

	Foundation Stage - Focused PSHE Teaching
Term 1	Facts 4 Life Introduce & Baseline Children will learn to: - Understand that we all get ill; that's normal - Understand that most of the time our bodies will get better from most illnesses on their own; that our bodies are remarkably efficient in restoring balance (homeostasis) - Understand that there are simple things that we can do to help support and promote our own good health Digital Wellbeing Children will learn how to: - Play appropriate games on the Internet. - Talk about good and bad choices in real life e.g. taking turns, saying kind things, helping others, telling an adult if something upsets you.
Term 2	Facts 4 Life Brilliant Bodies Children will learn to: - Value their bodies and capabilities - Know what makes each of us unique and special - Use correct names for body parts
Term 3	Facts 4 Life Bodies Are Smart! Children will learn to: - Be aware of body needs e.g. water, sleep exercise etc. - Take responsibility for themselves
Term 4	Facts 4 Life Only One You! Children will learn to: - Be aware of body needs e.g. water, sleep exercise etc. - Brushing teeth - Hygiene
Term 5	Facts 4 Life Role Play Packs Children will learn to: - Reinforcement of theme outcomes SunSmart (could be completed as KS assembly) Children will learn to: - Understand what types of clothes are suitable are wear in the sun. - Reinforce the SunSmart messages. - Understand where they need to apply sunscreen

Term 6	First Aid - Workshop led by ERFA Children will learn to: • Calling 999 • What's an emergency?
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