

End Point	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><b>Topic: Health and Wellbeing</b></p> <p>Related to permission seeking/consent</p> <p>Sticky Knowledge</p> <p><b>Understanding of how to maintain positive mental health and wellbeing to identify and manage emotions and build resilience when faced with challenges</b></p>	<p>I can show an understanding of my own feelings (happy, joy, angry, sad).</p> <p>I know what makes me feel happy and joy.</p> <p>I know when I am angry or sad.</p> <p>I know what to do if I feel angry or sad.</p> <p>I understand what brave means.</p> <p>I know times when I might be brave.</p> <p>I can aim high.</p> <p>I understand how to manage my feelings when learning gets tricky.</p> <p><b>Key Vocabulary:</b></p> <p>Feelings, angry, sad, happy, joy, brave.</p>	<p>To know that mental wellbeing is a normal part of daily life, in the same way as physical health (6a)</p> <p>To know what it means to be healthy and why is it important</p> <p>To know that there are more nutritious and not as nutritious foods, including sugar intake (9a)</p> <p>To know how physical exercise keeps people healthy (6e/8a)</p> <p>To know that there are different types of play, including balancing indoor, outdoor and screen-based play</p> <p>To know that there are different kinds of feelings. (6b/c)</p> <p>To know how feelings affect how people behave and how to recognise feelings in themselves and others (6b/c)</p> <p>To make positive connections between things they enjoy and feeling good (6f)</p>	<p>To know that mental wellbeing is a normal part of daily life, in the same way as physical health (6a)</p> <p>To know how happiness links to setting a goal and achieving it.</p> <p>To know that routines and habits are good for maintaining good physical and mental health (8b)</p> <p>To know how sleep and rest are important for growing and keeping healthy (11c)</p> <p>To know how to describe and share a range of different feelings (6b/c)</p> <p>To know how to make good choices in response to uncomfortable feelings (6d)</p> <p>To know how to calm down and feel good e.g. 5 ways to wellbeing, let it out, be mindful, think positive (6f)</p> <p><b>Key Vocabulary:</b></p>	<p>To know that mental wellbeing is a normal part of daily life, in the same way as physical health (6a)</p> <p>To know healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)</p> <p>To know how habits can be maintained, changed or stopped and the positive and negative effects habits may have on people</p> <p>To know what is meant by a balanced diet including what foods should be eaten regularly and occasionally (9a)</p> <p>To know the importance of building regular exercise into weekly and daily routines (8b)</p> <p>To know how to identify and talk about their feelings (6b/c)</p> <p>To know how things can affect feelings positively and negatively and how these can become more or less powerful over time</p> <p>To know how to manage big feelings</p>	<p>To know that mental wellbeing is a normal part of daily life, in the same way as physical health (6a)</p> <p>To know that there are a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally</p> <p>To know that there are risks associated with an inactive lifestyle, including obesity (8c/8a)</p> <p>To know the principles of planning and preparing a range of healthy meals (9b)</p> <p>To know what good physical health means and how to recognise early signs of physical illness (8a)</p> <p>To know how to manage and reframe setbacks/learn from their mistakes</p> <p>To know how to identify and talk about their feelings (6b/c)</p> <p>To know how to recognise and</p>	<p>To know that mental wellbeing is a normal part of daily life, in the same way as physical health (6a)</p> <p>To know how sleep contributes to a healthy lifestyle and how lack of sleep can contribute to weight, mood and ability to learn (11c)</p> <p>To know healthy sleep strategies and how to maintain them (11c)</p> <p>To know that there are benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness (6e/8a)</p> <p>To know that there are situations when someone may experience mixed or conflicting feelings.</p> <p>To know how to balance time online with other activities to help maintain their health and wellbeing (7b)</p> <p>To know the characteristics of a poor diet and risks</p>	<p>To know that mental wellbeing is a normal part of daily life, in the same way as physical health (6a)</p> <p>To know that everyone can be affected by mental ill-health and that difficulties can be resolved with health and support (6j)</p> <p>To know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body and how to seek help (11a)</p> <p>To know that there are situations when someone may experience mixed or conflicting feelings.</p> <p>To know that if people experience feelings that are not so good – help and support is available and know where to get help and support (6i)</p> <p>To know the process of grieving and how grief can be expressed</p> <p>To know that there are strategies that can help someone</p>

		<p><b>Key Vocabulary:</b></p> <p>Wellbeing, healthy, nutritious, enjoyment, feelings, behave, fear, joy, disgust, surprise, anger, happiness, exercise.</p>	<p>Feelings, calm, wellbeing, healthy, routine, habit, fear, joy, disgust, surprise, anger, happiness, nervous, exercise, physical health, mental health,</p>	<p>including those associated with change, loss and bereavement</p> <p>To know how rest, time with others, hobbies, interests, rationing time online help to maintain and improve their wellbeing (6f)</p> <p><b>Key Vocabulary:</b></p> <p>Feelings, wellbeing, healthy, routine, habit, fear, joy, disgust, surprise, anger, happiness, pride, nervous, jealous, pride, exercise, physical health, mental health, maintain,</p>	<p>manage uncomfortable feelings (6d)</p> <p>To know how rest, time with others, hobbies, interests, rationing time online help to maintain and improve their wellbeing (6f)</p> <p>To know how to manage time spent online and foster positive habits e.g. switching phone off at night (7b)</p> <p>To know how and when to seek support including which adults to speak to in school if they are worried about their health or mental well-being (including issues arising online) (8d/6i)</p> <p><b>Key Vocabulary:</b></p> <p>Feelings, wellbeing, healthy, routine, habit, fear, joy, disgust, surprise, anger, happiness, pride, nervous, jealous, pride, dismay, exercise, physical health, mental health, maintain, uncomfortable, setbacks, obesity.</p>	<p>associated with this (including, for example, obesity and tooth decay) (9c)</p> <p>To know how and when to seek support including which adults to speak to in school if they are worried about their health or mental well-being (including issues arising online) (8d/6i)</p> <p>To know a range of self-care techniques they can use to regulate their emotions and boost their mood (6f)</p> <p><b>Key Vocabulary:</b></p> <p>Feelings, wellbeing, healthy, mixed feelings, conflicting feelings, regulate, self-care, emotions, mood exercise, physical health, mental health, maintain, balance.</p>	<p>cope with the feelings associated with change or loss</p> <p>To know how to balance time online with other activities to help maintain their health and wellbeing (7b)</p> <p>To know how to manage time spent online and foster positive habits e.g. switching phone off at night (7b)</p> <p>To know a range of self-care techniques they can use to regulate their emotions (6f)</p> <p>To know healthy sleep strategies and how to maintain them (11c)</p> <p><b>Key Vocabulary:</b></p> <p>Feelings, wellbeing, healthy, mixed feelings, conflicting feelings, regulate, self-care, emotions, mood exercise, physical health, mental health, maintain, balance, support, bereavement.</p>
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