



Recall of skills school progression grid. Autumn Term- Health and Wellbeing



Year 1	Understanding my own emotions. feeling, emotions, help, happy, sad, angry, worried.	Exploring my own strengths and setting myself goals. Skill, qualities, strengths, better	Learning to be safe with substances. (Medicines, house hold items) into, onto adult, danger, ill, damage, medicine.	Learning to stay safe in the home- house hold dangers. safe, unsafe, accident, hazard, danger	Learning what an emergency is and how to respond to an emergency. police, fire, ambulance, emergency, 999
Year 2	Exploring a range of emotions and understanding mixed emotions. feeling, emotion, different	Managing emotions using a range of breathing and relaxation techniques. Exercise, Relax, Relaxation, Breath	Exploring my own strengths, setting goals and how to break these down into achievable steps to succeed. Goal, Skill, Achieve, Steps	Learning how to overcome barriers to failure and develop a growth mindset. Try, Fail, Frustrating, Challenge, Growth mindset	Learning to identify parts of the body that are private using the 'Pants Rule'
Year 3	To be able to plan for a healthy lifestyle including physical activity, rest and diet. Exercise Balance Diet Energy Intake	To identify the benefits of eating a healthy diet. Teeth, Healthy Balanced Food group	Exploring my own strengths and how these can help and affect others. Hero Strengths Power	To identify problems and barriers and how to break these down and overcome them. barriers strategy	Learning how to respond to an emergency and the role that I would play in this. emergency hazard 999 / 112 emergency services emergency operator location injuries
Year 4	Identifying how to be safe with substances inside and outside of the home. adult danger ill damage medicine	To identify the effects of alcohol and Tabaco and the laws and restrictions around these. choice, decision, rather, alcohol, tobacco, influence, decision, law, age restriction	PUBERTY To recognise some of the physical changes that will happen as I grow up. child adult change grow develops physical changes	PUBERTY To recognise the physical differences between children and adults change exciting worries physical height breasts genitals penis testicles hips waist shoulders chest hair puberty hygiene	To explore the importance of staying safe outside of school. (Road safety) distraction rules safety
Year 5	To be able to plan for a healthy lifestyle including diet, oral hygiene, relaxation, rest and the impact upon my mental and physical wellbeing, Setting goals for this. Responsibility Health Physical Mental	To be able to plan a healthy meal and what a healthy diet consists of. Calories Healthy diet Food groups Recommended daily intake (RDI) Serving Portion Obesity	To be able to make long term achievable goals. Future Skills Values	To understand how failure can help me to succeed. failure feelings learn manage	To learn how to take responsibility for my own actions and feelings and how these can affect others. Choice Feeling Emotion

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Year 6	To identify the ways in which social media can affect me. Social media Emotions Feelings	To explore the risks of alcohol. excessive alcohol choice risk short term long term responsible	To understand the influence of others when making a decision. (Alcohol, drugs and tobacco) influence choice for against decision pressure peer pressure peer acceptance	PUBERTY To understand the changes that are happening to me during puberty. sperm egg erection fertilise conception sexual intercourse relationship	PUBERTY To understand what conception means, the biology of how a baby is conceived and the menstrual cycle. sperm egg erection fertilise conception sexual intercourse relationship
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Key:

Blue	Emotions
Red	Safety including substance
Red	Puberty
Green	Healthy lifestyle
Pink	Strengths and goals