

Healthy Lifestyles Progression Grid - Whole School

Link to Zones of Regulation and online safety

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
Minimum learning is highlighted			Minimum vocabulary is in bold			
Healthy Lifestyles						
<p>To know that we need to drink water and that fresh fruit and vegetables help keep us healthy</p> <p>To know we need to wash our hands before we eat</p>	<p>To understand that being healthy takes many form and incorporates many aspects of life and can include exercise, food and water are important</p> <p>To know that we carry bacteria / germs and washing our hands cleans them of these</p>	<p>To learn what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health , sun health and sleep</p> <p>To learn the importance of and how to maintain personal hygiene.</p> <p>To learn how some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to help prevent diseases spreading</p>	<p>To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences</p> <p>To learn about feelings that are pleasant to us and those that can be difficult and that all feelings are valid but how we deal with them is important – link to Zones of Regulation</p>	<p>To recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet</p> <p>To learn what is meant by the term ‘habit’ and why habits can be hard to change</p> <p>To understand what positively and negatively affects their physical, mental and emotional health.</p>	<p>To understand what positively and negatively affects their physical, mental and emotional health.</p> <p>To understand how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a ‘balanced lifestyle’</p> <p>To understand that bacteria and viruses can affect health and that following simple routines can reduce their spread</p>	<p>To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves</p> <p>To learn which, why and how, commonly available substances and drugs (including alcohol, tobacco and ‘energy drinks’) can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others</p> <p>To recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet</p>

Planning taken from School B example