabulary becomes increasingly precise and conceptually demanding as pupils move through Key Stage 2.

Curriculum thread	Illustrative vocabulary progression
Relationships and belonging	identity → community → empathy → compromise → inclusion → reciprocity → boundary → consent → equality
Managing feelings and change	emotion → regulation → coping → intensity → grounding → emotional literacy → rumination → self-regulation → grief
Safety and first aid	exposure → pedestrian → hazard → probability → allergen → emergency → concussion → resuscitation
Online and media literacy	password → classification → misinformation → manipulation → netiquette → disinformation → algorithm → data protection → authenticity
Physical health and growing up	hydration → plaque → stamina → puberty → hormones → hygiene → ultraviolet → adolescence → conception → sleep hygiene
Money, influence and the future	currency → budget → transaction → consumer → advertising → debt → enterprise → employability → pathway

Year 3 vocabulary map

35 sequenced lessons | one new key word or term per lesson

Autumn 1

Me, my friends and belonging			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Personal identity	identity	The things that make a person who they are, such as their family, culture, interests and experiences.
L2	What makes a good friend	qualities	The positive features a person shows, such as kindness, honesty and reliability.
L3	Falling out with friends	conflict	A disagreement or problem between people.
L4	Belonging to a community	community	A group of people who share a place, interest or connection and support one another.
L5	Ground rules, rule!	expectation	Something people agree should happen so that everyone can learn, contribute and feel safe.

Keeping safe out and about			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Managing risk in the sun	exposure	The amount of time a person or their skin is in contact with something, such as strong sunlight.
L2	Road and rail safety	pedestrian	A person who is travelling on foot.

Autumn 2

Keeping safe out and about			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L3	Canals and rivers	current	The movement of water in a particular direction, which can carry people or objects with it.
L4	Flood alert	floodwater	Water covering land where it is not normally found; it may be deep, fast-moving or dirty.
L5	Firework safety	flammable	Able to catch fire and burn easily.

Making choices online

Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Creating and managing passwords	password	A private set of letters, numbers or symbols used to protect an account or device.
L2	Protecting your devices	malware	Harmful software designed to damage a device, steal information or cause problems.

Spring 1

Making choices online and news literacy

Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L3	Films, what can we watch?	classification	A system that groups films, games or other content by the age they are suitable for.
L4	Can we choose what to watch?	suitability	How appropriate or right something is for a particular person, age or situation.
L5	Paying to play	purchase	Something that is bought, including an item or extra feature within a game.
L6	How news affects feelings	influence	The power to affect how someone thinks, feels or behaves.
L7	Fake or real news?	misinformation	False or inaccurate information that may be shared by mistake.
L8	Questioning images in the news	manipulation	Changing an image or message so that it creates a particular impression.

Spring 2

Building healthy habits

Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Healthier eating and drinking habits	hydration	Having enough water in the body to stay healthy and work properly.
L2	Healthier eating – choices and influences	temptation	A strong feeling that makes someone want to choose or do something, even when it may not be the healthiest choice.
L3	Ready, set, cook!	recipe	A set of instructions and ingredients used to prepare food.
L4	Exploring dental health	plaque	A sticky layer of germs that builds up on teeth and can cause tooth decay or gum problems.
L5	Physical activity	stamina	The ability to keep doing physical activity without becoming tired too quickly.

Summer 1

Looking out for each other			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Allergies	allergen	Something that can cause an allergic reaction in a person, such as a food, medicine or insect sting.
L2	Bites and stings	venom	A poisonous substance that some animals or insects inject through a bite or sting.
L3	Calling for help	emergency	A serious and unexpected situation that needs immediate help.
L4	Bleeding	pressure	A firm push placed on a wound to help slow or stop bleeding.
L5	Burns and scalds	scald	A burn caused by hot liquid or steam.
L6	Asthma	inhaler	A device that delivers medicine into the lungs to help someone breathe.

Summer 2

Mental health and wellbeing			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Exploring emotions	emotion	A feeling, such as happiness, sadness, anger, fear or excitement.
L2	Understanding distraction	distraction	Something that takes attention away from what a person is trying to do.
L3	Managing thoughts and emotions	regulation	Managing thoughts, feelings and actions so that a person can respond safely and calmly.
L4	Managing worries	worry	An uneasy feeling caused by thinking that something difficult or unpleasant might happen.
L5	Managing responses	response	What a person says or does after something happens.
L6	Squashing the worry monster	coping	Using helpful actions or thoughts to manage a difficult feeling or situation.

Year 4 vocabulary map

37 sequenced lessons | one new key word or term per lesson

Autumn 1

Forming respectful relationships			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Valuing friendships	loyalty	Supporting and standing by a friend while still making safe and fair choices.
L2	Friendship challenges	compromise	An agreement in which each person changes or gives up something to find a fair solution.
L3	What is bullying?	bullying	Repeated behaviour intended to hurt, frighten or upset someone, often involving an imbalance of power.
L4	Kindness	empathy	Understanding how another person may feel and responding with care.
L5	Friendships change	transition	The process of moving from one situation, stage or relationship to another.
L6	When should you keep a secret?	confidentiality	Keeping personal information private unless someone may be unsafe or needs help.
L7	Making new friends	welcome	Words or actions that help another person feel accepted and included.

Autumn 2

Exploring ways to manage risk			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Cycle safety	helmet	Protective headwear designed to reduce the risk of injury.
L2	Keeping safe at home	hazard	Something that could cause harm.
L3	Road safety (walk around local area)	awareness	Noticing and understanding what is happening around you.
L4	Rail safety	platform	The raised area beside a railway track where passengers wait for and board a train.
L5	Exploring risks in gambling	probability	How likely it is that something will happen.
L6	Medicines and household products	toxic	Poisonous or harmful if swallowed, breathed in or absorbed by the body.
L7	Smoking, vaping and alcohol	substance	A material, such as alcohol, nicotine or medicine, that can affect the body.

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Spring 1

Families and growing together			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Family relationships	relationship	The connection between two or more people and the way they treat one another.
L2	Diverse families	diversity	The range of differences between people, families and communities.
L3	Family changes	separation	When adults in a family or relationship stop living together or end their relationship.
L4	Marriage and partnership	commitment	A serious promise or decision to care for a relationship over time.
L5	What happens if families change? Pt1	adjustment	The process of getting used to a new situation or change.
L6	What happens if families change? Pt2	resilience	The ability to recover, adapt and keep going after a difficulty or change.

Spring 2

Money matters			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	What is money?	currency	The money used in a particular country, such as pounds and pence in the UK.
L2	Money choices	budget	A plan for how money will be received, saved and spent.
L3	How money is used	transaction	An exchange in which money is paid for goods or services.
L4	Making decisions about money	priority	Something that is more important and should be dealt with before other choices.
L5	Barclays lesson plan	saving	Keeping some money for a future need, goal or emergency.

Summer 1

Mental health and wellbeing			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning

L1	Describing emotions	intensity	The strength of a feeling, from mild to very strong.
L2	Understanding internal or external distractions	trigger	Something inside or outside a person that starts a feeling, thought or reaction.
L3	Exploring different thinking habits	mindset	A person's usual way of thinking about themselves, other people or situations.
L4	Different ways to manage worries	strategy	A planned method or action used to deal with a problem or reach a goal.
L5	Strategies for calm	grounding	A calming technique that helps a person focus on the present using their senses.
L6	How do people manage change and loss	bereavement	The experience of losing someone through death and the feelings that may follow.

Summer 2

Me, my body and growing up			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Time to change	puberty	The stage when a child's body and emotions begin changing towards adulthood.
L2	Menstruation and wet dreams	hormones	Chemical messengers in the body that help control growth, mood and changes during puberty.
L3	Personal hygiene	hygiene	The routines used to keep the body clean and help prevent illness.
L4	Emotions and feelings	mood	The general feeling a person has over a period of time.
L5	Building confidence	self-esteem	How a person values and feels about themselves.
L6	Foundations for wellbeing	wellbeing	A person's overall physical, emotional and social health.

Year 5 vocabulary map

37 sequenced lessons | one new key word or term per lesson

Autumn 1

Friendships, stereotypes and bullying			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Including others	inclusion	Making sure people are welcomed, involved and able to take part.
L2	Positive and respectful friendships	reciprocity	A two-way relationship in which both people give and receive care, trust and respect.
L3	Bullying and its impact	impact	The effect that an action or experience has on a person or situation.
L4	Challenging stereotypes	stereotype	A fixed and oversimplified idea about a group of people.
L5	Addressing extremism	extremism	Very extreme beliefs or actions that may reject other people's rights or encourage harm.
L6	A world of difference	prejudice	An unfair opinion or judgement about someone before knowing the facts.
L7	Assistance dogs	accessibility	Making places, activities or information easier for disabled people to use.

Autumn 2

Safe connections			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Block him right good, Alfie!	block	An online tool that stops another account from contacting or interacting with you.
L2	Who's Magnus	avatar	An image, character or name used to represent a person online.
L3	They have fans, we have friends	follower	An account that chooses to receive another person's online posts or updates.
L4	Respectful relationships online	netiquette	The rules and habits of polite, respectful behaviour online.
L5	Socialising online	interaction	Communication or action between people, including messages, comments and shared activities.
L6	Making the right cyber choices	consequence	A result that follows an action or decision.
L7	Cyber detectives	evidence	Information that helps someone decide whether a claim is reliable or true.

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Spring 1

Positively engaging with our world

Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Managing feelings about the news	distress	A strong feeling of worry, sadness or upset.
L2	Spotting fake news	disinformation	False information that is created or shared deliberately to mislead people.
L3	Understanding that news is targeted	algorithm	A set of computer rules used to decide what information or content a person is shown.
L4	Connecting with nature	connection	A feeling of closeness, interest or belonging with a person, place or the natural world.
L5	Everyday actions (climate change)	sustainability	Meeting people's needs while protecting resources and the environment for the future.
L6	Doing it together (climate change)	collective	Done by people working together as a group.

Spring 2

Mental health and wellbeing

Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Noticing and naming emotions	emotional literacy	The ability to recognise, name, understand and talk about emotions.
L2	Directing attention and managing distractions	attention	The act of concentrating on one person, thought or task.
L3	Changing thinking habits	reframing	Looking at a situation in a different, more helpful or balanced way.
L4	Rumination and worry	rumination	Thinking repeatedly about the same worry or problem without moving towards a solution.
L5	Managing reactivity	reactivity	How quickly and strongly a person reacts to a feeling, thought or event.

Summer 1

Embedding healthy habits and learning first aid

Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
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L1	Sunguarding	ultraviolet	A type of invisible radiation from the sun that can damage skin and eyes.
L2	Confident mover	fitness	The ability of the body to be active, strong and healthy.
L3	Team player	cooperation	Working with other people to achieve a shared goal.
L4	Head injuries	concussion	A brain injury caused by a bump, blow or jolt to the head.
L5	Choking	obstruction	Something that blocks a passage, such as food blocking a person's airway.
L6	Basic life support	resuscitation	Emergency actions used to help someone who is not breathing normally.

Summer 2

Respecting boundaries			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Giving and seeking permission	permission	Agreement that allows something to happen.
L2	Personal boundaries	boundary	A limit a person sets about what feels comfortable, acceptable and safe.
L3	Appropriate and inappropriate touch	appropriate	Suitable, respectful and safe for the person, place and situation.
L4	How can the PANTS rule help us	private	Personal and not for other people to see, touch or share without a safe and valid reason.
L5	Understanding consent	consent	A clear and freely given agreement that can be changed or withdrawn at any time.

Year 6 vocabulary map

35 sequenced lessons | one new key word or term per lesson

Autumn 1

Mental health and wellbeing			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Regulating emotions	self-regulation	Managing thoughts, feelings and behaviour so that a person can respond safely and appropriately.
L2	Managing distraction	focus	Directing attention towards a particular task or goal.
L3	Developing positive thinking habits	optimism	A hopeful way of thinking that recognises difficulties while expecting that improvement is possible.
L4	Managing rumination and worry	perspective	A particular way of viewing a situation, which can be changed by considering other possibilities.
L5	Managing stress	stress	The body's and mind's response to pressure, demand or challenge.
L6	Jealousy	jealousy	A feeling of fear, resentment or unhappiness about losing attention, affection or something valued.
L7	How do people manage loss and support each other?	grief	The thoughts and feelings people may experience after a significant loss.

Autumn 2

Managing money and online spending			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Money and emotional wellbeing	financial wellbeing	Feeling secure and in control of money, with support available when there are difficulties.
L2	Being a critical consumer	consumer	A person who buys or uses goods and services.
L3	Chancing it!	gambling	Risking money or something valuable on an uncertain outcome in the hope of winning more.
L4	Spending influences	advertising	Messages designed to persuade people to notice, want or buy a product or service.
L5	Wellbeing and support	debt	Money that has been borrowed or is owed and must be paid back.
L6	Enterprise	enterprise	A project or business activity that uses ideas, planning and resources to create value.
L7	Stealing	theft	Taking something that belongs to another person without their permission.

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Spring 1

Developing our AI literacy

Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	What is AI?	artificial intelligence	Computer systems designed to perform tasks that usually require human thinking, such as recognising patterns or generating content.
L2	How does AI affect our rights?	data protection	Rules and actions that keep personal information safe and control how it is collected and used.
L3	What is an AI chatbot?	chatbot	A computer program that uses written or spoken language to respond to a user.
L4	The impact of generative AI	generative AI	Artificial intelligence that creates new text, images, audio or other content from patterns in its training data.
L5	The ethics of AI images	ethics	Ideas and principles used to decide what is fair, responsible and right.
L6	Pick your pics	authenticity	The quality of being genuine, original or accurately represented.

Spring 2

Drug education

Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Medicines	dosage	The amount of medicine that should be taken and how often it should be used.
L2	Legal and illegal drugs	legality	Whether something is allowed or forbidden by law.
L3	Influences and pressure	peer pressure	Influence from people of a similar age that encourages someone to act or choose in a particular way.
L4	Tobacco, vaping and alcohol in the media	normalisation	Making a behaviour appear usual, acceptable or harmless because it is shown repeatedly.
L5	Alcohol poisoning	intoxication	A state in which alcohol or another drug affects a person's thinking, judgement, coordination or body functions.

Summer 1

Changes in puberty

Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
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L1	Puberty recap	adolescence	The stage of development between childhood and adulthood.
L2	Puberty – change and becoming independent	autonomy	The ability to make informed choices and take increasing responsibility for oneself.
L3	Positive, healthy relationships	equality	A relationship principle in which each person's rights, needs and views are valued fairly.
L4	How a baby is made	conception	The beginning of a pregnancy when a sperm fertilises an egg.
L5	Getting a good night's sleep	circadian rhythm	The body's natural daily cycle that helps control sleeping and waking.
L6	Healthier sleep habits (KS3)	sleep hygiene	Habits and routines that support regular, good-quality sleep.

Summer 2

Looking to the future			
Lesson	Lesson focus	New key word or term	Pupil-friendly meaning
L1	Job skills	employability	The skills, qualities and attitudes that help a person gain and succeed in work.
L2	Choosing a career	aspiration	A hope or ambition that a person works towards for the future.
L3	Career routes	pathway	A sequence of choices, education or training that can lead towards a goal or career.
L4	Moving to secondary school	adaptation	Changing thoughts, habits or actions to manage a new situation successfully.