

Cycle A Summer Physical health and Mental wellbeing, Growing and changing, Keeping safe**Cycle A Summer 1**

	Learning Step 1	Learning Step 2	Learning Step 3	Learning Step 4	Learning Step 5	Learning Step 6
Learning Objective	<ul style="list-style-type: none"> • what it means to be healthy and why it is important 	<ul style="list-style-type: none"> • ways to take care of themselves on a daily basis • about basic hygiene routines, e.g. hand washing 	<ul style="list-style-type: none"> • about physical activity and how it keeps people healthy • about different types of play, including balancing indoor, outdoor and screen-based play 	<ul style="list-style-type: none"> • about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors • how to keep safe in the sun 	<ul style="list-style-type: none"> • to recognise what makes them special and unique including their likes, dislikes and what they are good at 	British Values explicit teaching ☐ TOLERANCE OF THOSE OF DIFFERENT FAITHS AND BELIEFS.
Key Vocab				private, safe		

Cycle A Summer 2

	Learning Step 1	Learning Step 2	Learning Step 3	Learning Step 4	Learning Step 5	Learning Step 6
Learning Objective	<ul style="list-style-type: none"> • how to manage and whom to tell when finding things difficult, or when things go wrong • about different kinds of feelings • how to recognise feelings in themselves and others • how feelings can affect how people behave 	<ul style="list-style-type: none"> • how they are the same and different to others 	<ul style="list-style-type: none"> • how rules can help to keep us safe 	<ul style="list-style-type: none"> • why some things have age restrictions, e.g. TV and film, games, toys or play areas 	<ul style="list-style-type: none"> • basic rules for keeping safe online • whom to tell if they see something online that makes them feel unhappy, worried, or scared 	British Values explicit teaching ☐ TOLERANCE OF THOSE OF DIFFERENT FAITHS AND BELIEFS.
Key Vocab		same, different, male, female	safe	permission		

Vocabulary encountered in previous year group may/will be referred to as part of our spiral curriculum, which revisits previous concepts.