

Welsh - Progression 2 Stage

Health and Well Being Curriculum For Sustainability Complementing the Welsh Framework



This outline, grounded in the Welsh curriculum, provides a foundation for planning teaching, learning, and experiences that promote sustainability. It is designed to be flexible, allowing teachers to adapt the learning to meet the needs of their specific cohort. Co-creating learning experiences is encouraged, fostering collaboration between educators and students. This progression pathway aims to support teachers in their planning and implementation of sustainability-focused education.

Overarching Objectives for Progression Step 2:

- Encourage curiosity and engagement with the world.
- Develop critical thinking and problem-solving skills.
- Promote personal, social, and cultural development.
- Foster a sense of responsibility for personal health, well-being, and the environment.

The Curriculum of Wales

Expressive Arts	Health and Wellbeing	Humanities (including History, Geography, Religion, Values, and Ethics)	Languages, Literacy, and Communication (including Welsh and International Languages)	Mathematics and Numeracy	Science and Technology
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Expressive Arts Subject Areas: Music, Drama, Art, Dance, Film and Digital Media. Objectives: Develop creativity and imagination. Explore a range of media, techniques, and materials. Express ideas and feelings through different artistic forms. Begin to reflect on their own work and that of others.	Health and Well-being Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety. Objectives: Understand physical health and its connection to well-being. Develop emotional literacy and manage feelings. Learn about making healthy choices (diet, exercise).	Humanities Subject Areas: History, Geography, Religious Education, Business Studies, and Social Studies. Objectives: Understand past and present human experiences, locally and globally. Develop a sense of belonging and identity. Learn about sustainability and the impact of human actions on the planet. Begin to explore ethical questions	Languages, Literacy and Communication Subject Areas: English, Welsh, Modern Foreign Languages, Literature, Oracy. Objectives: Develop competence in both Welsh and English. Explore the use of language for different purposes (e.g., storytelling, explaining, persuading). Learn to communicate effectively through speech and writing. Engage with a range of literary texts,	Mathematics and Numeracy Subject Areas: Number, Geometry, Algebra, Measurement, Data Handling. Objectives: Develop understanding of numbers, patterns, and shapes. Solve practical problems using basic mathematical techniques. Begin to understand and apply mathematical reasoning. Learn to use data to interpret the world around them.	Science and Technology Subject Areas: Biology, Chemistry, Physics, Computer Science, Design and Technology. Objectives: Begin to explore the natural world and understand simple scientific concepts. Engage with technology and develop basic computational thinking. Design, make, and evaluate simple products and systems. Explore sustainability through
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	Build interpersonal skills to foster positive relationships.	and different belief systems.	including Welsh literature.		understanding energy and material use.
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The Sustainability Curriculum Headings

Understanding Sustainability (SUS1)	Environmental Awareness (SUS2)	Environmental Stewardship (SUS3)	Waste Management (SUS4)	Energy Conservation (SUS5)	Biodiversity and Ecosystems (SUS6)
Climate Change and Adaptation (SUS7)	Food and Agriculture (SUS8)	Water Conservation (SUS9)	Sustainable Transport and Urban Planning (SUS10)	Citizenship / Global Responsibility and Sustainable Development (SUS11)	Outdoor Learning and Connection to Nature (SUS12)

The Sustainability Curriculum Model linked to the Curriculum of Wales - Progression Step 2

Understanding
Sustainability

(SUS1)

Health and Well-being

Health and Well-being AOLE: Understanding Sustainability

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and Its Connection to Well-being

Recognize how spending time in nature can improve physical health and well-being, and explore sustainable outdoor activities, such as walking or gardening.

Identify simple actions that contribute to both personal health and environmental sustainability, like active transport (walking, biking) that reduces pollution.

Develop Emotional Literacy and Manage Feelings

Discuss feelings related to nature and the environment, exploring emotions about caring for the planet and their role within it.

Practice mindfulness exercises outdoors or in natural settings, learning to appreciate and feel connected to their surroundings, which promotes well-being.

Learn About Making Healthy Choices (Diet, Exercise)

Explore the impact of food choices on health and the environment, such as choosing seasonal, local foods and learning about sustainable food sources.

Participate in physical activities that are environmentally friendly, understanding how daily choices in exercise, like outdoor play, can support both health and the environment.

Build Interpersonal Skills to Foster Positive Relationships

Develop teamwork skills by participating in group activities focused on eco-friendly goals, like litter-picking or planting trees, to build positive relationships and shared responsibility.

Learn to communicate respectfully about sustainability topics, practising how to share ideas on living healthily and

sustainably within friendships and family.

Environmental Awareness
(SUS2)

Health and Well-being

Health and Well-being AOLE: Environmental Awareness

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and Its Connection to Well-being

Recognize the benefits of spending time in nature, learning how outdoor activities can improve physical health and foster a connection to the environment.

Participate in eco-friendly physical activities, such as nature walks or outdoor games, that promote both health and an appreciation for natural spaces.

Develop Emotional Literacy and Manage Feelings

Explore feelings related to nature, such as calmness, wonder, or concern for the environment, building emotional connections to the natural world.

Practice mindfulness in natural settings, learning techniques for relaxation and emotional management inspired by experiences in the outdoors.

Learn About Making Healthy Choices (Diet, Exercise)

Discuss the benefits of choosing locally grown, seasonal, and organic foods, understanding how these choices support both personal health and environmental sustainability.

Engage in physical activities that have minimal impact on the environment, like cycling or hiking, promoting sustainable ways to stay active.

Build Interpersonal Skills to Foster Positive Relationships

Work collaboratively in group activities focused on environmental care, such as planting or litter-picking, developing teamwork and shared responsibility for caring for the environment.

Practice respectful communication when discussing environmental issues with peers, learning to express personal opinions and listen to others' ideas on sustainability.

Environmental Stewardship (SUS3)

Health and Well-being

Health and Well-being AOLE: Earth Stewardship

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and Its Connection to Well-being

Explore the relationship between a healthy environment and physical health, discussing how clean air, water, and green

spaces contribute to overall well-being.

Identify ways to engage in physical activities that promote both personal health and environmental stewardship, such as community clean-up events or nature walks.

Develop Emotional Literacy and Manage Feelings

Reflect on feelings related to environmental issues, such as anxiety about climate change, and develop strategies to manage these feelings through mindfulness practices or creative expression.

Encourage learners to express their emotions about the environment in safe and supportive settings, fostering open discussions about concerns and hopes for the planet.

Learn About Making Healthy Choices (Diet, Exercise)

Investigate the benefits of eating locally sourced and sustainable foods, discussing how food choices impact personal health and the environment.

Encourage regular physical activities that promote a connection to nature, such as gardening or outdoor sports, reinforcing the importance of a healthy lifestyle while appreciating the natural world.

Build Interpersonal Skills to Foster Positive Relationships

Promote collaboration and teamwork in environmental projects, helping learners develop communication and problem-solving skills while fostering positive relationships with peers.

Engage in discussions and group activities that focus on empathy and respect for nature, encouraging learners to consider how their actions affect others and the environment.

Waste Management

(SUS4)

Health and Well-being

Health and Well-being AOLE: Waste Management and Circular Earth Resources

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and Its Connection to Well-being

Explore how waste management practices, such as reducing plastic use and promoting recycling, contribute to a healthier environment, which in turn supports physical health and well-being.

Investigate the impact of pollution and waste on community health, discussing how responsible waste management can improve overall quality of life.

Develop Emotional Literacy and Manage Feelings

Encourage learners to express their feelings about environmental issues, such as waste and pollution, and how these affect their emotional well-being and that of their communities.

Foster resilience by discussing how positive actions towards waste reduction and sustainability can empower learners and create a sense of purpose and agency.

Learn About Making Healthy Choices (Diet, Exercise)

Promote understanding of sustainable food choices, emphasising the importance of reducing food waste, choosing local and seasonal produce, and minimising packaging.

Integrate physical activities that involve community clean-up initiatives, reinforcing the connection between active living and caring for the environment.

Build Interpersonal Skills to Foster Positive Relationships

Facilitate group discussions and projects that focus on collaborative waste management efforts, enhancing teamwork and communication skills among learners.

Encourage learners to engage with their families and communities in discussions about sustainable practices, fostering relationships through shared goals of environmental stewardship and health.

Energy Conservation (SUS5)

Health and Well-being

Health and Well-being AOLE: Energy Conservation and Energy Alternatives

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and its Connection to Well-being

Recognize the benefits of active travel options (like walking and cycling) as eco-friendly choices that also promote physical health.

Discuss how conserving energy at home (e.g., turning off lights, reducing heating) can contribute to a healthier living environment and personal well-being.

Develop Emotional Literacy and Manage Feelings

Explore feelings associated with environmental responsibility and learn to express concerns about energy conservation in positive, constructive ways.

Develop coping strategies to manage “eco-anxiety” and stress related to environmental issues, focusing on personal actions that can make a difference.

Learn About Making Healthy Choices (Diet, Exercise)

Identify healthy lifestyle choices, such as reducing energy-intensive foods (e.g., processed foods) in favour of more sustainable options.

Discuss how individual choices, like conserving energy or reducing waste, contribute to a sustainable lifestyle that supports overall health and well-being.

Build Interpersonal Skills to Foster Positive Relationships

Encourage collaboration with family and friends in energy-saving activities, such as creating energy-saving challenges or sustainable habits at home and school.

Foster empathy and communication by discussing shared responsibilities in conserving energy, promoting teamwork and understanding in family, school, and community settings.

Biodiversity and Ecosystems (SUS6)

Health and Well-being

Health and Well-being AOLE: Biodiversity and Ecosystems

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and Its Connection to Well-being

Recognise the benefits of outdoor activities, such as walking and playing in nature, on physical health and well-being, and learn how spending time in biodiverse environments can boost mood and energy levels.

Understand how a balanced ecosystem supports healthy environments, which in turn contributes to human health (e.g., clean

air, water, and natural spaces for physical activity).

Develop Emotional Literacy and Manage Feelings

Explore feelings and responses to natural settings and wildlife, learning to identify emotions associated with being outdoors, observing nature, and engaging with animals and plants.

Practice mindfulness in nature, using sensory experiences to promote calmness and connection to the environment, helping to manage feelings of stress or anxiety.

Learn About Making Healthy Choices

Learn how healthy food choices can support local ecosystems, such as eating locally grown produce, which reduces environmental impact and supports biodiversity.

Understand the importance of sustainable choices, like reducing waste and using resources mindfully, and their positive impacts on local and global ecosystems.

Build Interpersonal Skills to Foster Positive Relationships

Engage in group activities that involve nature, fostering teamwork, communication, and shared responsibility for the environment (e.g., gardening, litter-picking, or nature-based group games).

Develop empathy for all living things by learning about ecosystems and the roles of different organisms, promoting a sense of responsibility to care for nature and respect others' contributions.

Climate Change and Adaptation

(SUS7)

Health and Well-being

Health and Well-being AOLE: Climate Change and Adaptation

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and Its Connection to Well-being

Explore the impact of climate change on physical health, including issues such as air quality, heatwaves, and food security, and how these factors relate to overall well-being.

Discuss how adapting to climate change (e.g., participating in outdoor activities, promoting green spaces) can enhance physical health and fitness levels.

Develop Emotional Literacy and Manage Feelings

Recognize and express feelings related to climate change, including anxiety, hope, and empowerment, through group discussions and reflective journaling.

Encourage resilience and coping strategies in the face of environmental challenges, helping learners develop a positive mindset towards climate action.

Learn About Making Healthy Choices (Diet, Exercise)

Investigate the relationship between climate change, food systems, and healthy eating, including the benefits of local, seasonal, and sustainable food choices.

Promote physical activity through eco-friendly initiatives, such as walking or cycling to school, and understanding the health benefits of an active lifestyle in a changing climate.

Build Interpersonal Skills to Foster Positive Relationships

Encourage collaboration and teamwork in group projects focused on climate action, emphasising communication, active listening, and respect for diverse viewpoints.

Discuss the importance of community engagement and support networks in addressing climate change, highlighting the role

of relationships in promoting well-being and resilience.

Food and Agriculture

(SUS8)

Health and Well-being

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Objective:

Learners will explore how food systems in Wales—farming, fishing, and forestry—contribute to health, emotional well-being, and community connection. They will learn how making healthy food choices and understanding where food comes from supports their physical development, relationships with others, and personal sense of safety and belonging. Learners will reflect on sustainable choices and how Welsh land and sea resources can support lifelong health and care for the environment.

Curriculum for Wales – Health and Well-being Objectives Addressed:

- Understand physical health and its connection to well-being
By learning how fresh, local foods from farms, sea, and forests support strong bodies and minds.
- Develop emotional literacy and manage feelings
By exploring how time outdoors, growing food, and preparing meals with others supports calmness, connection, and care.
- Learn about making healthy choices (diet, exercise)
By identifying healthy Welsh foods and sustainable practices such as eating seasonal produce or choosing low-waste meals.
- Build interpersonal skills to foster positive relationships

By working in groups to explore food journeys, role-play farming and fishing communities, or prepare healthy meals together.

- Personal Safety

By learning how to stay safe around tools, animals, and outdoor environments used in farming, gardening, or fishing activities.

Global Framework Links:

SDGs:

- SDG 2: Zero Hunger – Understanding where nutritious food comes from and how it is produced responsibly.
- SDG 3: Good Health and Well-being – Exploring how good food and active, connected lifestyles support health.
- SDG 12: Responsible Consumption and Production – Promoting local food systems that conserve natural resources.

UNCRC Rights:

- Article 24 – Children have the right to nutritious food and environmental education to stay healthy.
- Article 29 – Education should develop children's respect for others, their environment, and help them thrive.
- Article 31 – Children have the right to engage in recreational, cultural, and educational activities that enrich well-being.

UNRMS Principles:

- Promote sustainable use of land and marine resources for long-term human and ecological well-being.
 - Support education that fosters community resilience, food security, and environmental protection.
 - Encourage learning that connects health, ecosystems, and responsible resource use.
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Practical Examples for Learners:

- Physical Health:
Participate in a school garden or cooking project using produce from local farms or community gardens. Try new recipes using seasonal Welsh vegetables or fish.

- **Mental and Emotional Well-being:**
Spend time in outdoor settings such as forests or coastal areas. Reflect on feelings through drawing, writing, or discussion about being close to nature and food sources.
- **Healthy Eating:**
Explore where local foods come from—visit a farm, aquaculture site, or farmer's market. Identify which foods help bodies grow and feel energised, and how eating seasonally supports health.
- **Relationships:**
Work as a team to create a "food journey" mural or role-play scenes from a Welsh food system (e.g. a mussel harvester, apple grower, forester). Reflect on how working together supports well-being.
- **Personal Safety:**
Learn safe habits around gardening tools, cooking equipment, and near water or animals. Discuss the importance of hygiene when handling food and the environment.

Water Conservation

(SUS9)

Health and Well-being

Health and Well-being AOLE: Food and Agriculture

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and Its Connection to Well-being

Explore the impact of local and global food systems on physical health, discussing how the quality and availability of food influence overall well-being.

Investigate the importance of a balanced diet that includes local produce and its role in promoting health and preventing

illness.

Develop Emotional Literacy and Manage Feelings

Reflect on personal and cultural connections to food, helping learners articulate their feelings and experiences related to food choices and agricultural practices.

Encourage discussions around food-related emotions, such as joy in cooking or anxiety around food scarcity, fostering emotional awareness and resilience.

Learn About Making Healthy Choices (Diet, Exercise)

Educate learners on the benefits of incorporating locally sourced foods into their diets, emphasising the importance of nutrition for both physical health and sustainable agriculture.

Promote the connection between physical activity and healthy eating, encouraging learners to participate in gardening or cooking activities that foster healthy habits.

Build Interpersonal Skills to Foster Positive Relationships

Facilitate collaborative projects related to food and agriculture, such as community gardening or cooking workshops, to enhance teamwork and communication skills.

Encourage discussions about the role of food in building community relationships, exploring how shared meals and agricultural practices can strengthen social bonds and cultural understanding.

Sustainable Transport and Urban Planning

(SUS10)

Health and Well-being

Health and Well-being AOLE: Sustainable Transport, Urban Planning, and Building

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and Its Connection to Well-being

Explore the relationship between access to sustainable transport options (e.g., walking, cycling) and physical health, emphasising how active transportation contributes to overall well-being.

Investigate how urban planning influences access to green spaces, recreational facilities, and healthy food sources, promoting the importance of a healthy environment for physical health.

Develop Emotional Literacy and Manage Feelings

Discuss how urban living and transport systems can impact mental health, exploring concepts such as community connectivity and isolation in different urban settings.

Encourage learners to express their feelings about their local environments and transportation options, fostering an understanding of emotional responses to urban planning and community design.

Learn About Making Healthy Choices (Diet, Exercise)

Examine the role of urban planning in facilitating healthy lifestyles, such as easy access to parks for exercise and healthy food outlets, highlighting how the built environment influences daily choices.

Encourage students to develop personal action plans for incorporating physical activity into their daily routines through sustainable transport options, promoting a proactive approach to health.

Build Interpersonal Skills to Foster Positive Relationships

Promote teamwork and collaboration through projects focused on sustainable transport and urban planning, encouraging learners to work together to propose solutions for their communities.

Facilitate discussions and role-plays around how to advocate for health-conscious urban policies and transport solutions,

developing negotiation and communication skills.

Citizenship / Global Responsibility and Sustainable Development (SUS11)

Health and Well-being

Health and Well-being AOLE: Citizenship, Global Responsibility, and Sustainable Development

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and Its Connection to Well-being

Explore how individual physical health choices (e.g., exercise, nutrition) impact personal well-being and the wider community's health, fostering an understanding of global health challenges and SDG 3 (Good Health and Well-being).

Investigate the role of physical activity and nutrition in promoting a sustainable lifestyle, discussing the importance of access to healthy foods and active living in various communities worldwide.

Develop Emotional Literacy and Manage Feelings

Encourage learners to identify and articulate their emotions, linking emotional health to overall well-being and the importance of mental health in personal and global contexts, including SDG 3.

Facilitate activities that promote mindfulness and stress management, helping students develop strategies to cope with challenges while considering the mental health implications of global issues (e.g., climate change, inequality).

Learn About Making Healthy Choices (Diet, Exercise)

Educate learners about the principles of a balanced diet and the importance of physical activity for both personal health and environmental sustainability, discussing the impact of food choices on global resources and communities.

Provide opportunities for students to engage in practical activities (e.g., cooking healthy meals, participating in sports) that emphasize the benefits of healthy choices while reflecting on the social and environmental implications of these choices.

Build Interpersonal Skills to Foster Positive Relationships

Promote the development of communication and collaboration skills through group activities that emphasize teamwork, respect, and empathy, fostering a sense of belonging and global citizenship.

Encourage learners to participate in community service projects or initiatives that address local health and well-being issues, reinforcing the importance of social responsibility and the interconnectedness of global communities in achieving SDG 3 and 17 (Partnerships for the Goals).

Outdoor Learning and Connection to Nature (SUS12)

Health and Well-being

Health and Well-being AOLE: Outdoor Learning, Connectedness with Nature, and Sensory Exploration

Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety

Learning Objectives:

Understand Physical Health and Its Connection to Well-being

Participate in outdoor activities such as walking, running, and nature-based exercises to experience how physical activity in nature positively impacts health and energy.

Explore the benefits of fresh air and physical engagement with nature, recognizing how spending time outdoors can improve physical and mental well-being.

Develop Emotional Literacy and Manage Feelings

Use sensory exploration in natural settings to develop awareness of emotions, noticing how natural sounds, textures, and surroundings can impact mood and stress levels.

Practice mindfulness outdoors by focusing on breathing and nature-based relaxation techniques to manage feelings and develop resilience.

Learn About Making Healthy Choices (Diet, Exercise)

Understand the importance of healthy eating choices by discussing the journey of food from nature to table and exploring local plants or gardens that support balanced nutrition.

Engage in outdoor games and exercises that highlight the importance of regular physical activity, encouraging healthy lifestyle choices.

Build Interpersonal Skills to Foster Positive Relationships

Participate in team-building activities and cooperative outdoor games that promote communication, teamwork, and social skills, enhancing relationships with peers.

Develop a sense of responsibility for the environment and each other by participating in group activities like nature clean-ups, which build empathy and cooperation.

Practise Personal Safety in Natural Environments

Learn about personal safety outdoors, including safe walking, awareness of natural hazards, and dressing appropriately for various weather conditions.

Explore responsible interactions with nature, understanding how to care for natural surroundings safely and respectfully, such as identifying plants and animals without disturbing them.

