

## PSHE Progression of skills Key Stage 1

### Being my Best

#### Focus on:

- Healthy eating
- Hygiene
- Simple hygiene routines
- Looking after my body
- Exercise
- Sleep

#### Pupils should:

- learn strategies for maintaining personal hygiene, including oral health, and prevention of infection
- know simple hygiene routines that can stop germs from spreading
- learn about foods that support good health and the risks of eating too much sugar
- understand why sleep is important and different ways to rest and relax
- learn about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
- understand how to keep safe in the sun and protect skin from sun damage

## PSHE Progression of skills Lower Key Stage 2

### Being my Best

#### Focus on:

- How to keep healthy
- Developing skills
- what is empathy
- making good choices about health
- taking care of my environment
- my skills, interests and goals

#### Pupils should:

- know how to make informed decisions about health; learn about the elements of a balanced, healthy lifestyle
- learn 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.
- understand 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
- learn 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
- have 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
- recognise their individuality and personal qualities
- identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth

## PSHE Progression of skills Upper Key Stage 2

### Being my Best

#### Focus on:

- Independence
- Keeping myself healthy
- [Media awareness – internet safety link \(computing\)](#)
- Helping my community
- Aspirations and goals for the future – career ideas
- My mental health

#### Pupils should:

- about the new opportunities and responsibilities that increasing independence may bring
- about choices that support a healthy lifestyle, and recognise what might influence these
- **identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth**
- how to recognise that habits can have both positive and negative effects on a healthy lifestyle
- about what good physical health means; how to recognise early signs of physical illness
- [recognise ways in which the internet and social media can be used both positively and negatively](#)
- [about some of the different ways information and data is shared and used online, including for commercial purposes](#)
- [about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information](#)
- about the different groups that make up their community; what living in a community means
- to value the different contributions that people and groups make to the community
- about stereotypes in the workplace and that a person's career aspirations should not be limited by them
- that mental health, just like physical health, is part of daily life; the importance of taking care of mental health and to recognise warning signs about mental health and wellbeing
- 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,

	<p><b>and activities, hobbies and spending time with family and friends can support mental health and wellbeing</b></p>
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