

Progression Map Health and Mental Well Being

		Key stage 1		Key stage 2
Healthy Lifestyle (Physical)	H1.	About what keeping healthy means; different ways to keep healthy.	H1.	How to make informed decisions about health
	H2.	About foods that support good health and the risks of eating too much sugar	H2.	About the elements of a balanced, healthy lifestyle
	H3.	About how physical activity helps us to stay healthy; and ways to be physically active everyday	H3.	About choices that support a healthy lifestyle, and recognise what might influence these
	H4.	About why sleep is important and different ways to rest and relax	H4.	
	H5.	Simple hygiene routines that can stop germs from spreading	H5.	How to recognise that habits can have both positive and negative effects on a healthy lifestyle
	H6.	That medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay	H6.	
	H7.	About dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health	H7.	About what good physical health means; how to recognise early signs of physical illness
	H8.	How to keep safe in the sun and protect skin from sun damage	H8.	About what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.
	H9.	About different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV	H9.	How regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be

				physically active and some of the risks associated with an inactive lifestyle
	H10.	About the people who help us to stay physically healthy.	H10.	About how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn health.
			H11.	How to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)
			H12.	About the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer
			H13.	About the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online
			H14.	How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health
Healthy Lifestyle (Mental Wellbeing)	H11.	About different feelings that humans can experience	H15.	That mental health, just like physical health, is part of daily life; the importance of taking care of mental health.
	H12.	How to recognise and name different feelings	H16.	About strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing .

	H13.	How feelings can affect people’s bodies and how they behave	H17.	To recognise that feelings can change over time and range in intensity
	H14.	How to recognise what others might be feeling	H18.	About everyday things that affect feelings and the importance of expressing feelings
	H15.	To recognise that not everyone feels the same at the same time, or feels the same about the same things	H19.	A varied vocabulary to use when talking about feelings; about how to express feelings in different ways.
	H16.	About ways of sharing feelings; a range of words to describe feelings	H20.	Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations
	H17.	About things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep	H21.	To recognise warning signs about mental health and wellbeing and how to seek support for themselves and others
	H18.	Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don’t feel good	H22.	To recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult
	H19.	To recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it	H23.	About change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement
	H20.	About change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better	H24.	Problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools
Ourselves, growing and changing	H21.	To recognise what makes them special	H25.	About personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
	H22.	To recognise the ways in which we are all unique	H26.	Gender stereotypes.
	H23.	To identify what they are good at, what they like and dislike		
	H24.	How to manage when finding things difficult	H27.	To recognise their individuality and personal qualities

	H25.	To name the main parts of the body - refer to School policy		
	H26.	About growing and changing from young to old and how people's needs change	H28.	To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth
	H27.	About preparing to move to a new class/year group	H29.	About how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking
			H30.	
			H31.	About the physical and emotional changes that happen when approaching and during puberty including menstrual wellbeing.
			H32.	About how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
			H33.	About the processes of reproduction and birth as part of the human life cycle
			H34.	About where to get more information, help and advice about growing and changing, especially about puberty
			H35.	About the new opportunities and responsibilities that increasing independence may bring
			H36.	Strategies to manage transitions between classes and key stage
Keeping safe Drugs, Alcohol and Tobacco Keeping safe	H28.	About rules and age restrictions that keep safe	H37.	Reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming
	H29.	To recognise risk in simple everyday situations and what action to take to minimise harm	H38.	How to predict, assess and manage risk in different situations

H30.	About how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)	H39.	About hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe
H31.	That household products (including medicines) can be harmful if not used correctly	H40.	About the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)
H32.	Ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely	H41.	Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about
H33.	About the people whose job it is to help keep us safe	H42.	About the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact
H34.	Basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them		
H35.	About what to do if there is an accident and someone is hurt	H43.	About what is meant by first aid; basic techniques for dealing with common injuries
H36.	how to get help in an emergency (how to dial 999 and what to say)		
		H44.	How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say
		H45.	That female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk³

**Drugs, Alcohol
and Tobacco**

H37.	About things that people can put into their body or on their skin; how these can affect how people feel.	H46.	About the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to
		H47.	To recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others
		H48.	About why people choose to use or not use drugs (including nicotine, alcohol and medicines);
		H49.	About the mixed messages in the media about drugs, including alcohol and smoking/vaping