

Key Stage 1 Progression Document (Summer term)

| | Autumn | | | | | | Spring | | | | | | Summer | | | | | |
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| | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 |
| Health and Wellbeing KS1 | | | | | | | | | | | | | | | | | | |
| H1. about what keeping healthy means; different ways to keep healthy | | | | | | | | | | | | | | | | | | |
| H2. about foods that support good health and the risks of eating too much sugar | | | | | | | | | | | | | | | | | | |
| H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday | | | | | | | | | | | | | | | | | | |
| H4. about why sleep is important and different ways to rest and relax | | | | | | | | | | | | | | | | | | |
| H5. simple hygiene routines that can stop germs from spreading | | | | | | | | | | | | | | | | | | |
| H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy | | | | | | | | | | | | | | | | | | |
| H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health | | | | | | | | | | | | | | | | | | |
| H8. how to keep safe in the sun and protect skin from sun damage | | | | | | | | | | | | | | | | | | |
| H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV | | | | | | | | | | | | | | | | | | |
| H10. about the people who help us to stay physically healthy | | | | | | | | | | | | | | | | | | |
| H11. about different feelings that humans can experience | | | | | | | | | | | | | | | | | | |
| H12. how to recognise and name different feelings | | | | | | | | | | | | | | | | | | |
| H13. how feelings can affect people's bodies and how they behave | | | | | | | | | | | | | | | | | | |
| H14. how to recognise what others might be feeling | | | | | | | | | | | | | | | | | | |
| H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things | | | | | | | | | | | | | | | | | | |
| H16. about ways of sharing feelings; a range of words to describe feelings | | | | | | | | | | | | | | | | | | |

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| | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 |
| H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) | | | | | | | | | | | | | | | | | | |
| H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good | | | | | | | | | | | | | | | | | | |
| H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it | | | | | | | | | | | | | | | | | | |
| H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better | | | | | | | | | | | | | | | | | | |
| H21. to recognise what makes them special | | | | | | | | | | | | | | | | | | |
| H22. to recognise the ways in which we are all unique | | | | | | | | | | | | | | | | | | |
| H23. to identify what they are good at, what they like and dislike | | | | | | | | | | | | | | | | | | |
| H24. how to manage when finding things difficult | | | | | | | | | | | | | | | | | | |
| H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) | | | | | | | | | | | | | | | | | | |
| H26. about growing and changing from young to old and how people's needs change | | | | | | | | | | | | | | | | | | |
| H27. about preparing to move to a new class/year group | | | | | | | | | | | | | | | | | | |
| H28. about rules and age restrictions that keep us safe | | | | | | | | | | | | | | | | | | |
| H29. to recognise risk in simple everyday situations and what action to take to minimise harm | | | | | | | | | | | | | | | | | | |
| H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters) | | | | | | | | | | | | | | | | | | |
| H31. that household products (including medicines) can be harmful if not used correctly | | | | | | | | | | | | | | | | | | |

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