



Overview of P.S.E/ Healthy schools

	Autumn	Spring	Summer
Reception	<p>Food a fact of life ages 3-5 (Activity 1 and 2 and session 1 Super Smoothie).</p> <p>SEAL – New beginnings (File 1) Time Machine</p> <p>SEAL – Good to be me (File 5) superheroes</p> <p>Physical Literacy (Unit 1 and 2)</p> <p>Gymnastics Unit 1</p> <p>Micro Mania</p>	<p>1. All About Me - My Body and its Parts</p> <p>2. All About Me - Keeping Clean</p> <p>3. All About Me - Feelings</p> <p>4. Touch</p> <p>DCF – Citizenship: Going places safely</p> <p>SEAL – No to bullying (File 3) Amazing animals</p> <p>SEAL – Getting on (File 2) On the move</p> <p>Physical Literacy (Unit 3 and 4)</p> <p>Gymnastics Unit 2</p>	<p>SEAL – Go for Goals (File 4) Bugs Life</p> <p>SEAL – Relationships (File 6) Seaside</p> <p>Physical Literacy (Unit 5 and 6)</p> <p>Dance Unit 1</p> <p>Sun safety Wrap, Splat, Hat campaign.</p>
Year 1	<p>Food a fact of life ages 3-5 (Activity 3 and 4 and session 2 Tasty Toast).</p> <p>SEAL – New beginnings (File 1) Time Machine</p> <p>SEAL – Good to be me (File 5) superheroes</p> <p>Year 1 Gymnastics Unit 1</p> <p>Year 1 Gymnastics Unit 2</p> <p>Year 1 Attack Defend Shoot Unit 1</p> <p>Year 1 Attack Defend Shoot Unit 2</p> <p>Horrid Hands</p> <p>Giant sneezes</p>	<p>SEAL – No to bullying (File 3) Amazing animals</p> <p>SEAL – Getting on (File 2) On the move</p> <p>DCF – Citizenship: Keep it Private My Creative Work</p> <p>1. All About Me - My Body and its Parts Growing Up</p> <p>2. All About Me - Keeping Clean</p> <p>3. All About Me - Feelings</p> <p>4. Touch</p> <p>Year 1 Dance Unit 1</p> <p>Year 1 Dance Unit 2</p> <p>Year 1 Send & Return Unit 1</p> <p>Year 1 Send & Return Unit 2</p>	<p>Staying Healthy</p> <p>Medicines</p> <p>Who gives us medicines</p> <p>SEAL – Go for Goals (File 4) Bugs Life</p> <p>SEAL – Relationships (File 6) Seaside</p> <p>Year 1 Hit Catch Run Unit 1</p> <p>Year 1 Hit Catch Run Unit 2</p> <p>Year 1 Run Jump Throw Unit 1</p> <p>Year 1 Run Jump Throw Unit 2</p> <p>Sun safety Wrap, Splat, Hat campaign.</p>
Year 2	<p>Food a fact of life ages 5-8</p> <p>Key fact 1 – To understand that we need food to grow, be active and maintain health.</p> <p>SEAL – New beginnings (File 1) Time Machine</p> <p>SEAL – Good to be me (File 5) superheroes</p> <p>Year 1 Gymnastics Unit 1</p> <p>Year 1 Gymnastics Unit 2</p> <p>Year 1 Attack Defend Shoot Unit 1</p> <p>Year 1 Attack Defend Shoot Unit 2</p> <p>How clean is your kitchen?</p> <p>Antibiotic Awareness</p>	<p>1. All About Me - My Body and its Parts Similarities and Differences</p> <p>2. All About Me - Keeping Clean</p> <p>3. All About Me - Feelings</p> <p>4. Touch</p> <p>DCF – Citizenship: Following the Digital Trail Screen out the mean</p> <p>SEAL – No to bullying (File 3) Amazing animals</p> <p>SEAL – Getting on (File 2) On the move</p> <p>Year 1 Dance Unit 1</p> <p>Year 1 Dance Unit 2</p> <p>Year 1 Send & Return Unit 1</p> <p>Year 1 Send & Return Unit 2</p>	<p>Risk</p> <p>Hazardous substances</p> <p>Safety rules</p> <p>SEAL – Go for Goals (File 4) Bugs Life</p> <p>SEAL – Relationships (File 6) Seaside</p> <p>Year 1 Hit Catch Run Unit 1</p> <p>Year 1 Hit Catch Run Unit 2</p> <p>Year 1 Run Jump Throw Unit 1</p> <p>Year 1 Run Jump Throw Unit 2</p> <p>Sun safety Wrap, Splat, Hat campaign.</p>

Food and Fitness

Mental Health and wellbeing

Personal Development and Relationships

Substance Misuse and Use

Environment

Hygiene

Safety

PSE Folens SOW Topic



Year 3	<p>Friends and Family</p> <p>Food a fact of life ages 5-8 Key fact 2 - To understand that we eat different food depending on the time of day, occasion and lifestyle.</p> <p>E-bug – Hand Hygiene</p> <p>Environment TOPIC - Recycling – Science topic</p> <p>Year 3 Netball– Half term 1 (MUGA whilst the weather is good) Year 3 Handball– Half term 1 (MUGA whilst the weather is good) Year 3 – Half term 2 Dance Unit 1 Year 3 – Half term 2 Gymnastics Unit 1</p>	<p>Growing up and my Feelings</p> <p>PDR – 1. Sticks and Stones (Bullying) School Beat Police liaison 2. Friendships, Peer Pressure and Bullying 3. Family Diversity</p> <p>DCF- Strand 1.1: Be aware of simple rules for sharing images and data, e.g. understand that photographs cannot be taken of others or shared online without seeking permission first.</p> <p>Strand 1.1: Use strategies for creating and keeping strong, secure passwords, e.g. three to four random words joined together or using capitalisation and numbers.</p> <p>DCF – Strand 1.4: Identify different forms of bullying, including cyberbullying, and suggest strategies for dealing with it, e.g. screenshot, block, report</p> <p>SAFER INTERNET DAY – 6th February).</p> <p>Year 3 Gymnastics Unit 2 Year 3 Dance Unit 2 Year 3 OAA Year 3 Football</p>	<p>My Health and Exercise</p> <p>Stay SMART School BeatPolice liaison Sun safety Wrap, Splat, Hat campaign. CWP – Smoking</p> <p>Year 3 Athletics Year 3 Cricket Year 3 Rounders Year 3 Tennis</p>
Year 4	<p>My Targets/ Safety</p> <p>PDR – 1. Share Aware NSPCC Alex - Online Safety 2. Share Aware NSPCC Lucy - Online Safety 3. Safe Touch</p> <p>Year 4 Netball– Half term 1 (MUGA whilst the weather is good) Year 4 Handball– Half term 1 (MUGA whilst the weather is good) Year 4 Gymnastics Unit 1 Year 4 Dance Unit 1</p>	<p>Buying and Selling/ Looking after the Environment</p> <p>Environment TOPIC - Saving the rainforests - living in my world: caring for places and environments and the importance of being a global citizen.</p> <p>Food a fact for life ages 8-11 Key fact 2 - To be able to identify and classify unfamiliar and composite dishes according to the 5 groups depicted in the Eatwell guide.</p> <p>DCF - Understand that information put online leaves a digital footprint or trail, e.g. to aid identity theft</p> <p>DCF - Explain the importance of balancing game and screen time with other parts of their lives.</p> <p>E-bug – Oral Hygiene</p> <p>Year 4 – Gymnastics Unit 2 Year 4 Dance Unit 2 Year 4 Football Year 4 Hockey</p>	<p>Bullying and Right and Wrong</p> <p>Friend or Foe School BeatPolice liaison CWP – Alcohol</p> <p>DCF: Identify actions to report and prevent cyberbullying, e.g. use strategies such as not replying, reporting and saving evidence</p> <p>DCF: Identify appropriate behaviour when participating or contributing to collaborative online projects for learning, e.g. devise a set of rules.</p> <p>Year 4 Athletics Year 4 Cricket Year 4 OAA Year 4 Tennis</p>
Year 5	<p>Friends and Family</p> <p>Thrive Day (Mental Health Awareness Day – 17th October)</p> <p>Year 5 Netball– Half term 1 (MUGA whilst the weather is good) Year 5 Handball– Half term 1 (MUGA whilst the weather is good) Year 5 Gymnastics Unit 1 Year 5 Dance Unit 1</p>	<p>Bullying and Right and Wrong</p> <p>Be Cyber Safe School Beat Police liaison</p> <p>DCF -Understand that photographs can be edited digitally and the rights and permissions associated with this.</p> <p>CWP – Legal and illegal drugs</p> <p>Environment TOPIC - Living in my World (Keen to be Green) Year 5 – Gymnastics Unit 2 Year 5 Dance Unit 2 Year 5 Football Year 5 Hockey</p>	<p>My Health and Exercise</p> <p>Food a fact of life ages 8-11 Key fact 3 - To understand that different types of food provide different amounts of energy.</p> <p>PDR – 1. Inside the body 2. Puberty 3. Hygiene</p> <p>E-bug – Respiratory Hygiene</p> <p>Year 5 Athletics Year 5 Cricket Year 5 OAA Year 5 Tennis</p>
Year 6	<p>Safety/ Buying and Selling</p> <p>Picture This (Mobile phone safety) School BeatPolice liaison</p> <p>DCF: Strand 1.1 - Explain what metadata of a photograph can include, e.g. date, time and location</p> <p>identify benefits and risks of mobile devices broadcasting the location of the user/device, e.g. apps accessing location</p> <p>CWP –Preventing early use (cannabis).</p> <p>Year 6 Netball– Half term 1 (MUGA whilst the weather is good) Year 6 Handball– Half term 1 (MUGA whilst the weather is good) Year 6 Gymnastics Unit 1 Year 6 Dance Unit 1</p>	<p>My Targets and My Environment</p> <p>E-bug – Food Hygiene</p> <p>Environment TOPIC - Living in my World (Keen to be Green)</p> <p>DCF: Strand 1.1 - Identify secure sites by looking for privacy seals of approval, e.g. https, padlock icon</p> <p>Year 6 Gymnastics Unit 2 Year 6 Dance Unit 2 Year 6 Football Year 6 Hockey</p>	<p>Growing up and my Feelings</p> <p>Food a fact of life ages 8-11 Key fact 3 - To recognise that the amount of energy and nutrients provided by food depends on the portion eaten.</p> <p>PDR – 1. Loving relationship 2. Conception and pregnancy 3. Looking after a baby.</p> <p>DCF strand 1.3 - understand how and why people use their information and online presence to create a virtual image of them as a user.</p> <p>Year 6 Athletics Year 6 Cricket Year 6 OAA Year 6 Tennis</p>



Annual Healthy Schools Events (Special Days) 2018/2019:

Autumn Term



September

October

Thrive Day (Mental Health Day) – Wednesday 17th
World Book Day
Harvest – fruit to share

November:

Armistice Day 11th November
Anti-Bullying Week 12-16 November 2018
Children in need (Pudsey) day Mid November

December

Christmas Concerts

Spring Term



January

February

Safer Internet Day – 6th February
Shrove Tuesday (Healthy Pancake Day)

March

St. David's Day
No smoking Day – 13th March 2019
Comic relief - Red Nose Day – 15th March 2019
Sport relief 2020

Summer Term



April

Easter Bonnet Parade

May

Sun Awareness week 13th-19th May

June

School Nurse – hygiene (Handwashing).

July

Sports day