

Year A

Autumn - Fighting Fit

Aut 1 SEAL: New Beginnings

Aut 2 SEAL: Getting On/Falling Out

Being Healthy

*To understand the factors which help us to stay healthy and how to make healthy choices.

*To understand the importance of personal hygiene and for children to develop the skills to keep themselves clean.

*To understand the importance of exercise in order to maintain a healthy lifestyle.

*To understand the importance of rest and sleep to keep healthy.

*To name parts of the body and to identify the similarities and differences between people.

Being Safe

*To understand how to develop strategies to deal with personal problems or worries in order to keep safe.

*To recognise the role of medicines.

Being Different

*To understand what disability is and how people who have disabilities might feel.

Spring - Groovy Greeks

Spg 1 SEAL: Going for Goals

Spg 2 SEAL: Good to be me

Being Safe

*To know the importance of rules and the reasons for different rules.

Being a good citizen

*To understand the consequences of breaking rules within the family and the importance of keeping these rules.

Being Different

*To understand that bullying is wrong.

*To know how to get help to deal with bullying.

Summer - Wet and Wild

Sum 1 SEAL: Relationships

Sum 2 SEAL: Changes

Being Healthy

*To understand how to stay healthy.

*To make healthy choices.

*To understand the importance of personal hygiene.

Being Environmentally Friendly

*To understand the different types of pollution.

*To recognise the effect of pollution on the environment.