

Health & Wellbeing



Healthy Me			Physical Me		Thinking/Social Me					
Health and wellbeing										
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6				
I am in reception and I	I am in Year 1 and I	I am in Year 2 and I try	I am in Year 3 and I try to	I am in Year 4 and I try to be	I am in Year 5 and I try to be	I am in Year 6 and I try to				
try to be active for at	try to be active for	to be active for at	be active for at least 60	active for at least 60	active for at least 60	be active for at least 60				
least 60 minutes every	at least 60 minutes	least 60 minutes every	minutes every day	minutes every day	minutes every day	minutes every day				
day	every day	day								
I am active most of the			At playtime I play with	During school holidays, I	I can say or show why too	I walk, cycle or scoot at				
time at playtimes	I take part in lots of	I can say or show how	others and:- make myself	play outside or take part in	much screen time is not	least part of the way to				
	different games	my friends and I are	out of breath- make my	physical activities with	good for my health and	school whenever I am				
I can say or show why it is	and activities at	active and happy at	heart beat faster- get	others at least 5 times a	wellbeing	able to				
important to be active	playtime and	playtimes and	hotter by running on most	week						
	lunchtimes	lunchtimes	days		I have at least one hobby	I know how much exercise				
I can say or show how				I take part in at least one	that I enjoy outside school	/ physical activity I should				
being active is fun and	I can say or show	I have walked, cycled	I can communicate why it	active club at school or		do each day as a				
makes me feel happy	which parts of the	or scooted at least	is important for my health	elsewhere each week	I am positive about my	minimum				
	playground are	part of the way to	and wellbeing to move		abilities and I put my ideas					
I can say or show what I	used for different	school most days in	regularly	I know and can	into action to improve	l can make a physical				
am good at	things and how we	the last week		communicate why being		activity/ exercise plan				
	stay safe		I try to not sit still for long	active is important for my	I can communicate to					
I can say or show what		I show how to play	periods	health and well being	others where I can safely be	I can keep an exercise/				
happens to my body	I can show at least	safely and actively at		l	active at home	physical activity diary for				
when I am active	two activities that	school and at home	I can be positive when	I can make a simple plan to		at least four weeks				
	are fun and make		talking about myself and	improve the playground	I understand and can					
I can name or identify 5	me happy and out	I can make a poster	others and what we can	and/or playtime activities so	communicate why it is	I am positive about my				
of my body parts	of breath5 I can say	or write a story about	do, and offer suggestions	everyone feels safe and has	important to let adults know	own and others abilities				
	or show why I am	playing safely and	for new ideas or how we	something to do	where I am playing and	and how develop them				
I am in reception and try	good at something	having fun	can improve at	Line and an all a sur	who I am with	further				
to eat breakfast at the	and what others	l	something	I know and can						
start of every day	are good at	I can demonstrate		communicate how to stay	I can communicate to	I can say or show why				
Laura in the second in the second		why I am good or	I can show how to take	safe around water, and	others which types of	sleep is important for my				
I am in reception and	I can say or show	improving at	my pulse	why it is not safe to jump,	activities can help to	health and well being				
drink water every day	how I use some	something	Logo sov or show whent	swim or play in unsupervised	strengthen my muscles and	Logn logd grippels				
Logn say or show where	parts of my body	L can communicate	I can say or show what	open water	bones	I can lead a simple warm-				
I can say or show why	when I am being		happens to my heart rate when I am active	Logn say or show what my	I am in Year 5 and try to eat	up or cool-down activity I				
eating fruit and	active	what happens to my:	when ram active	I can say or show what my	breakfast at the start of	have designed and say or				
vegetables is important		breathing when I am		muscles, heart and lungs		show why it is important				
	1	active- temperature			every day					

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I am in reception and I	I am in Year 1 and	and appearance	I can lead a simple warm-	do, and why exercise is		I can say or show how
eat fruit and vegetables	try to eat breakfast	when I am active	up or cool-down activity l	important for them	I can read labels on food	helping others makes me
every day	at the start of every		have learnt and say or		and know why too much	feel
	day	I am in Year 2 and try	show why it is important	I am in Year 4 and try to eat	fat, sugar or salt is not good	
		to eat breakfast at		breakfast at the start of	for me	I am in Year 6 and try to
	I am in Year 1 and	the start of every	I am in Year 3 and try to	every day		eat breakfast at the start
	drink water every	day	eat breakfast at the start		I am in Year 5 and drink	of every day
	day	·	of every day	I can say or show why it is	water every day	
	·	I am in Year 2 and	·	important to have regular		I can describe or draw
	I know what a	drink water every day	I can communicate to	mealtimes with healthy	I am in Year 5 and I eat fruit	the eat well plate
	portion of fruit or	, ,	others why it is important	snacks in between	and vegetables every day	·
	vegetables is	I can communicate	to have a healthy		, ,	I can prepare or draw a
		what '5 a day' means	breakfast ,	I am in Year 4 and drink		balanced meal for myself
	Lam in Year 1 and I	why we need to eat		water every day		at home or at school
	eat fruit and	five a day	I am in Year 3 and drink			
	vegetables every		water every day	Lam in Year 4 and Leat fruit		I can say or show what I
	day	I am in Year 2 and I		and vegetables every day		should eat and drink for a
	l aa,	eat fruit and	I can communicate why	and regerables every day		healthy lifestyle, and why
		vegetables every	water helps me to be			it helps
		day	healthy			11 110103
		ddy	ricanity			I am in Year 6 and drink
		I can say or show why	I am in Year 3 and I eat			water every day
		it is important to eat	fruit and vegetables every			water every day
		'me size meals'	day			I am in Year 6 and I eat
		THE SIZE THEGIS	ddy			fruit and vegetables every
		I can choose	I can say or show why I			day
		between 'friendly'	should chew my food and			ddy
		(healthier) and	how food gives me			
		'unfriendly' (less	O .			
		healthy) foods	energy			
Active	Active	Active	Heart	Physical	Screen time	Activity plan
Healthy	Healthy	Transport	Heart beat	Unsupervised	Screen line Hobby	Exercise plan
Breakfast	Breakfast	Indrispon Safe	Wellbeing	Muscles	Muscles	Exercise plan Exercise Diary
breaklast Fruit	Breakiasi Fruit	SaleImproving	Wellbeing Positive	Muscles Lungs	Muscles Bones	Eat-well plate
Vegetable	Vegetable	Improving Breathing	Positive Pulse	LungsHeart	boriesLabels	• Edi-well plate
• vegetable	Vegetable Activities	Temperature	Heart rate	Meals	• Fat	
	Portion	Appearance	Warm up	• Medis	Sugar	
	• I OITIOIT	Appediance 5 a day	Cool down		• Salt	
		• 3 d ddy			• Suii	
			 Energy 			