



Health and Wellbeing: To know about the importance and management of personal hygiene

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Can wash and dry own hands</p> <p>Can clean themselves after using the toilet</p>	<p>Can explain how to care for their teeth (visits to the dentist)</p>	<p>Can perform simple hygiene routines that stop germs from spreading</p>	<p>Can suggest what the consequences of poor personal hygiene are</p>	<p>Can explain how some diseases and virus' are spread and can be controlled</p>	<p>Can identify choices that negatively affect their personal hygiene</p>	<p>Can explain how to maintain good oral hygiene</p> <p>Can identify the impact of lifestyle choices on dental care hygiene</p>	<p>Can discuss ways in which hygiene routines change during the time of puberty</p>
<p>Can identify when they should wash their hands</p>	<p>Can explain why caring for their teeth is important</p>	<p>Can explain how to maintain good dental hygiene</p>	<p>Can talk about the role of those people who help us stay physically healthy</p>	<p>Can identify choices that positively affect their personal hygiene/health</p>	<p>Can identify people who are responsible for helping us keep healthy and how we can aid them</p>	<p>Can know how to maintain personal hygiene</p>	<p>Can explain what is meant by 'habit' (how this can have positive and negative effects) and how habits can be hard to change</p>
<p>Can explain how to care for their teeth</p>	<p>Can perform simple hygiene routines that stop germs from spreading</p>	<p>Can suggest what the consequences of poor personal hygiene are</p>	<p>Can explain how some diseases and virus' are spread and can be controlled</p>	<p>Can identify choices that negatively affect their personal hygiene</p>	<p>Can explain how to maintain good oral hygiene</p>	<p>Can discuss ways in which hygiene routines change during the time of puberty</p>	<p>Can use basic techniques for resisting pressure to do something unhealthy</p>



Health and Wellbeing: To be prepared for and know how to manage change

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can listen to stories about loss and change	Can talk about growth, decay and changes over time	Can adjust their behaviour to different situations	Can prepare to move to a new class/year group	Can recognise the difference between loss, grief and bereavement	Can discuss strategies to manage transitions between classes	Can talk about ways of expressing grief and bereavement	Can recall some problem-solving strategies for dealing with change, including the transition to new schools
Can adapt behaviour to changes in routine	Can identify feelings associated with loss and change	Can talk about change and loss, including; moving home, losing toys, pets or friends	Can identify a range of feelings associated with change and loss	Can explore how loss, change and grief can impact upon people's feelings; to recognise what helps people to feel better	Can identify situations that may cause someone to feel grief	Can identify ways of managing grief and bereavement	Can identify how to help themselves or someone else who is suffering from grief
Can talk about growth, decay and changes over time	Can adjust their behaviour to different situations	Can prepare to move to a new class/year group	Can recognise the difference between loss, grief and bereavement	Can discuss strategies to manage transition between classes	Can talk about ways of expressing grief and bereavement	Can recall some problem-solving strategies for dealing with change, including the transition to new schools	Can suggest where they can seek support from if they are worried about their own or another's mental health



Safety: To know how to keep myself safe at home

Upper KS2: To know the facts about legal and illegal harmful substances and associated risks

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can identify who is responsible for keeping them safe	Can practise some safety measures	Can know how to stay safe at home (electrical appliances and fire safety)	Can understand that household products, including medicines, can be harmful if not used properly	Can know about hazards (including fire risks) that may cause harm, injury or risk in the home	Can assess risks in the home and decide how to manage them responsibly	Can understand the importance of taking medicines correctly and using household products safely	Can identify the risks and harms of legal drugs common to everyday life
Can understand that equipment and tools need to be used safely	Can identify 'dangers' in the home	Can differentiate between the term, 'risk', 'danger' and 'hazard'	Can identify a risky situation and talk about what action they could take to be safe	Can explain when / how to get help in a risky or dangerous situation	Can understand the importance of taking medicines correctly and using household products safely	Can identify pressure to behave in a risky way; from a variety of sources	Can understand there are laws surrounding the use of drugs and that some are illegal to use
Can practise some safety measures	Can know how to stay safe at home (electrical appliances and fire safety)	Can understand that household products, including medicines, can be harmful if not used properly	Can know about hazards (including fire risks) that may cause harm, injury or risk in the home	Can assess risks in the home and decide how to manage them responsibly	Can recognise how their increasing independence brings increased responsibility to keep themselves and others safe	Can identify the risks and harms of legal drugs common to everyday life	Can discuss the meaning and impact of addiction