



Skills progression: Healthy Mind & Body

	KS1	KS2
Healthy Mind & Body	<p>Awareness of how the body changes during exercise</p> <p>Understanding of why we change our clothes for PE (safety and hygiene)</p> <p>Awareness of importance of exercise for a healthy body and for a healthy mind.</p> <p>Awareness of the influence of food and what we eat on our health, energy, mood and wellness.</p>	<p>Good awareness and developing understanding of how and why the body changes during exercise (breathing, heart rate, temperature).</p> <p>Developing an understanding of the positive impact exercise has on the body and mind, and the importance of this.</p> <p>Understanding that exercise can support mental wellbeing.</p> <p>Understanding of the importance of exercise and sport in social environments.</p> <p>Greater awareness and understanding of the importance of good food choices to maintain energy, health, mood and wellness.</p> <p>Awareness that good quality sleep is vital for wellness and health.</p>