



Key Stage 1-2 PHSEE

Healthy Lifestyles – Encountering

HL1 — Healthy Eating

Respond to different stimuli about what it means to be 'healthy'

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Respond with curiosity to adult modelling/sensory stimuli about ways we take care of our bodies.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Respond to stimuli about the ways pain can affect different parts of our body and how we can communicate to someone that we are in pain

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Respond with curiosity to stimuli about the people who help us when we are feeling unwell.

Not Met

Shallow

Emerging

Developing

Deepening

Functional



Key Stage 1-2 PHSEE

Healthy Lifestyles – Foundation

HL1 — Healthy Eating

Identify foods that we like and dislike to eat

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Demonstrate or communicate an example of taking care of our bodies (e.g. skin, hair or teeth).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Recognise the importance of simple rules for sun safety.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Recognise how we feel if we have not had enough sleep.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Demonstrate how to tell someone that we are feeling ill, uncomfortable, or are in pain.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Explain that when we are hurt or unwell we may have to go to bed, see a nurse or doctor, or go to the hospital.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Recognise that we may be given medicines to help us get better and that these will be given to us by a nurse or doctor (or by our parent/carer looking after us).

Not Met

Shallow

Emerging

Developing

Deepening

Functional



Key Stage 1-2 PHSEE

Healthy Lifestyles – Core

HL1 — Healthy Eating

Identify some examples of healthy foods.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL1 — Healthy Eating

Identify some examples of foods that should only be eaten once in a while

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Demonstrate or communicate an example of taking care of our bodies (e.g. skin, hair or teeth).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Recognise the importance of simple rules for sun safety.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Recognise how we feel if we have not had enough sleep.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Explain what it means to be hurt, unwell, uncomfortable or in pain.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Identify medication that can help people to keep well; give examples of when this might be used

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Identify the difference between things that go on our body (creams, lotions) and things that go in our bodies (injections, tablets, liquid medicine).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Identify some substances or chemicals around the home that we should never taste or swallow; and where we might come across them.



NCEA Castle School – PHSEE Key Stage 1-2 Assessment Criteria

Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 1-2 PHSEE

Healthy Lifestyles – Development

HL1 — Healthy Eating

Explain why some foods are healthier than others.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL1 — Healthy Eating

Explain why we might need to eat foods we might not like very much.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Give reasons why it is important to take care of personal hygiene.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Describe some of the different ways to be physically healthy.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Explain how the physical activities we enjoy doing help to keep us healthy

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Describe simple routines for going to bed/going to sleep.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Identify some symptoms we may experience when we are not feeling well.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Explain the decisions we (or an adult who takes care of us) might make about how to keep us well.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Recognise that people sometimes need to take medicines in different forms, including tablets, injections, inhalers.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

NCEA Castle School – PHSEE Key Stage 1-2 Assessment Criteria



HL3 — Keeping well					
Explain why it is important not to touch, taste or take medicines without a trusted adult being with us.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL3 — Keeping well					
Explain why we should never take someone else's medication.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 1-2 PHSEE

Healthy Lifestyles – Enrichment

HL1 — Healthy Eating

Explain what it means to eat a healthy, balanced diet.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL1 — Healthy Eating

Give examples of occasions when we can make choices about the foods that we like to eat.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL1 — Healthy Eating

Explain what can help us choose what to eat.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL1 — Healthy Eating

Recognise that some people may not be able to eat certain foods because they will make them ill (allergies).

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL2 — Taking care of physical health

Describe what might happen if we don't take care of our personal hygiene.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL2 — Taking care of physical health

Explain some of the benefits of balancing exercise, food and rest.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL2 — Taking care of physical health

Identify what might happen to our bodies if we don't protect them from overexposure to the sun.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL3 — Keeping well

Recognise and give examples of the difference between someone who can give us medicines/ drugs (e.g. doctors, nurses, pharmacists) and someone who cannot (e.g. our friends).

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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HL3 — Keeping well

Describe that sometimes we may be given an injection by a doctor or nurse to help to prevent us from catching a disease (vaccination).

NCEA Castle School – PHSEE Key Stage 1-2 Assessment Criteria



Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL3 — Keeping well Explain why we should not accept medicines/ drugs from anyone (unless a responsible/ qualified person has given it to them for us, e.g. our parents/carers/trusted adults).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL3 — Keeping well Describe how smoking and drinking alcohol can affect people’s health.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
HL3 — Keeping well Identify whom we can to talk to if we are worried about health.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 1-2 PHSEE

Healthy Lifestyles– Enhancement

HL1 — Healthy Eating

Describe which foods we should only eat occasionally and explain why eating too much of them could harm our health.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL1 — Healthy Eating

Identify some influences on our food choices, and when these might be positive or negative.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Explain why it is important to take care of our bodies both now and in the future.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Explain some things that can stop us sleeping well, and suggest ways to manage these.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL2 — Taking care of physical health

Recognise how spending excessive time on electronic devices can affect sleep, mental and physical wellbeing.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Give reasons why there are rules about what we can and should not put inside our bodies; and explain what these are.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Identify some possible side effects of substances that are not meant for children to consume (e.g. alcohol).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

Explain that no-one should ever make us, or try and persuade us to drink alcohol, smoke, taste or swallow anything we are not sure is safe or that is against our wishes, and that we have a right to say no.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

HL3 — Keeping well

NCEA Castle School – PHSEE Key Stage 1-2 Assessment Criteria



Identify simple strategies we can use if we are offered a cigarette, alcohol or other type of substance.

Not Met	Shallow	Emerging	Developing	Deepening	Functional