

Key Vocabulary Tracker

Relationship Education / RSE

Formal Curriculum							
Year	Class	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
1	Leamington Relationship Education	Relationships: - Families - Care - Respect - Bullying - Boundaries - Online - Socialising	My Body: - Body - Change - Differences - Behaviour	Feelings and mental wellbeing: - Emotions - Understanding - Exercise - Sleep	Keeping safe and looking after myself: - Habits - Growing - Hygiene - Dangerous / uncomfortable - Secrets - good and bad - Regulations and restrictions - Risk	Life Cycles: - Human development - Reproduction - Life cycle - Growing	People who help: - Help - Feelings - Advice - Communicate
1	Hampden Relationship Education	Relationships: - Relationships - Love - Respect - Boundaries - Online - Socialising	My Body: - Puberty - Changes - Hygiene	Feelings, attitudes and mental wellbeing: - Puberty - Emotions - Religion / culture - Influences - Exercise - Sleep	Lifecycles/ Human reproduction: - Reproduction - Development - Happy - Healthy	Keeping safe and looking after myself: - Puberty - Menstruation - Hygiene - Safe - Personal information - First aid	People who help me / getting help and advice: - Help - Advice - Information - Seeking
1	Oval / Wembley / Silverstone	Relationships: - Relationships - Adolescence - Family - Structure	My Body: - Gender identity - Puberty - Media - Influence	Feelings, attitudes and mental wellbeing: - Feelings - Emotions	Lifecycles/ human reproduction: - Reproduction - Sexual intercourse	Keeping safe and looking after my sexual health: - Safer sex - Contraception	People who help me / sources of help and advice: - Pregnancy - Options

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	Relationship Sex Education	<ul style="list-style-type: none"> - Respect - Boundaries - Online - Socialising - Transitions 	<ul style="list-style-type: none"> - Hormones - Menstrual cycle - Menopause 	<ul style="list-style-type: none"> - Intimate - Religious views - Sex - Marriage - Exercise - Sleep 	<ul style="list-style-type: none"> - Development - Happy - Healthy - Physical changes - Mental changes 	<ul style="list-style-type: none"> - STIs - HIV - AIDS - Alcohol - Drugs 	<ul style="list-style-type: none"> - Contraception - Sexual health - Services - Help - Advice
1	14 - 16 Relationship Sex Education	Online Relationships: <ul style="list-style-type: none"> - Healthy relationships - Unhealthy relationships - Consent - Bullying - Cyber bullying - Stress - FOMO (fear of missing out) - Social media - Wellbeing 	My Body: <ul style="list-style-type: none"> - Gender identity - Puberty - Impact - Hormones - Body image - Menstrual cycle - Menopause 	Relationships: <ul style="list-style-type: none"> - Respect - Self respect - Boundaries - Mutual respect - Homophobia - Conflict - Parenting - Socialise - Transition 	Feelings, attitudes and mental wellbeing: <ul style="list-style-type: none"> - Mental health - Emotional wellbeing - Sleep - Exercise - Sexual Abuse - Pornography 	Keeping safe and looking after my sexual health: <ul style="list-style-type: none"> - Contraception - Trust - Sexual - Negotiate - Hormonal - Fertility - STIs - HIV - AIDS - Alcohol - Drugs 	People who can help me/sources of help and advice: <ul style="list-style-type: none"> - Law - Consent - Confidentiality - Sexual abuse - Pregnancy - Options

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Semi-Formal Curriculum							
Year	Class	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
1	Trent Bridge Relationship Education	Relationships: - Relationships - Families - Friendship - Respect - Socialise	Feelings and mental wellbeing: - Feelings - Sharing - Exercise - Sleep	My Body: - Body parts (specific terminology) - Differences - Growing - Changing	Life Cycles: - Life cycle - Baby - Changed - Responsibilities	Keeping safe and looking after myself: - Body parts (specific terminology) - Private - Safe - Online - Helping	People who help me: - People - Help - Communicating
1	Aintree	Relationships: - Relationship - Greeting - Family - Different - Friend - Good - Attractive	Emotions: - Feeling - Emotion - Help - Happy - Sad - Angry - Worried - Sleep - Rest - Routine - Relaxation	People who help me: - Paramedic - Job - Help - Healthy - Doctor - Nurse - Optician - Dentist - School - Trust	My body: - Body parts (specific terminology) - Private - Differences - Growing - Changing	Life cycles: - Life cycle - Baby - Changed - Responsibilities	Keeping safe and looking after myself: - Life cycle - Baby - Changed - Responsibilities

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1	Ascot Relationship Sex Education	Online Relationships: <ul style="list-style-type: none"> - Healthy relationships - Unhealthy relationships - Consent - Bullying - Cyber bullying - Stress - FOMO (fear of missing out) - Social media - Wellbeing 	My Body: <ul style="list-style-type: none"> - Gender identity - Puberty - Impact - Hormones - Body image - Menstrual cycle - Menopause 	Relationships: <ul style="list-style-type: none"> - Respect - Self respect - Boundaries - Mutual respect - Homophobia - Conflict - Parenting - Socialise - Transition 	Feelings, attitudes and mental wellbeing: <ul style="list-style-type: none"> - Mental health - Emotional wellbeing - Sleep - Exercise - Sexual - Abuse - Pornography 	Keeping safe and looking after my sexual health: <ul style="list-style-type: none"> - Contraception - Trust - Sexual - Negotiate - Hormonal - Fertility - STIs - HIV - AIDS - Alcohol - Drugs 	People who can help me/sources of help and advice: <ul style="list-style-type: none"> - Law - Consent - Confidentiality - Sexual abuse - Pregnancy - Options
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Revisited - greater depth/ to ensure a safe and secure understanding in more in-depth contexts as pupils progress with their development of knowledge and understanding.

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