

Cycle B Summer Physical health and Mental wellbeing, Growing and changing, Keeping safe

Cycle B 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"> about routines and habits for maintaining good physical and mental health why sleep and rest are important for growing and keeping healthy that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies 	<ul style="list-style-type: none"> the importance of, and routines for, brushing teeth and visiting the dentist about food and drink that affect dental health 	<ul style="list-style-type: none"> how to describe and share a range of feelings ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others 	<ul style="list-style-type: none"> how to manage big feelings including those associated with change, loss and bereavement when and how to ask for help, and how to help others, with their feelings 	British Values explicit teaching ☑ MUTUAL RESPECT.	British Values explicit teaching ☑ TOLERANCE OF THOSE OF DIFFERENT FAITHS AND BELIEFS.
Key Vocab	physical health, mental health, sleep, medicine	dental health	big feelings			

Cycle B 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"> about the human life cycle and how people grow from young to old how our needs and bodies change as we grow up to identify and name the main parts of the body including external genitalia (Y2 pupils only) about change as people grow up, including new opportunities and responsibilities 	<ul style="list-style-type: none"> how to recognise risk in everyday situations, e.g. road, water and rail safety, medicines how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about' to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger 	<ul style="list-style-type: none"> how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel 	<ul style="list-style-type: none"> how to respond if there is an accident and someone is hurt about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say 	<ul style="list-style-type: none"> preparing to move to a new class and setting goals for next year 	British Values explicit teaching ☑ TOLERANCE OF THOSE OF DIFFERENT FAITHS AND BELIEFS.
Key Vocab	same, different, penis, vagina, testicles, body parts,	risk, safety,		emergency, 999	goals	

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