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| Progression of skills and knowledge – HEALTH AND WELLBEING | | | | | | |
| Sub-strand | Year 1 | | Year 2 | | Year 3 | |
| Skills | Knowledge | Skills | Knowledge | Skills | Knowledge |
| Health and prevention | I can wash my hands properly.  I know how to deal with an allergic reaction | I know we can limit the spread of germs by having good hand hygiene.  I know the five S's for sun safety: slip, slop, slap, shade, sunglasses.  I know that certain foods and other things can cause allergic reactions in some people. | I can explore the effect that food and drink can have on my teeth. | I know that food and drinks with lots of sugar are bad for our teeth. | I can discuss why it is important to look after my teeth. | I know ways to prevent tooth decay |
| Physical health and wellbeing | I can explore positive sleep habits.  I can explore two different methods of relaxation: progressive muscle relaxation and laughter.  I can explore health-related jobs and people who help look after our health | I know that sleep helps my body to repair itself, to grow and restores my energy. | I can understand some of the benefits of exercise on body and mind.  I can explore some of the benefits of a healthy balanced diet. Suggesting how to improve an unbalanced meal.  I can participate in breathing exercises to aid relaxation | . To understand the importance of exercise to stay healthy. To understand the balance of foods we need to keep healthy. To know that breathing techniques can be a useful strategy to relax. | I can learn stretches which can be used for relaxation.  I can develop the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest. | I know the positive impact relaxation can have on the body.  I know the different food groups and how much of each of them we should have to have a balanced diet. |
| Mental wellbeing | I can identify personal strengths and qualities.  I can identify different ways to manage feelings | I know that strengths are things we are good at.  I know that qualities describe what we are like.  I know the words to describe some positive and negative emotions | I can suggest strategies to manage different emotions.  I am developing empathy.  I can identify personal goals and how to work towards them.  I can talk about the need for perseverance and developing a growth mind-set.  I am developing an understanding of self-respect. | I know that we can feel more than one emotion at a time.  I know that a growth mind-set means being positive about challenges and finding ways to overcome them. | I am exploring my own identity through the groups I belong to.  I can identify my strengths and exploring how I use them to help others.  I am able to breakdown a problem into smaller parts to overcome it | I understand the importance of belonging.  I understand what being lonely means and that it is not the same as being alone.  I understand what a problem or barrier is and that these can be overcome. |
| Key Vocab | . allergy, emotions, feelings, germs, ill, qualities, relax | | Diet, emotions, exercise, goal, growth mind-set, healthy, physical activity, relaxation, skill, strength | | Alone, balance, barriers, belonging, barriers, diet, healthy, identity, lonely, relax, resilience, stretch | |

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|  | Year 4 | | Year 5 | | Year 6 | |
|  | Skills | Knowledge | Skills | Knowledge | Skills | Knowledge |
| Health and prevention | I can look after my teeth. | I know key facts about dental health. | I can protecting myself in the sun | I know the risks of sun exposure. | I can consider ways to prevent illness.  I can identify some actions to take if I am worried about my health or my friends’ health | I understand that vaccinations can give us protection against disease.  I know that changes in the body could be possible signs of illness. |
| Physical health and wellbeing | I can identify what makes me feel calm and relaxed.  I can use visualisation as a tool to aid relaxation | I know that visualisation means creating an image in our heads. | I understand the relationship between stress and relaxation.  I can consider calories and food groups to plan healthy meals.  I am developing greater responsibility for ensuring good quality sleep | I know that relaxation stretches can help us to relax and de-stress.  I know that calories are the unit that we use to measure the amount of energy certain foods give us.  I know that what we do before bed can affect our sleep quality. | I can identify a range of relaxation strategies and situations in which they would be useful.  I can explore ways to maintain good habits.  I can set achievable goals for a healthy lifestyle | I understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health).  I know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits. |
| Mental wellbeing | I am exploring how my skills can be used to undertake certain jobs.  I can explore ways we can make ourselves feel happy or happier.  I am developing the ability to appreciate the emotions of others in different situations.  I am learning to take responsibility for my emotions by knowing that I can control some things but not others.  I am developing a growth mind-set. | I know that different job roles need different skills and so some roles may suit me more than others. I know that it is normal to experience a range of emotions.  I know that mental health refers to our emotional wellbeing, rather than physical.  I understand that mistakes can help us to learn.  I know who can help if we are worried about our own or other people's mental health. | I take responsibility for my own feelings. | I understand what can cause stress.  I understand that failure is an important part of success. | I can explore my personal qualities and how to build on them.  I am developing strategies for being resilient in challenging situations | I understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation).  I know the effects technology can have on mental health. |
| Key Vocab | Fluoride, healthy, mental health, negative emotions, positive emotions, relaxation, resilience, skill, visualise | | Fail, goal, protect, relaxation, responsibility, steps | | Growth mind-set, habits, qualities, responsibilities, skill, vaccination. | |