



	Skills	Vocabulary
EYFS	<p>I can choose a healthy snack and activity.</p> <p>I can keep trying.</p> <p>I can listen to my friends and take turns.</p> <p>I can keep trying if the way I choose doesn't work.</p> <p>I can talk about the different types of feelings we have.</p> <p>I can have a go at something new.</p> <p>I can make my own healthy food choices.</p> <p>I can make healthy sleep and exercise choices.</p>	<p>Bounce back, encourage, try, try again, food, energy, grow, healthy, fruit, vegetable, dairy, exercise, sleep, wash, grow, heart, muscles, routine, calm, sleep.</p>
Year 1	<p>I can choose a healthy meal with different food groups.</p> <p>I can be persistent when learning a new skill.</p> <p>I can name a few different ideas of what I can do if I find something difficult.</p> <p>I can help my friends when they fall out.</p> <p>I can explain why praise helps me to keep trying.</p>	<p>Starchy, dairy, protein, fruit, vegetables, vitamins, portion, healthy, fruit, vegetables, dairy, meat, sugar, salt, cereal, germs, disease, hygiene, spread, learning, practice, mistakes, confidence, achievement, praise, support, feedback, encourage, feelings, behaviour, consequences, special person, promise.</p>
Year 2	<p>I can explain what happens when I learn something new.</p> <p>I can explain how setting a goal or goals will help me to achieve what I want to be able to do.</p> <p>I can explain how hand hygiene stops virus' and germs spreading.</p> <p>I can give examples of what I can do and give to my body to stay healthy.</p> <p>I can name different parts of my body that are inside me and help to turn food into energy.</p>	<p>Practice, encourage, goal, achieve, challenge, choose, choices, healthy, unhealthy, vaccination, injection, disease, hygiene, germs, teeth, dental, oxygen, water, food, exercise, rest, brain, heart, lungs, stomach, small intestine, large intestine, food, water.</p>
Year 3	<p>I can choose foods that make a balanced meal.</p> <p>I can explain how washing hands can prevent infections spreading.</p> <p>I can describe how food, water and air get into the body and blood.</p> <p>I can set goals and plan to develop a new skill.</p>	<p>Balanced diet, proteins, muscles, dairy, teeth, bones, starchy carbohydrates, energy, fruit and veg, healthy, infection, cleanliness, hygiene, rest, sleep, water, medicine, drug, dose, safety, instructions, debate, discussion, continuum, courteous, respectful, justify, goals, ambitions,</p>



		improve, achieve, collaboration, cooperation, goal-setting, talents, skills, intelligence.
Year 4	<p>I can say how being unique makes everyone special, different and valuable.</p> <p>I can give examples of choices I make and the choices others make for me.</p> <p>I can plan a healthy, balanced meal.</p> <p>I can give examples of the ways people can look after their physical and mental wellbeing.</p> <p>I can give different examples of some of the things that I do already to help look after my environment.</p>	Individual, unique, choices, balanced diet, wellbeing, mental health, refuse, reduce, re-use, rot, recycle, repair, re-think, community, first aid, injury, minor, accident, emergency, blood, nose bleed, choking, breathing, airway, unresponsive, causality, burn, scald, wound, recovery.
Year 5	<p>I can explain how one organ functions and how it contributes to the health of my body.</p> <p>I can explain how choices relating to smoking and drinking can effect a persons health.</p> <p>I can think of ways to improve a skill and the strategies that will help me do this.</p> <p>I can name several qualities that make people attractive that are nothing to do with how they look but about how they behave.</p> <p>I can give examples of how I am independent and manage my own success.</p>	Healthy choice, organs, body systems, perseverance, commitment, resilience, determination, patience, interpersonal skills, community, independence, responsibility, personal qualities, celebrities.
Year 6	<p>I can explain, giving examples, how I can manage my wellbeing using the five ways of wellbeing.</p> <p>I can set goals so that I can achieve an aspiration.</p> <p>I can tell you how I can overcome problems and challenges on the way to achieving my goals.</p> <p>I can identify risk factors in a given situation.</p> <p>I can assess the level of risk and explain how a risk can be reduced.</p>	Wellbeing, connect, be active, take notice (mindful), keep learning, give, aspirations, goal setting, perseverance, health, wellbeing, accurate, reliable, sources, assessing risk, weigh up, dilemma, choices, influence, Red Cross, first aid, emergency, 999, ambulance, operator, information, serious, adult, scenario, script, role, feelings, panic, calm, responsive.



