KS1 Learning Outcomes: Health and Wellbeing

		Y1	Y2
Mental Health	To understand the differences and similarities between mental and physical health		Sub
	To identify simple emotions and use a range of vocabulary to share feelings	s	
	To understand how to identify emotions by how they may present physically	Main	
	To understand that mental health (like physical health) can be exercised and improved		m
	To discuss and consider activities that can help us feel better (family time, rest, practising gratitude, kindness to self and others, exercise)		m
	To learn simple strategies to manage feelings such as anger or frustration	m	
	To understand how people can feel differently about different situations	m	
	To know that it is normal to feel a range of emotions in our daily life (sad, happy, anxious, excited)	s	
	To seek support when feeling worried or concerned and know when and how to do this	s	s
	To understand that all forms of bullying (including online) can negatively affect a person's mental health		m
	To know the choices we make affect our mental and physical wellbeing		s

		Y1	Y2
Physical Health	To understand ways we can be more physically healthy (including rest and sleep)	m	
	To understand what makes a healthy diet and how this can affect our overall physical health and mental wellbeing	m	
	To discuss how exercise and movement can help our bodies stay healthy	s	
	To understand how inactivity and diet are linked to obesity and the associated health issues		m
	To understand how to look after our oral hygiene (including the effects of sugar)		m
	To describe ways to clean ourselves and wash our bodies as well as understand how germs can spread	m	
	To know that medicine can sometimes help us when used carefully and the importance of vaccines and immunisations		m
	To understand how to stay safe in the sun and why we should do this		s
	To understand different types of personal privacy		m
	To know who to speak to in school if they are worried about their health		s

KS1 Learning Outcomes: Health and Wellbeing

		Y1	Y2
Me and My Body	To celebrate what makes them unique and special	m	
	To consider and identify ways in which people can look similar and different	s	
	To recognise the main differences between male and female bodies (and what areas of their bodies are private)		s
	To identify ways they have changed since they were babies	m	
	To explore strategies for coping with change	s	
Digital Citizenship	To understand the online world is similar but different to the real world	s	s
	To identify and share simple internet safety strategies	m	m
	To identify key characteristics of a positive "Digital Citizen" in their use of technology and the internet		m
	To understand that some information is private both online and in the real world	m	
	To know when to speak to an adult when they see something online they do not like or that scares them	s	s

		Y1	Y2
Staying Safe	To recognise risk in everyday situations and ways to stay safe		m
	To recognise potential risks at home and at school such as electrical appliances	s	
	To know what to do if someone has an accident	m	
	To know how to make a phone call to the emergency services and when they should do this	s	
	To identify people at school and home who they can speak to when they feel unsafe	m	

Rather than being linked to one single lesson, this LO is built into Q+A activities and similar throughout Y1 and Y2 lessons. Revisiting it often supports children in knowing who they can speak to when they feel unsafe or are looking for support from trusted adults within school.

KS1 Learning Outcomes: Understanding Relationships

		Y1	Y2
My Family and my Carers	To understand that families can provide care, support and love	m	s
	To identify people who are special in their lives (family, carers, siblings, friends, teachers)		m
	To understand and identify the characteristics of a range of relationships (family, relative, friend, teacher)		m
	To recognise common aspects of family life	s	
	To know that there are many types of families and that they may be different from their own	m	
	To know who to speak to within school if they are worried about something in their family	s	
Understanding Friendships	To know and describe the characteristics of a good friend	m	
	To identify actions that are both kind and unkind	m	
	To understand how they can be supportive of friends in difficult situations		m
	To understand some children have different needs and feelings	m	s
	To recognise when a person may feel lonely or upset and how they can help		m
	To know when to speak to an adult if a friendship is making them feel unhappy		s

		Y1	Y2
Respectful Relationships	To understand that speaking negatively to a person can impact on their overall wellbeing and health	s	m
	To work, play and collaborate with others in a range of situations	m	
	To know that some personal information is private and doesn't need to be shared with friends		m
	To know how to act and behave when meeting someone they don't know (including children, adults and strangers)	m	
	To know that excluding others can cause someone to feel unhappy		m
	To identify the impacts of bullying		m
	To recognise when a person is being bullied and understand sensible actions to challenge this behaviour (including finding an adult)	m	s
Digital Citizenship	To understand that people may bully or tease others online (just like in the real world)	m	s
	To know that sometimes people may pretend to be a different person when online		m
	To identify positive ways to communicate online	s	m
	To understand when to stop using technology and interact with people around them in their world	m	

KS1 Learning Outcomes: Understanding Relationships

		Y1	Y2
Staying Safe	To know that they must ask permission to do certain activities in some situations		m
	To identify when they feel pressured to do something they don't want to do (and how to act)	m	
	To understand that sometimes secrets should not be kept private to safeguard and support other people	m	
	To understand and respect the physical and personal privacy of themselves and others		m
	To know how to ask for advice or help for themselves or others within the school community	s	s
	To know how to report concerns and who they must speak to at school	s	s

KS1 Learning Outcomes: The World Around Us

		Y1	Y2
Global Citizenship	To describe and share what they like and dislike; rights and wrongs; and things they find fair and unfair	m	
	To explain and describe their opinions with reason	s	m
	To listen to other people with respect, even when their ideas differ to their own	m	s
	To set targets and goals and track their progress	m	s
	To accept responsibility for the actions they take and the consequences of these actions	s	
	To identify similarities and differences between their communities and other places around the world	m	
	To know that humans and living things have needs and how they can support this		m
	To identify and develop ways to improve their school and classroom	m	
	To understand their own actions can help improve the lives of other people		m
	To recognise actions or situations they feel are unfair and explain how it makes them feel		m

		Y1	Y2
Our Communities	To know that they belong to groups and communities (families, schools)	m	
	To understand the features of the local area where they live	s	s
	To consider ways to support and help other people in their community		s
	To play an active part in the life of their school and classroom	m	
	To compare where they live to other places around the world (and the challenges other people have)		m
	To recognise and celebrate diversity within their local community		m
Economic Wellbeing	To identify a range of jobs and their benefits to themselves and their communities	m	
	To discuss what jobs and types of employment they like		m
	To know that money comes from different sources and is used for a variety of reasons		m
	To understand that money has value and should be thought about carefully	m	

KS1 Learning Outcomes: The World Around Us

		Y1	Y2
Personal Growth	To share and discuss their beliefs (religious or otherwise) and listen with respect to others	m	
	To show resilience in new learning to grow and develop their skills and thinking		m
	To think creatively to solve problems for themselves and others	m	
	To show confidence in approaching activities in their own style and using their strategies		s
	To work collaboratively and support their group in learning and shared activities	s	m
	To identify areas they can improve on and set targets based on this	s	m
	To be open minded and accepting of all people within their local communities	s	s
	To reflect on personal growth and learning and consider steps to continuing development	m	m