



Being Healthy

Progression Map



St Ralph Sherwin
Catholic Multi Academy Trust

EYFS

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
Children manage their own basic hygiene needs successfully.
Children know about, and can make healthy choices in relation to, healthy eating and exercise.

Key Stage 1 Being Healthy

Core Theme: Health and Wellbeing:
H1, H2, H3, H6, H7

Learning

- H1 - Exploring what a healthy lifestyle means.
- H1 - Identifying the benefits of a healthy lifestyle.
- H2 - Identifying ways of keeping healthy.
- H2 - Recognising what they like and dislike.
- H2 - Recognising that choices can have good and not so good consequences.
- H3 - Setting simple goals.
- H6 - Recognising the importance of personal hygiene.
- H7 - Developing simple skills to help prevent diseases spreading.

Lower Key Stage 2 Being Healthy

Core Theme: Health and Wellbeing:
H1, H2, H3, H5

Learning

- H1 - Exploring what affects their physical, mental and emotional health.
- H2 - Understanding the concept and benefits of a balanced healthy lifestyle.
- H2 - Identifying how to make informed choices.
- H3 - Understanding what is included in a balanced diet.
- H3 - Understanding what may influence our choices.
- H5 - Setting goals.

Upper Key Stage 2 Being Healthy

Core Theme: Health and Wellbeing:
H1, H2, H3, H4, H5, H16

Learning

- H1 - Exploring what affects their physical, mental and emotional health.
- H2 - Understanding the concept and benefits of a balanced healthy lifestyle.
- H3 - Exploring how we make choices about the food we eat.
- H3 - Identifying how to make informed choices.
- H3 - Developing skills to make their own choices.
- H4 - Recognising how images in the media do not always reflect reality.
- H5 - Setting simple but challenging goals.
- H16 - Exploring what is meant by the term habit and why habits can be hard to change.

KS3 & KS4 Links:

- New Mills Secondary
- Y7 - T5 - Physical Wellbeing
- Y8 - T6 - Sexual Health
- Y9 - T4 - Mental & Emotional Health
- Y9 - T5 - STIs/Sexual Health

St. Thomas More



KS1

Community; Meals; Being sorry;
Rules



LKS2

Homes; Journeys; Giving All;
Choices; Belonging; Self-Discipline



UKS2

Ourselves; Life Choices; Sacrifice;
Freedom & Responsibility; Loving

RSE: A Journey In Love

Year 3: How do I look after myself?

Year 4: Can I identify and name my feelings and emotions?
How do I deal with negative emotions?
Can I analyse my feelings and actions?

STICKY KNOWLEDGE

Opportunities to revisit our wider curriculum

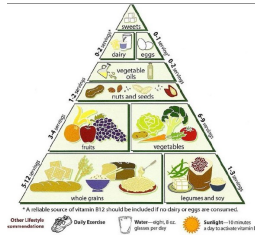
KS1 Biology

How will 5 a day keep me healthy?

What do humans need to be healthy?

To keep healthy, humans need:

- to eat a **balanced diet** and healthy food
- some **exercise** to keep their muscles and bones healthy
- to take **medicines** that are given by doctors and nurses when feeling poorly
- to keep **good hygiene** by washing regularly, having clean clothes, brushing teeth and hair.



LKS2 Biology

Animals including humans – Digestive system & nutrition.



UKS2 Biology

Animals including humans – Circulatory system (effects of poor diet)

Choices that can harm the circulatory system

- Some choices, such as smoking and drinking alcohol can be harmful to our health.
- Tobacco can cause short-term effects such as shortness of breath, difficulty sleeping and loss of taste and long-term effects such as lung disease, cancer and death
- Alcohol can cause short-term effects such as addiction and loss of control and long-term effects such as **organ damage**, cancer and death

Wider Opportunities

7th October – World Smile Day (Oral Hygiene)

10th October – World Mental Health Day

October – Walking Bus / walk to school week

2nd March – Colour Food Bingo Week (Healthy Eating / 5 a day)

21st – 25th May – Walk to School Week

Well-being Library Books

