**NEW PfA Health**

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| **Key Stage** | **Pathway** | **Topics** | **Description** | **Key Stage End Point (KSEP)** |
| KS1&2 | 1 | - Exploring Food- My Health - Swimming - Interaction and Communication - Zones of Regulation- Personal Care: Brushing Teeth and Toileting- Gross Motor Skills | I can make a choice of healthy and unhealthy food choices using 2/3 symbols. I can begin to communicate basic emotions to others. I can identify one strategy to support regulation. I can take part in physical activities I enjoy e.g. bike riding, scooter. I can sequence a basic bedtime routine e.g. sleep at night, wake in day. I can explore equipment/uniform used by a doctor. I can explore equipment/uniform used by a dentist. I can engage with a peer in a positive way. I can show kindness/acceptance of a peer and take turns. I can begin to show an awareness of appropriate touch and will stop when asked. I can keep my clothes on in appropriate settings and know what I can take off in different scenarios e.g. outside, classroom, swimming. I can show an awareness of hot and cold and undress/dress with support. I can follow dressing/undressing routines in a leisure centre. I know how to stay safe at a swimming pool e.g. no running away, no jumping in, waiting for adults. I can tolerate water on my face and submerge myself in the pool. I can swim through the water on my front and back for two metres. I can blow bubbles in the water. I can kick my legs at water level on my front or back. I can push an object through the water. I can shower with support after a swimming session. | Age 11 |
| KS1&2 | 2 | - Diet: Making my own Choices- Bedtime Routines- Swimming - Interaction and Communication - Zones of Regulation - Keeping Clean - Being Active  | I can interact appropriately with another familiar person. I can blow bubbles underwater. I can star float on front and back. I can pick up an object from the pool floor. I can move through the water for 10 meters. I can swim through a hoop with help. I can swim while pushing an object through the water. I can kick 5 meters on front with float. I can kick 5 meters on back with float. I can pick healthy foods from a symbol board. I can make a simple snack with support. I am aware of my bedtime routines and can sequence the order using symbols or words. I can ask for help when I need it using signs and symbols. I can take part in physical activities and identify 2/3 activities I enjoy using symbols or words. I am aware of my bedtime routines and can sequence the order using symbols or words. I can recognise core emotions and identify how I am feeling using the Zones. I can recognise how other people are feeling and can respond appropriately. I can take part in self-care routines following swimming sessions with prompting. I can identify healthy and unhealthy foods with symbols or words. I can identify activities to complete before bedtime to help me relax. | Age 11 |
| KS1&2 | 3 | - Diet: Making my own Choices- Healthy Relationships- Swimming - Interaction and Communication - Zones of Regulation - Drug & Alcohol Education- Being Active  | I can swim 10 metres on my front and back. I can swim 25 metres on either my front or back. I can tread water for 1 minute. I can perform a pencil or start jump into the water. I can swim through a hoop. I can push and glide on my front and back. I can shower after swimming independently. I can get changed independently. I know when and where it's appropriate to get changed eg locking cubicle door, not coming out until dressed. I know the difference between healthy and unhealthy relationships. I can identify different types of relationships eg. friendships, romantic relationships etc. I know what puberty is and understand my body will start to go through changes soon. I can communicate when I am feeling unwell and know who I can tell. I know there are different professionals that can help with medical needs eg. A&E, doctors, dentists. I am aware of the health risks of smoking, vaping and drinking and am beginning to think about how I can protect myself. I am aware there are age restrictions for smoking, vaping & drinking. I can plan a healthy meal and know the different food groups. I understand that exercise is good for me. I am beginning to think about my mental health and can recognise changes. I am beginning to think about things that positively impact my mental health. | Age 11 |
| KS3 | 1 | - Emotional Wellbeing - Relationships with Others- Puberty: Body Changes- Diet: Healthy/Unhealthy - Making Healthy Snacks - Staying Healthy - Personal Safety - Personal Care Routines - Relationships and Health  | I can sort healthy and unhealthy food choices using symbols. I know which foods I like and dislike and can begin to understand control when choosing foods. I understand how my body feels when I am full and can refuse food to show control. I can show an awareness of what kitchen appliances are used for and that they can make food hot and cold. I can show an awareness of knife safety when cooking e.g. a knife is sharp and can hold a knife safely to chop with support. I can demonstrate areas where it is safe to dress and undress and use symbols to show my knowledge. I understand which adults I can show affection to in an appropriate way e.g. hugging family members, not touching school/health/transport staff. I know that adults can have a healthy relationship and begin to understand the concept of families. I know the stages of puberty and that bodies will change when I grow up e.g. hair, erections, periods. I know about masturbation and where it is appropriate. I know when to say no using signs or symbols if someone touches me and I do not like it. I can sort drugs and alcohol and recognise the two using symbols. I can sort drugs into legal and illegal using symbols. I can identify different health professionals using symbols. I understand my sensory preferences and can seek sensory input with adult support e.g. deep pressure, touch, movement. I can identify different body parts and link this to health ailments e.g. toothache in mouth, headache. I know the role of different health professionals and can use symbols to link jobs to health ailments. I can order bedtimes routines to keep healthy e.g. brushing teeth before bed. I can accurately communicate how I am feeling using signs/symbols. I know when it is appropriate to call 999/111. | Age 14 |
| KS3 | 2 | - Healthy Diet - Exercise - My Day-to-Day Life: Living Arrangements - Looking After my Body- Personal Care Routines - Personal Life Choices - Drugs and Alcohol Education - My Needs and Support System - Relationships and My Body | I know different parts of my body required for self-care and can identify these when asked. I can take part in regular exercise and can join in with activities directed by someone else. I can engage with activities to promote relaxation.   I can make simple healthy snacks with support. I can follow simple safety rules in the kitchen with minimal support. I can find equipment that I need  to make a simple snack. I can identify clean and dirty utensils and carry out cleaning activities. With support I know where to find items needed at a supermarket. I know what consent is and can say no to others. I am aware of my sensory needs and can use a tool of strategies to support me. I am aware of appropriate and inappropriate touch and can identify people who should and should not be touching me. I can dress and undress myself with limited support. I am aware of the different products I need to keep myself clean. I am aware of the changes my body will go through and can sequence these changes. I am aware of my bedtime routines and can identify ways to support a healthy sleep diet. I can demonstrate ways in which I can keep a room clean. I can recognise and name some emotions and how to use self-regulation techniques. I can identify the difference between legal and illegal drugs. I can identify what substance abuse is and where to go to find support. I know the importance of exercise and can start building exercise routines into my daily life. | Age 14 |
| KS3 | 3 | - My Needs - Relationships - My Physical Health - Emotional Wellbeing - Drugs and Alcohol Education - Consent - Puberty - Looking After my Body: Food- Looking After my Body: Exercise  | I know what a healthy relationship looks like and understand what compromise means. I understand what mutual consent is and what an unhealthy relationship might look like. I know what coercive means and what it can look like in a relationship. I understand what toxic traits are in an unhealthy relationship including love bombing and gaslighting. I know different types of contraception and why we use them. I know how puberty affects everybody and can describe the changes. I can recognise symptoms when I am feeling unwell and can communicate this eg. headache, stomach ache. I know when to access each health care professionals and the appropriate one to access. I know what substance misuse is and the effect it has on my body. I know the difference between legal and illegal drugs. With support I can explain what a balanced diet is and why it's important to have a balanced diet. With support, I can explain the long-term effects of exercise. I can begin to explore different exercises and what I like to do. I can participate in exercise for a sustained period of time. I know what my mental health is and how it impacts me. I can explore different ways to help my mental health. With support, I can explain the symptoms of poor mental health and what effects it can have. I know what sleep hygiene is and how it can impact my mental health. I know my diagnosis and am starting to understand how to manage it. I know some of my EHCP targets and am beginning to work towards them. | Age 14 |

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| 14-19 | 1 | - Diet: Applying Skills- Sensory Preferences: Self-regulation - Making Appointments- Puberty - Health Facilities - Drugs: Organisations to Help- Healthy Diet - Safety and Injury Prevention - Sex and Relationships | I can recognise healthy food choices and select from a choice of foods to make a healthy meal. I can recognise unhealthy food choices. I can apply safety skills when using a kitchen to create a meal. I understand how to use cooking appliances safely. I can recognise health issues linked to diet. I understand where it is and is not appropriate to take my clothes off and why it is important to have privacy. I understand how my body changes as I go through puberty and can sequence puberty from childhood to adulthood. I understand the outcomes of sex and how this may lead to a baby. I know what contraception is and why it is used. I know about masturbation and when and where it is appropriate. I know the legal aspect of sex and consent and where to find support if I need it e.g. charities, school, family. I understand how people change when reacting to hormones. I understand how to make a choice about drugs/vaping/smoking/drinking. I know how to make and attend appointments for health services with support. I understand my sensory preferences and can utilise strategies to support my regulation. I understand the different roles of health professionals and I know who to contact for different issues e.g toothache to dentist, mental health support. I know the purpose of an annual GP health check and can attend this with support. I can begin to understand health routines and access services with support e.g. annual health check, accessing medication, keeping safe with medication. I know how to make and attend appointments for health services with support. I know how and when to seek emergency medical help e.g. 111,999. | Age 18 |
| 14-19 | 2 | - Diet - Looking After my Body: Exercise - Healthy Relationships- Mental Health and Wellbeing - My 3/5 Year Plan- Preparing a Healthy Meal- My Day-to-Day Life : Living Arrangements- Different Relationships - Accessing Support  | I know the difference between healthy and healthy foods. I can choose and follow a healthy recipe with support. I know what a balance diet looks like and can give examples of healthy foods. I can organise equipment that is needed for cooking and use equipment. I can identify and participate in an activity (physical, mental) which will make an improvement to my lifestyle. I know the importance of doing physical exercise and can participate in a chosen activity with support. I know which physical exercise I enjoy and can take part in that activity. I know which cleaning equipment is used for different tasks. I can take part in cleaning different activities. I know about health professionals and how to access support with adult help. I can manage my day-to-day care needs with increasing independence e.g. choosing outfits, brushing teeth, accessing services. I can indicate sensory preferences and begin to utilise strategies. I know appropriate and inappropriate touch and can identify adults I am able to touch e.g. family for hugs. I know what consent is and can say no to unwanted attention/touch. I know the difference between healthy and unhealthy sexual relationships. I know the difference between legal and illegal drugs and can give examples with support. I know what substance abuse is. I know the importance of having a good daily self-care routine to promote positive health. I can set a health target and work towards this to achieve a goal e.g. walk for 30 minutes a day. I know where to find health professionals and how they might contribute to my EHCP. | Age 18 |
| 14-19 | 3 | - Recognising and Knowing what my Body Needs- Understanding Sexual Health- Exercise- Mental Health and Wellbeing - Relationships and Consent- Balanced Diet - Drugs & Alcohol Misuse- My Needs and Support Systems - Being Safe in a Relationship | I know how to keep myself safe and have appropriate healthy relationships online and in the community, this includes having to compromise and accept other people's opinions. I understand mutual consent in sexual relationships and I can walk away from and report unhealthy relationships. I understand terms such as gaslighting, love bombing & ghosting and what these look like in an unhealthy relationship. I understand what coercive control is and how to identify it within an unhealthy relationship. I am aware of methods of contraception and how to prevent sexually transmitted diseases. I know who to seek help from if contraception has failed. I know when I might need to visit the doctors, A&E, NHS walk in centres and the dentist. I can make appointments and know how to find my nearest health providers. I can describe the effects of substance misuse and know how this can affect the human body. I know where to access help for substance misuse for myself or those around me. I am aware of the legal consequences of substance misuse. I can describe a balanced diet and explain why it is important to have a balanced diet. I can explain the long-term effects of exercise on physical and mental wellbeing. I can identify exercise that I enjoy and take part in regular exercise. I can identify things that may adversely affect my mental wellbeing and know how to avoid these things. I can try different ways of improving my mental wellbeing before I need to seek help. I recognise the symptoms of poor mental health and know when I might need to seek the necessary support. I know where I can find support for my mental wellbeing if I need it. I know my diagnosis and can manage it independently. I know my EHCP targets and how to work towards them. | Age 16-18 |