



Personal Development Progression - Healthy Me

	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
	Across EYFS pupils will:	Across KS1 pupils will:	In lower KS2 pupils will:	In upper KS2 pupils will:
Knowledge	Know what the word healthy means. Know some things that they need to do to keep healthy. Know the names for some parts of their body. Know when and how to wash their hands properly. Know how to say no to strangers.	Know the difference between being healthy and unhealthy. Know how to make healthy lifestyle choices. Know what all household products, including medicines, can be harmful if not used properly. Know how to keep safe when crossing the road. Know what their body needs to stay healthy. Know what relaxed means. Know why healthy snacks are good for their bodies. Know which foods given their bodies energy.	Know how exercise affects their bodies. Know that there are different types of drugs. Know that there are things, places and people that can be dangerous. Know when something feels safe or unsafe. Know that there are leaders and followers in groups. Know the facts about smoking and its effects on health. Know the facts about alcohol and its effects on health, particularly the liver. Know ways to resist when people are putting pressure on them. Know what they think is right and wrong.	Know basic emergency procedures, including the recovery position. Know how to get help in emergency situations. Know that the media, social media and celebrity culture promotes certain body types. Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure. Know how to take responsibility for their own health. Know what it means to be emotionally well. Know how to make choices that benefit their own health and well-being. Know that some people can be exploited and made to do things that are against the law.

				Know why some people join gangs and the risk that this can involve.
Social and Emotional	Explain what they need to do to stay healthy. Recognise how exercise makes them feel. Give examples of healthy food. Explain what to do if a stranger approaches them.	Keep themselves safe. Recognise how being healthy helps them to feel happy. Recognise ways to look after themselves if they feel poorly. Recognise when they feel frightened and know how to ask for help. Feel positive about caring for their bodies and keeping it healthy. Have a healthy relationship with food. Desire to make healthy lifestyle choices.	Respect their own bodies and appreciate what they do. Take responsibility for keeping themselves and others safe. Identify how they feel about drugs. Express how being anxious or scared feels. Identify the feelings that they have about their friends and different friendship groups. Recognise negative feelings in peer pressure situations. Identify the feelings of anxiety and fear associated with peer pressure. Tap into their inner strength and know-how to be assertive.	Respect and value their own bodies. Reflect on their own body image and know how important it is that this is positive. Recognise strategies for resisting pressure. Identify ways to keep themselves calm in an emergency. Be motivated to care for their own physical and emotional health. Suggest strategies someone could use to avoid being pressured. Use different strategies to manage stress and pressure.