

Progression of Learning Outcomes

Key	Week/Topic	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Intro Set	Week 1 - Circle of Trust	➤ I can name people who I trust to help me.	➤ I can identify a network of people who I trust to help me.	➤ I can consider the most important people I trust to help me.
	Week 2 - Keep Moving	➤ I can list games that will help me to be more active.	➤ I can give examples of different ways to be more active.	➤ I can challenge myself to try new ways to be more active.
	Week 3 - A Good Classmate	➤ I can say what I will do to be a good classmate.	➤ I can identify ways to be a good classmate.	➤ I can evaluate the importance of being a good classmate.
	Week 4 - Make It!	➤ I can show a 'have-a-go' attitude.	➤ I can show a 'have-a-go' attitude.	➤ I can show a 'have-a-go' attitude.
	Week 5 - I am a Star	➤ I can say why I am proud of myself.	➤ I can identify different things I am proud of about myself.	➤ I can choose the things I am most proud of about myself.
Look Inside	Week 1 - Emotions & Feelings	➤ I can recall basic emotions and begin to relate them to my own experiences.	➤ I can describe a range of emotions and relate them to my own experiences.	➤ I can identify a wide range of emotions and relate them to a variety of experiences.
	Week 2 - Describing Emotions	➤ I can use the weather as a way to talk about my own feelings.	➤ I can use the weather as a way to identify different kinds of feelings in myself and others.	➤ I can use the weather to describe a wide range of feelings and relate them to a variety of situations.
	Week 3 - Self-Care Techniques	➤ I can name a simple self-care technique to help me calm.	➤ I can explain how a self-care technique helps me calm down.	➤ I can identify self-care techniques that may help me in a variety of situations.
	Week 4 - Asking for Help	➤ I can recall what to say or do if I need help.	➤ I can describe what to say or do if I need help.	➤ I can give examples of how and where to get help.
	Week 5 - Self Assessment	➤ I can describe how the Look Inside Key helps me look after my wellbeing.	➤ I can identify how the Look Inside Key helps me look after my wellbeing.	➤ I can evaluate the ways that the Look Inside Key helps me look after my wellbeing.

Move Outside	Week 1 - An Active Lifestyle	➤ I can identify ways that being active can help me.	➤ I can compare the differences between an inactive lifestyle and an active lifestyle.	➤ I can persuade someone of the benefits of an active lifestyle.
	Week 2 - Regular Exercise	➤ I can say why it is important to exercise regularly.	➤ I can experiment with different ways to achieve regular exercise.	➤ I can design interesting ways to encourage children to be regularly active.
	Week 3 - Benefits of Exercise	➤ I can explain how being active makes me feel.	➤ I can compare the mental and physical benefits of an active lifestyle.	➤ I can create an interesting way to help people understand the mental and physical benefits of being active.
	Week 4 - Benefits of Time Outdoors	➤ I can describe how being outdoors helps my wellbeing.	➤ I can explain the benefits of spending time outdoors.	➤ I can evaluate the benefits of time spent outdoors.
	Week 5 - Exercise, Time Outdoors & Mental Health	➤ I can describe how the Move Outside Key helps me look after my wellbeing.	➤ I can identify how the Move Outside Key helps me look after my wellbeing.	➤ I can evaluate the ways that the Move Outside key helps me look after my wellbeing.
Share More	Week 1 - Friendship	➤ I can say what a healthy friendship means to me.	➤ I can recognise the difference between a healthy and unhealthy friendship.	➤ I can select the characteristics of a healthy friendship that are most important to me and justify my choices.
	Week 2 - Family	➤ I can say why families are important.	➤ I can give examples of a healthy family life.	➤ I can select the characteristics of a healthy family life that are most important to me and explain my choices.
	Week 3 - Respect for Others	➤ I can give examples of how to respect others.	➤ I can show ways to respect others in different situations.	➤ I can explain the importance of respecting others.
	Week 4 - How to Help	➤ I can name the qualities of healthy relationships.	➤ I can give examples of what a healthy relationship may look like.	➤ I can identify strategies to maintain healthy relationships.
	Week 5 - Benefits of Time with Others	➤ I can describe how the Share More Key helps me look after my wellbeing.	➤ I can identify how the Share More Key helps me look after my wellbeing.	➤ I can evaluate the ways that the Share More Key helps me look after my wellbeing.

Be Curious	Week 1 - Growth Mindset	➤ I can say what a growth mindset is.	➤ I can give examples of what a growth mindset is.	➤ I can compare a growth mindset and a fixed mindset.
	Week 2 - Hobbies & Interests	➤ I can say the benefits of having a hobby or interest.	➤ I can explain the benefits of having a hobby or interest.	➤ I can evaluate the benefits of having a hobby or interest.
	Week 3 - Boredom Busters	➤ I can say the difference between being bored and being lonely.	➤ I can reflect on my own experiences of being bored or lonely.	➤ I can choose strategies to use to help If I am bored and lonely.
	Week 4 - "Free to Be Me!" (British Values)	➤ I can show respect to others even if their choices are different from mine.	➤ I can explain what a stereotype is and show respect to others even if their choices are different to mine.	➤ I can explain what a stereotype is and how it can be unfair, negative or destructive.
	Week 5 - Benefits of Hobbies & Interests	➤ I can describe how the Be Curious Key helps me look after my wellbeing.	➤ I can identify how the Be Curious Key helps me look after my wellbeing.	➤ I can evaluate the ways that the Be Curious Key helps me look after my wellbeing.
Be Kind	Week 1 - Being Kind to Others	➤ I can describe ways to be kind to others.	➤ I can identify positive traits in others.	➤ I can express my admiration for others.
	Week 2 - Benefits of Rest & Sleep	➤ I can say why a good night's sleep is important.	➤ I can explain why rest and sleep are important for good health.	➤ I can describe the effects that lack of sleep has on a person's health.
	Week 3 - Healthy Eating	➤ I can choose healthy foods to go in a lunchbox.	➤ I can analyse and improve food choices.	➤ I can interpret food labels.
	Week 4 - Protecting My health	➤ I can describe how to look after my teeth.	➤ I can teach others the importance of being safe in the sun.	➤ I can compare the effects of good and bad personal hygiene.
	Week 5 - Benefits of Helping Others	➤ I can describe how the Be Kind Key helps me look after my wellbeing.	➤ I can identify how the Be Kind Key helps me look after my wellbeing.	➤ I can evaluate the ways that the Be Kind Key helps me look after my wellbeing.