

Wellbeing - Progression Grid - Whole School

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
Minimum learning is highlighted			Minimum vocabulary is in bold			
To know when we feel sad and to tell a grown up	To know different exercises To know how exercise helps me How does exercise help me? (Pol-Ed EYFS)	To know how to express my feelings to others How can I share my feelings? (Pol-Ed Y1)	To know what changes may happen to me To know how a strategy to cope with changes How can I deal with change? (Pol-Ed Y2)	To be able to describe what mental health means. What is mental health? (Pol-Ed Y3)	To know how physical activity can affect the body & brain To know the connection between movement & emotions How might activity levels affect the way I feel? (Pol-Ed Y5)	To know what mental health means in detail To know how to help our mental health (where to get help & support) How can I seek support for my mental health? (Pol Ed Y6)
To know when we feel cross/angry and to tell a grown up	To know what healthy food is To know how food can help me How does food help me? (Pol-Ed EYFS)	To know what makes me special What makes me special? (Pol-Ed Y1)	To know how to cope with a difficult situation. When do I need to take a break? (Pol-Ed Y2)	What words can I use to talk about my feelings? (Pol-Ed Y3)	To know the different feelings they may feel at school To know positive ways of managing their feelings at school How might school impact the way I feel? (Pol-Ed Y5)	To know how to recognise negative thinking patterns To know the difference between fixed & growth mindset How can I re-frame my thinking? (Pol-Ed Y6)
Disciplinary Knowledge						
To know that mental health can change in the same way physical health can change						

See resources within planning folder or use: <https://www.childrensmentalhealthweek.org.uk/schools/primary-age-activities/#resources>