

	Year 1 & 2 - Focused PSHE Teaching
Term 1	Facts 4 Life 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 Year 1 children will learn how to: - Agree e-safety rules for class. - Use a selection of websites and consider who can see the information online. - Play appropriate games on internet, including games against real people. - Talk about how adults can help us, eg when we see something we don't like or makes us feel uncomfortable. - Play games that reinforce the idea of personal information, including password privacy. Digital Wellbeing Year 2 children will learn how to: - Agree sensible e-safety rules for the classroom. - Use a selection of websites and consider who can see the information online. - Play appropriate games on the internet, including games against real people. - Talk about how adults can help us, including when we see something we don't like or something makes us feel uncomfortable. - Play games that reinforce idea of personal information, including password privacy.
Term 2	Facts 4 Life This is Me 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 Self-Care Children will learn to: - Hygiene - Personal responsibility - Diet, exercise & rest - Illness, wellness & balance - Recognising that our feelings can affect the way we behave - Who we can speak to about our own feelings

Term 4	Facts 4 Life My Health Children will learn to: • Hygiene • Personal responsibility • Diet, exercise & rest • Illness, wellness & balance • Recognising that our feelings can affect the way we behave • Recognising that our feelings can affect the way our bodies react
Term 5	Facts 4 Life Medicines Children will learn to: • Drugs and their uses • Personal safety • Where we can go when we need to feel safe • Who we can go to when we need to feel safe 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 Y1 children will learn to: • Primary survey • Casualty care • Recovery position Y2 children will learn to: • Asthma • Choking (back slaps only) • Fainting