



PSHCE SKILL PROGRESSION - PHYSICAL HEALTH & MENTAL WELLBEING

***“You are braver than you believe, stronger than you see and smarter than you think.”
~AA Milne***



EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
	Pupils will be taught to		Pupils will be taught to			
	<p>I know what it means to be healthy and why it is important.</p> <p>I know ways to take care of myself on a daily basis.</p> <p>I know basic hygiene routines, e.g. handwashing.</p> <p>I know about healthy and unhealthy foods, including sugar intake.</p> <p>I know how to be physically active and how it keeps me healthy.</p> <p>I know the different types of play, including balancing indoor, outdoor and screen based play.</p> <p>I know who can help me to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors.</p> <p>I know how to keep safe in the sun.</p>	<p>I know about routines and habits for maintaining good physical and mental health.</p> <p>I know why sleep & rest are important for growing and keeping healthy.</p> <p>I know that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies.</p> <p>I know the importance of, and routines for, brushing teeth and visiting the dentist.</p> <p>I know about food and drink that affect dental health.</p> <p>I can describe and share a range of feelings.</p> <p>I know ways to feel good, calm down or change my mood e.g. playing outside, listening to music, spending time with others.</p> <p>I can manage big feelings including those associated with change, loss and bereavement.</p> <p>I know when and how to ask for help, and how to help others, with their feelings.</p>	<p>I know the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle.</p> <p>I know what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally.</p> <p>I know that regular exercise such as walking or cycling has positive benefits for my mental and physical health.</p> <p>I know about the things that affect feelings both positively and negatively.</p> <p>I know strategies to identify and talk about my feelings.</p> <p>I know about some of the different ways people express feelings e.g. words, actions, body language.</p> <p>I can recognise how feelings can change overtime and become more or less powerful.</p>	<p>I know what it means to be healthy and why it is important.</p> <p>I know ways to take care of myself on a daily basis.</p> <p>I know the basic hygiene routines, e.g. handwashing.</p> <p>I know about healthy and unhealthy foods, including sugar intake.</p> <p>I know how to be physically active and how it keeps me healthy.</p> <p>I know different types of play, including balancing indoor, outdoor and screen-based play.</p> <p>I know who can help me to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors.</p> <p>I know how to keep safe in the sun.</p>	<p>I know sleep contributes to a healthy lifestyle.</p> <p>I know healthy sleep strategies and how to maintain them.</p> <p>I know the benefits of being outdoors and in the sun for physical and mental health.</p> <p>I can manage risk in relation to sun exposure, including skin damage and heat stroke.</p> <p>I know medicines can contribute to health and how allergies can be managed.</p> <p>I know that some diseases can be prevented by vaccinations and immunisations.</p> <p>I know bacteria and viruses can affect health & how they can prevent the spread of bacteria and viruses with everyday hygiene routines.</p> <p>I recognise the shared responsibility of keeping a clean environment.</p>	<p>I know mental health is just as important as physical health and that both need looking after.</p> <p>I know people can be affected by mental ill-health & difficulties can be resolved.</p> <p>I know negative experiences such as being bullied or feeling lonely affect mental wellbeing.</p> <p>I know positive strategies for managing feelings.</p> <p>I know there are situations when someone may experience mixed or conflicting feelings.</p> <p>I know feelings can be helpful, & recognise they sometimes need to be overcome.</p> <p>I recognise if someone experiences feelings that are not good, help & support is available.</p> <p>I can identify where I and others can ask for help and support with mental wellbeing.</p> <p>I know the importance of asking for support from a trusted adult.</p> <p>I know about the changes that may occur in life including death, and how these can cause conflicting feelings.</p> <p>I know changes can mean people experience feelings of loss or grief.</p> <p>I know the process of grieving and how grief can be expressed and where to get help.</p> <p>I know strategies that can help someone cope with feelings associated with change or loss.</p> <p>I know balancing time online with other activities helps maintain health & wellbeing.</p> <p>I can manage time spent online and foster positive habits.</p> <p>I know what to do & who to tell if I am frightened or worried about something they have seen online.</p>