

# Key Stage 2 Progression Document (Summer term)

	Autumn						Spring						Summer					
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
<b>Health and Wellbeing KS2</b>																		
<b>H1.</b> how to make informed decisions about health															Red			
<b>H2.</b> about the elements of a balanced, healthy lifestyle															Red	Green		
<b>H3.</b> about choices that support a healthy lifestyle, and recognise what might influence these															Red			
<b>H4.</b> how to recognise that habits can have both positive and negative effects on a healthy lifestyle															Red			
<b>H5.</b> about what good physical health means; how to recognise early signs of physical illness																Green		
<b>H6.</b> about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.															Red			
<b>H7.</b> how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle															Red			
<b>H8.</b> about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn																	Purple	
<b>H9.</b> that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it																	Purple	
<b>H10.</b> how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed																Green	Purple	
<b>H11.</b> how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)																Green		
<b>H12.</b> about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer																	Purple	

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	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
<b>H13.</b> about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online																		
<b>H14.</b> how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health																		
<b>H15.</b> that mental health, just like physical health, is part of daily life; the importance of taking care of mental health																		
<b>H16.</b> about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing																		
<b>H17.</b> to recognise that feelings can change over time and range in intensity																		
<b>H18.</b> about everyday things that affect feelings and the importance of expressing feelings																		
<b>H19.</b> a varied vocabulary to use when talking about feelings; about how to express feelings in different ways																		
<b>H20.</b> strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations																		
<b>H21.</b> to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others																		
<b>H22.</b> to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult																		
<b>H23.</b> about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement																		

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<b>H24.</b> problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools																		
<b>H25.</b> about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)																		
<b>H26.</b> that for some people gender identity does not correspond with their biological sex																		
<b>H27.</b> to recognise their individuality and personal qualities																		
<b>H28.</b> to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth																		
<b>H29.</b> about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking																		
<b>H30.</b> to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction																		
<b>H31.</b> about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)																		
<b>H32.</b> about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene																		
<b>H33.</b> about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for <sup>1</sup>																		
<b>H34.</b> about where to get more information, help and advice about growing and changing, especially about puberty																		
<b>H35.</b> about the new opportunities and responsibilities that increasing independence may bring																		
<b>H36.</b> strategies to manage transitions between classes and key stages																		



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<b>H38.</b> how to predict, assess and manage risk in different situations																		
<b>H39.</b> about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe																		
<b>H40.</b> about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)																		
<b>H41.</b> strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about																		
<b>H42.</b> about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact																		
<b>H43.</b> about what is meant by first aid; basic techniques for dealing with common injuries <sup>2</sup>																		
<b>H44.</b> how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say																		
<b>H45.</b> that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk <sup>3</sup>																		
<b>H46.</b> about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break																		
<b>H47.</b> to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others																		
<b>H48.</b> about why people choose to use or not use drugs (including nicotine, alcohol and medicines);																		
<b>H49.</b> about the mixed messages in the media about drugs, including alcohol and smoking/vaping																		
<b>H50.</b> about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns																		

