



The Black Pear Trust

Health & Wellbeing



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

<p>I am in reception and I eat fruit and vegetables every day</p>	<p>I am in Year 1 and try to eat breakfast at the start of every day</p> <p>I am in Year 1 and drink water every day</p> <p>I know what a portion of fruit or vegetables is</p> <p>I am in Year 1 and I eat fruit and vegetables every day</p>	<p>and appearance when I am active</p> <p>I am in Year 2 and try to eat breakfast at the start of every day</p> <p>I am in Year 2 and drink water every day</p> <p>I can communicate what '5 a day' means why we need to eat five a day</p> <p>I am in Year 2 and I eat fruit and vegetables every day</p> <p>I can say or show why it is important to eat 'me size meals'</p> <p>I can choose between 'friendly' (healthier) and 'unfriendly' (less healthy) foods</p>	<p>I can lead a simple warm-up or cool-down activity I have learnt and say or show why it is important</p> <p>I am in Year 3 and try to eat breakfast at the start of every day</p> <p>I can communicate to others why it is important to have a healthy breakfast</p> <p>I am in Year 3 and drink water every day</p> <p>I can communicate why water helps me to be healthy</p> <p>I am in Year 3 and I eat fruit and vegetables every day</p> <p>I can say or show why I should chew my food and how food gives me energy</p>	<p>do, and why exercise is important for them</p> <p>I am in Year 4 and try to eat breakfast at the start of every day</p> <p>I can say or show why it is important to have regular mealtimes with healthy snacks in between</p> <p>I am in Year 4 and drink water every day</p> <p>I am in Year 4 and I eat fruit and vegetables every day</p>	<p>I can read labels on food and know why too much fat, sugar or salt is not good for me</p> <p>I am in Year 5 and drink water every day</p> <p>I am in Year 5 and I eat fruit and vegetables every day</p>	<p>I can say or show how helping others makes me feel</p> <p>I am in Year 6 and try to eat breakfast at the start of every day</p> <p>I can describe or draw the eat well plate</p> <p>I can prepare or draw a balanced meal for myself at home or at school</p> <p>I can say or show what I should eat and drink for a healthy lifestyle, and why it helps</p> <p>I am in Year 6 and drink water every day</p> <p>I am in Year 6 and I eat fruit and vegetables every day</p>
<ul style="list-style-type: none"> • Active • Healthy • Breakfast • Fruit • Vegetable 	<ul style="list-style-type: none"> • Active • Healthy • Breakfast • Fruit • Vegetable • Activities • Portion 	<ul style="list-style-type: none"> • Active • Transport • Safe • Improving • Breathing • Temperature • Appearance • 5 a day 	<ul style="list-style-type: none"> • Heart • Heart beat • Wellbeing • Positive • Pulse • Heart rate • Warm up • Cool down • Energy 	<ul style="list-style-type: none"> • Physical • Unsupervised • Muscles • Lungs • Heart • Meals 	<ul style="list-style-type: none"> • Screen time • Hobby • Muscles • Bones • Labels • Fat • Sugar • Salt 	<ul style="list-style-type: none"> • Activity plan • Exercise plan • Exercise Diary • Eat-well plate