

## Healthy Lifestyles Progression Grid - Whole School

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
<b>Minimum learning is highlighted</b>			<b>Minimum vocabulary is in bold</b>			
To know that we need to drink water and that fresh fruit and vegetables help keep us <b>healthy</b> .	To know that being <b>healthy</b> takes many form and incorporates many aspects of life and can include <b>exercise, food and water</b> .	To know what constitutes, and how to maintain, a healthy <b>lifestyle</b> including the benefits of physical activity, rest, healthy eating and dental health, sun health and sleep.	To know what they like and dislike, how to make real, <b>informed choices</b> that improve their physical and <b>emotional health</b> , to recognise that choices can have good and not so good consequences.	To know and be able to make their own choices about food, understanding what might <b>influence</b> their choices and the benefits of eating a <b>balanced diet</b> .	To know how to make informed choices (including recognising that choices can have <b>positive, neutral and negative consequences</b> ) and to begin to understand the concept of a 'balanced lifestyle.'	To know how, commonly available <b>substances</b> and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health ;that some are <b>restricted</b> and some are <b>illegal</b> to own, use and give to others. POL Ed – vaping lesson.
To know we need to wash our hands before we eat.	To know that we carry bacteria / germs and washing our hands cleans them of these.	To know the importance of and how to maintain personal hygiene. Eg regular baths/showers Clean clothes. Dental hygiene.	To know 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.	To know what is meant by the term ' <b>habit</b> ' and why habits can be hard to change To understand what positively and negatively affects their physical, <b>mental</b> and emotional health.	To know what positively and negatively affects their physical, mental and emotional health.	To know how <b>images</b> do not always reflect reality and can affect how people feel about themselves. Link to online safety unit in computing.
		To know how some diseases are spread, the responsibilities they have for their own health and that of others; to develop simple skills to help prevent diseases spreading.			To know that <b>bacteria and viruses</b> can affect health and that following simple routines can reduce their spread.	To know how to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet.
Disciplinary knowledge						
To know what is a healthy lifestyle and how it can positively impact their life.						