

Health and Wellbeing		
1: Developing physical health and well-being has lifelong benefits.		
Age 5 End of Reception (N & R)	Age 8 End of year 3 (KS1 Yr 1 - 3)	Age 11 End of Year 6 (KS2 Yr 4 - 6)
Progression step 1	Progression step 2	Progression step 3
<p>HW WMS 1 PS 1a I have the confidence and motivation to move in different ways and I am beginning to develop control of <i>gross motor</i> and <i>fine motor movements</i> in different environments, moving safely in response to instructions.</p>	<p>HW WMS 1 PS 2a I can use and improve basic movement skills in familiar and unfamiliar situations. I can respond to prompts in imaginative and creative ways. I have the confidence and motivation to persevere when faced with physical challenges.</p>	<p>HW WMS 1 PS 3a I can develop and apply a range of skills in familiar, unfamiliar and changing situations, exploring space creatively in response to a variety of stimuli. I can motivate myself to engage confidently in regular physical activity and sport, and am aware of my own progress.</p>
<p>HW WMS 1 PS 1b I am beginning to make connections between my diet and my physical health and well-being.</p>	<p>HW WMS 1 PS 2b I have developed an understanding that I need a balanced diet and I can make informed choices about the food I eat and prepare to support my physical health and well-being.</p>	<p>HW WMS 1 PS 3b I can explain the importance of a balanced diet and nutrition and the impact my choices have on my physical health and well-being. I can plan and prepare basic, nutritious meals.</p>
<p>HW WMS 1 PS 1c I am beginning to recognise the connection between the physical and emotional changes that can occur in different contexts.</p>	<p>HW WMS 1 PS 2c I can describe the way in which physical and emotional changes are connected in different contexts.</p>	<p>HW WMS 1 PS 3c I can explain the way in which physical and emotional changes are connected in different contexts, and I can monitor, review and adapt my behaviour to support my physical and emotional health, setting myself relevant targets.</p>
<p>HW WMS 1 PS 1d I am beginning to recognise some of the behaviours, conditions and situations that affect my physical health and well-being and I am beginning to know how to respond and get help.</p>	<p>HW WMS 1 PS 2d I can recognise some of the behaviours, conditions and situations that affect my physical health and well-being, and I know how to respond and get help in a safe way.</p>	<p>HW WMS 1 PS 3d I can describe the behaviours, conditions and situations that affect my physical health and well-being, and I know how to respond to and/or manage these in order to actively reduce the risk of harm to myself.</p>
2: How we process and respond to our experiences affects our mental health and emotional well-being.		
Age 5 End of Reception (N & R)	Age 8 End of year 3 (KS1 Yr 1 - 3)	Age 11 End of Year 6 (KS2 Yr 4 - 6)
Progression step 1	Progression step 2	Progression step 3
<p>HW WMS 2 PS 1a I have an awareness of my <i>perceptions</i> and thoughts.</p>	<p>HW WMS 2 PS 2a I can, with support, focus attention on my <i>perceptions</i> and thoughts.</p>	<p>HW WMS 2 PS 3a I can recognise the benefits of being able to focus attention on my <i>perceptions</i> and thoughts and know that I am developing my <i>self-awareness</i>.</p>
<p>HW WMS 2 PS 1b I can focus my attention and am aware of being able to do this.</p>	<p>HW WMS 2 PS 2b I can understand how and why my thoughts, feelings and actions change in response to different experiences.</p>	<p>HW WMS 2 PS 3b I can <i>self-regulate</i> my emotions in a healthy way using strategies that I have developed.</p>

HW WMS 2 PS 1c I am beginning to have an awareness that thoughts and feelings change, and I am starting to notice when change happens.		
HW WMS 2 PS 1d I can notice and communicate how I am feeling.	HW WMS 2 PS 2d I can notice and communicate my feelings.	HW WMS 2 PS 3d I can see the benefits of communicating about feelings as one of a range of strategies which can help promote positive mental health and emotional well-being.
HW WMS 2 PS 1e I am beginning to have an awareness of how feelings are communicated through actions.	HW WMS 2 PS 2e I am beginning to notice when I need help to manage my feelings.	HW WMS 2 PS 3e I can ask for help when I need it from people I trust.
	HW WMS 2 PS 2f I can reflect on my experiences.	HW WMS 2 PS 3f I can reflect on the way that past events and experiences have affected my thoughts, feelings and actions.
		HW WMS 2 PS 3g I can anticipate how future events may make me and others feel.
HW WMS 2 PS 1h I have an awareness of the feelings of others.	HW WMS 2 PS 2h I can pay attention to the feelings of others and I am learning to think about why they may feel that way.	HW WMS 2 PS 3h I can empathise with others.
HW WMS 2 PS 1i I am aware of when others are kind to me and when I am kind to others.		HW WMS 2 PS 3i I can understand how and why experiences affect me and others.
3: Our decision-making impacts on the quality of our lives and the lives of others.		
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Progression step 1	Progression step 2	Progression step 3
HW WMS 3 PS 1a I can make decisions based on what I like and dislike.	HW WMS 3 PS 2a I can make decisions based on what I know.	HW WMS 3 PS 3a I can make considered decisions, taking into account available information, including past experiences.
		HW WMS 3 PS 3b I can set appropriate goals.
HW WMS 3 PS 1c I have developed an awareness that my decisions can affect me and others.	HW WMS 3 PS 2c I can recognise that my decisions can impact on me and others, both now and in the future.	HW WMS 3 PS 3c I can recognise that some decisions I make will have a long-term impact on my life and the lives of others.

HW WMS 3 PS 1d I can take part in group decisions.	HW WMS 3 PS 2d I can take part in group decisions and I understand why some decisions need to be made as a group.	HW WMS 3 PS 3d I can understand that decisions can be made individually and collectively, and that they can be influenced by a range of factors.
HW WMS 3 PS 1e I have an understanding that things can be safe or unsafe.	HW WMS 3 PS 2e I can identify and assess risks.	HW WMS 3 PS 3e I can identify and assess risks, and I can take steps to reduce them.
4: How we engage with social influences shapes who we are and affects our health and well-being.		
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Progression step 1	Progression step 2	Progression step 3
HW WMS 4 PS 1a I can recognise and follow rules and norms in the groups and situations in which I take part.	HW WMS 4 PS 2a I can recognise and follow the rules and norms of different groups and situations in which I take part.	HW WMS 4 PS 3a I have an understanding of the rules, norms and behaviours of different groups and situations, and I recognise that these have an influence on me.
HW WMS 4 PS 1b I can show care and respect for others.	HW WMS 4 PS 2b I can change how I interact and behave in different situations with support.	HW WMS 4 PS 3b I can interact <i>pro-socially</i> in different groups and situations.
	HW WMS 4 PS 2c I can recognise that there are similarities and differences between people's <i>values</i> and <i>attitudes</i> .	HW WMS 4 PS 3c I have developed an understanding that my <i>values</i> , <i>attitudes</i> and identity are shaped by different groups and influences.
5: Healthy relationships are fundamental to our well-being.		
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Progression step 1	Progression step 2	Progression step 3
HW WMS 5 PS 1a I can identify who looks after me and who my family and friends are.	HW WMS 5 PS 2a I can recognise that there are different types of relationships beyond my family and friends.	HW WMS 5 PS 3a I can understand that there are differences within types of relationships and that relationships change over time.
HW WMS 5 PS 1b I can communicate my needs and feelings in my relationships.	HW WMS 5 PS 2b I can communicate my needs and feelings in my relationships, and notice the needs and feelings of others.	HW WMS 5 PS 3b I can communicate my needs and feelings, and respond to those of others.
HW WMS 5 PS 1c I can get along with others with and without support.	HW WMS 5 PS 2c I can make friends and try to resolve disagreements, seeking support when needed.	HW WMS 5 PS 3c I can make and maintain relationships that matter to me, identifying conflict and taking steps to resolve it.
HW WMS 5 PS 1e I am beginning to recognise safe and unsafe behaviour in relationships.	HW WMS 5 PS 2e I can recognise when I feel safe in my relationships and I can communicate when I do not feel safe.	HW WMS 5 PS 3e I can reflect on the characteristics of safe relationships and I can seek support when needed.
HW WMS 5 PS 1f I am beginning to recognise that I have the right to be treated fairly and respectfully.	HW WMS 5 PS 2f I can understand that everyone has rights and, with support, I can respect those rights.	HW WMS 5 PS 3f I can respect the rights of others and I understand how these impact on myself and others.

