

<p>Summer — Health and wellbeing</p>	<p>Physical health and Mental wellbeing Health choices and habits; what affects feelings; expressing feelings</p> <p>PoS Refs: H1, H2, H3, H4, H6, H7, H17, H18, H19</p>	<ul style="list-style-type: none"> • about the choices that people make in daily life that could affect their health • to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep) • what can help people to make healthy choices and what might negatively influence them • about habits and that sometimes they can be maintained, changed or stopped 	<p>PSHE Association - Health Education: food choices, physical activity & balanced lifestyles</p> <p>PSHE Association – Mental health and wellbeing</p>
<p>Summer — Health and wellbeing</p>	<p>Growing and changing Personal strengths and achievements; managing and reframing setbacks</p> <p>PoS Refs: H27, H28, H29</p> <p>Keeping safe Risks and hazards; safety in the local environment and unfamiliar places</p> <p>PoS Refs: H38, H39, H41</p>	<ul style="list-style-type: none"> • the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle • what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally • that regular exercise such as walking or cycling has positive benefits for their mental and physical health • about the things that affect feelings both positively and negatively • strategies to identify and talk about their feelings • about some of the different ways people express feelings e.g. words, actions, body language • to recognise how feelings can change overtime and become more or less powerful • that everyone is an individual and has unique and valuable contributions to make • to recognise how strengths and interests form part of a person's identity • how to identify their own personal strengths and interests and what they're proud of (in school, out of school) • to recognise common challenges to self -worth e.g. finding school work difficult, friendship issues • basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again • how to identify typical hazards at home and in school • how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen • about fire safety at home including the need for smoke alarms • the importance of following safety rules from parents and other adults • how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety 	<p>Curiosity Library (£)</p> <p>PSHE Association - Personal identity</p> <p>The CEC – Career Explorers</p> <p>PSHE Association and GambleAware KS2 Lesson 1 Exploring risk</p> <p>PSHE Association – Drug and Alcohol Education (Year 3-4)</p> <p>Environment Agency – Canal and river safety / Flood alert</p> <p>PSHE Association - Keeping safe at home</p> <p>PSHE Association - Firework safety</p> <p>PSHE Association - Road and rail safety</p>