

Core skills	Year-group End-of-Year Expectations						
	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Physical health and wellbeing Vocabulary <small>(remember to look back at the vocabulary from previous years)</small>	Healthy, unhealthy, exercise	Fun Times: food, drink, celebration, same, different, choice, active, protect, damage, sun, effect, games, safety, cultures, world, countries, special times	What keeps me healthy? Healthy diet, oral health, physical activity, active, sleep, vaccination routine, hygiene, food, rest, routines	What helps me choose? Eat well guide, influences, brands, packaging, taste, cost, value role model, qualities, teased feelings, diverse, Judge, beautiful, admire, influence positive, food, choices, active healthy	What is important to me? Religious diet, cultural diet, moral diet, ethical, fair trade, farming, seasonality, consumers, screen time, health, wellbeing, food, choices, sleep	In the media: Misleading, marketing, consumers, advertising, role model, media, reality, manipulate	Healthy Mind: Zones of regulation mental health feelings anxiety guidance mental ill health stigma discrimination
Keeping safe and managing risks Vocabulary	Real, fake, danger, good touch, bad touch, pants, private	Feeling Safe: Real, imaginary, danger, secret, trust, good touch,	Indoors and Outdoors: Emergency, safe, responsible, rules, unsafe,	Bullying: see it, say it, stop it: Bullying, unacceptable, falling out, racism, cyber	Playing safe: Age classification, computer game, pressure, choices, habits,	When things go wrong: Influence, trustworthy, domestic violence, abuse,	Keeping safe out and about (and FGM) Peer pressure, consequence, antisocial, law,

<p>(remember to look back at the vocabulary from previous years)</p>		<p>bad touch, unsafe, worried, private, community, help, safety</p>	<p>hazards, road safety, fire safety, danger</p>	<p>bullying, bystander, help, support, bully, cyber, physical unkind, mental health, feelings emotions, unhappy, differences power, bystander, empathy, acceptance, courage, feelings witness</p>	<p>gaming, road, rail, water safety, buildings, safety, danger hazards, fireworks, emergency first aid, help, Police, Fire brigade, Ambulance</p>	<p>violence, problems, Peer pressure, put down, pressure, peer mediator, risk predict, potential hazard, high/ medium/ low risk assessing, responsibility, online safety, relationships, risk, danger</p>	<p>peer pressure, independent, gangs, youths, behaviour, protected</p>
<p>Drugs, alcohol and tobacco education</p> <p>Vocabulary</p> <p>(remember to look back at the vocabulary from previous years)</p>	<p>Rules Danger</p>	<p>What do we put in our bodies?</p> <p>Substance, harmful, rules, dangerous, feelings</p>	<p>Medicines and me:</p> <p>Medicine, healthy, pharmacy, doctor, safety, asthma, instructions</p>	<p>Tobacco is a drug:</p> <p>Drug, tobacco, smoking, second hand smoke, smoke free, medicine, harmful, asthma, instructions</p>	<p>Making choices:</p> <p>Caffeine, alcohol, tobacco, nicotine, alcohol, risk, habit, addiction, age restrictions, drugs, legal, illegal prescribed, harmful substances, heart lungs, brain, stomach, peer pressure,</p>	<p>Different influences:</p> <p>Cigarette, e-cigarette, shisha, cannabis, health, money, alcohol, tobacco, nicotine, media, influence, pressure, choice, age restrictions, substance, medicine legal, illegal, drugs Ask Frank, effects,</p>	<p>What do we put into our bodies?</p> <p>Tobacco, nicotine products, alcohol, solvents, medicines, legal and illegal drugs, risks, advice, support, age restrictions</p>

					medicine behaviour, drug use	risks, prescribed, solvents, alcohol tobacco, role models	
Mental health and emotional wellbeing Vocabulary <small>(remember to look back at the vocabulary from previous years)</small>	Happy, sad,	Feelings: Feelings words, worried, excited, nervous, angry, same, different, emotion, loss, challenge, different	Friendships: friendship, kindness, help, trust, resolve, qualities, include, exclude, care, problems, difficult	Strengths and challenges: Goal, challenge, skill, attribute, put up, put down, set-back, Friend, Kindness, Emotions Feelings, Care, Conflict Qualities impact mental health Celebrate, Goals, Positive	Think Positive helpful thoughts unhelpful thoughts difference positive attitude	Dealing with feelings: Conflict, change, emotion, loss, grief, bereavement	Healthy Minds: Mental health, mood, feelings, mind, strategies, support stigma discrimination
Identity, society and equality Vocabulary <small>(remember to look back at the vocabulary from previous years)</small>	Same, different	Me and others: Special, different, dilemma, responsibility, challenge, unhelpful, helpful, behaviour, problem, cooperative	Living in the wider world belong, help, respect, share, neighbourho od, environment, natural, celebrate, accepting, believe	Celebrating Difference: Family, culture, age, gender, personal interests, belief, community, diverse, view, different, similar, diverse respect, views experiences,	Democracy: Democracy, vote, election, influence, organisation, council, government, resources, community, British values, customs birthplace, extended	Stereotypes, discrimination and prejudice (including homophobia) Stereotype, homophobic, sexist, disability, disablist, racist, transphobic, discrimination, gender, role models,	Human rights: Refugees, non-refugees, migration, empathise, diversity, immigrants, human rights, UN Convention, Rights of the Child, responsibilities, organisations, UK laws, UNICEF, Save

				expectations, group	families citizen, etiquette, diverse, stereotype, racism, power superiority	prejudice, community laws, Anti-social, responsibility, organisations research, migration, rights, responsibilities, conflict, organisation, homeless, charity, lesbian, transgender step families/ blended families, reflect, respect diverse, stereotype, relationships religions, gay, bisexual, LGBT	the Children, British government, MP, homelessness, temporary accommodation, organisations, initiatives, charities, Shelter
Careers, financial capability and economic wellbeing Vocabulary	job, money	My money: Earn, win, find, presents, pocket money, borrow, benefits, save, choices, jobs	Spend or Save: money, spend, record, receipt, keep, track, save, choice, amounts, payment, list	Saving, spending and budgeting: Manufacture, pressure, decisions, value, spend, shift, full-time, part-time, shift, paid, unpaid, charity, fund	Making Money Decisions: Want, need, priority, save, spend, borrow, purchase, currency	Borrowing and Earning Money: Loans, credit cards, hire purchase schemes, debt, manageable, unmanageable, reliable, enterprise,	Budgets and Managing Spending: tax VAT services percentage budget budgeting deficit

(remember to look back at the vocabulary from previous years)				raiser community, saving, jobs, world of work, occupation, wage, salary , budget		salary, risk, influence, careers.	value value of money invest / investment
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