

KS1/KS2 Progression Tables

Being Healthy Progression Table - Through the module **Exploring Emotions** pupils will be able to ...

| KS1 | LKS2 | UKS2 |
|---|--|---|
| Factors of a Healthy Lifestyle | Factors of a Healthy Lifestyle | Factors of a Healthy Lifestyle |
| <ul style="list-style-type: none"> Explore what 'being healthy' means and why it is important. | <ul style="list-style-type: none"> Explain what a 'healthy lifestyle' is and why it is important. | <ul style="list-style-type: none"> Identify things that can affect someone's physical/mental health. |
| <ul style="list-style-type: none"> Understand that food is necessary to keep our bodies healthy. | <ul style="list-style-type: none"> Understand what a healthy, balanced diet may include. | <ul style="list-style-type: none"> Explain what constitutes a healthy diet; risks associated with not having one. |
| <ul style="list-style-type: none"> Identify that food choices can vary for families/cultures. | <ul style="list-style-type: none"> Understand what an informed choice is. | <ul style="list-style-type: none"> Reflect on what may influence our choices to have a balanced lifestyle. |
| <ul style="list-style-type: none"> Name/describe different physical activities and identify ones they enjoy. | <ul style="list-style-type: none"> Identify opportunities for physical activity within their everyday lives. | <ul style="list-style-type: none"> Identify what good physical health means and how to seek help if they are worried about their health. |
| <ul style="list-style-type: none"> Explain how physical activity can help us to stay healthy. | <ul style="list-style-type: none"> Describe some consequences of being physically inactive on mind and body. | <ul style="list-style-type: none"> Recognise habits that can have both positive/negative effects on a healthy lifestyle. |
| <ul style="list-style-type: none"> Understand that sleep & relaxation are important for growing and keeping healthy. | <ul style="list-style-type: none"> Identify routines that support good quality sleep. | <ul style="list-style-type: none"> Understand routines/strategies that support good quality sleep, the effects of lack of sleep. |
| <ul style="list-style-type: none"> Talk about healthy ways to feel good, calm down or change their mood. | <ul style="list-style-type: none"> Explore strategies and behaviours that support mental health. | <ul style="list-style-type: none"> Identify strategies and behaviours that support mental health. |
| Hygiene, Health and Prevention | Hygiene, Health and Prevention | Hygiene, Health and Prevention |
| <ul style="list-style-type: none"> Demonstrate how to brush teeth. | <ul style="list-style-type: none"> Explain what good dental health means, including how to brush and floss. | <ul style="list-style-type: none"> Identify the everyday routines that improve dental health. |
| <ul style="list-style-type: none"> Explain what good dental care is - understanding the foods/drinks that support it. | <ul style="list-style-type: none"> Identify the effects of different foods/drinks on the teeth. | <ul style="list-style-type: none"> Identify the everyday routines/habits that can limit the spread of infection. |
| <ul style="list-style-type: none"> Demonstrate simple hygiene routines that stop germs from spreading. | <ul style="list-style-type: none"> Identify the everyday hygiene routines that can limit the spread of infection. | <ul style="list-style-type: none"> Understand the wider importance of personal hygiene and how to maintain it. |
| <ul style="list-style-type: none"> Begin to recognise different ways of staying healthy in the sun. | <ul style="list-style-type: none"> Identify the benefits/risks of sun exposure. | <ul style="list-style-type: none"> Explain how to keep safe from sun damage and reduce the risk of skin cancer. |
| <ul style="list-style-type: none"> Understand what it means to take a break and how this is important for our health. | <ul style="list-style-type: none"> Describe how the 5 ways to wellbeing can be used as a tool to help keep a healthy balance. | <ul style="list-style-type: none"> Identify the benefits of the internet; strategies for managing/balancing time online/offline. |