



Whitefield Infant School and Nursery
PSHE Scheme of Learning



Our P.S.H.E, Health Education and Relationship Education Curriculum



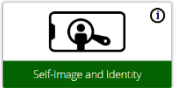
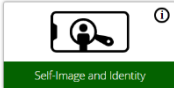
Whitefield Infant School and Nursery PSHE Scheme of Learning

KS1 National Curriculum- PSHE, Health Education and Relationships Education (RSE)		
Personal, Social, Health and Economic (PSHE)	Physical Health and Mental Wellbeing	Relationships Education (RSE)
The Programme of Study for Personal, Social, Health and Economic (PSHE) education has three core themes: • Theme 1: Health & Wellbeing (covering Healthy Lifestyles, Mental health, Ourselves Growing and Changing, Keeping Safe, Safety) • Theme 2: Relationships (covering Families and close positive relationships, Friendships, Managing hurtful behaviour and bullying, Safe Relationships, Respecting Self and others) • Theme 3: Living in the Wider World (covering Shared Responsibilities, Communities, Media Literacy and digital resilience, Economic well-being (Money), Economic wellbeing: Aspirations, work and career) At Whitefield Infant School, we cover all three of these strands and although PSHE is taught as a discreet subject, there are many cross-curricular links across our wider curriculum.	The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Mental wellbeing is a normal part of daily life, in the same way as physical health. Teaching of physical health and mental wellbeing covers the following topics: • Topic 1: Mental wellbeing • Topic 2: Internet safety and harms • Topic 3: Physical health and fitness • Topic 4: Healthy eating • Topic 5: Drugs, alcohol and tobacco • Topic 6: Health and prevention • Topic 7: Basic first aid • Topic 8: Changing adolescent body	The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. Teaching of RSE covers the following topics: • Topic 1: Families and people who care for me • Topic 2: Caring friendships • Topic 3: Respectful relationships • Topic 4: Online relationships • Topic 5: Being safe
See our school's detailed 'coverage' documents to see in detail how each theme/ topic within each area is covered across school.		

Year 1- Autumn 1 PSHE, Health Education and Relationships Education			
Prior Knowledge: EYFS: Through PSED children will have talked about their families and friends. They will be able to name some feelings.	National Curriculum Coverage: PSHE area of focus: Health and Well-Being (covering Healthy Lifestyles, Mental health, Ourselves Growing and Changing, Keeping Safe, Safety) H1, H2, H3, H4, H9, H10, H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H35	Vital Vocabulary: Families, relationships, friends, rules, feelings, body, senses, healthy, lifestyle, emotions appropriate, exercise, hygiene, safety, stability, security	Texts to support: Every House on Every Street- Jess Hitchman See british value/ collective worship books about families
PSHE			
Discreet Lessons: PSHE Association- Keeping healthy with food and drink https://pshe-association.org.uk/resource/health-education-ks1-2			
Cross Curricular Opportunities: PE, Science and English will be the main drivers. - Children will spend time settling into their new classes, building relationships with their peers and teachers and setting class rules. Children will talk about why we have rules in class/ school and what would happen if we had no rules in school. - Through setting class rules at the start of the year children will talk about how to keep safe in school and what to do if someone has an accident or gets hurt. - Through Science and PE children will learn about their bodies and their senses. They will discuss why sleep is important and recognise the importance of taking a break from TV/ devices. - Children will talk about different feelings people can experience. Children will recognise and name different feelings and recognise how someone else is feeling. - They will discuss strategies to manage big feelings, including ways to calm themselves down when they don't feel good. - Children will talk about what makes them and others feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)			
End Points: Children will be able to identify healthy food and lifestyle choices in everyday life. The children will work collaboratively to produce a set of class rules and will be able to demonstrate an understanding of why we have rules.			



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Physical Health and Mental Well-Being	
Mental wellbeing	Children to join in with discussions to recognise and talk about their emotions. Through looking at different pretend scenarios and role play children will talk about whether responses to feelings are appropriate and proportionate.
Internet safety and harms	Project Evolve- Self Image and Identity 
Physical health and fitness	All children take part in weekly PE sessions. Children will talk about the importance of building regular exercise into their routine. Children will talk about the mental and physical benefits of having a healthy lifestyle.
Healthy eating	Children will talk about healthy eating and the effects on their body. Children have a choice of dinners each day which is discussed in class to find out what constitutes a healthy diet. Children have a healthy snack each day. Children will discuss the risks of having a poor diet eg. Poor diet would make me tired etc.
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	Linked to developing class rules at the start of the year children will discuss cleanliness and good hygiene. Children will be reminded of our school's policy on hand washing when they come into school, before eating and after going to the toilet. PSHE Association- Hygiene https://pshe-association.org.uk/resource/lifebuoy-soaper-heroes
Basic first aid	Linked to developing class rules at the start of the year children will discuss how to behave safely around the classroom, school, the dinner hall, the playground and the forest school. They will be told about the roles of different adults in school, who to go to if they are hurt and what to do if someone has an accident.
Changing adolescent body	During Science children will learn about basic body parts and some simple discussion about their functions. Any questions the children ask about their or another body will be answered. This may occur during science, art or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Through their History learning children will talk about their families and make comparisons between other's families. They will talk about relationships within their families and the roles within their families (eg. Giving love, security, stability). PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Whilst the children settle into their new year group they will discuss what makes a good friend and strategies for solving conflicts or disagreements. This is a focus collective worship theme this half term.
Respectful relationships	Linked to our school value of 'respect' children will talk about how in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. They will also discuss use of good manners, linked to behaviour expectations around school.
Online relationships	Project Evolve- Self Image and Identity 
Being safe	Linked to discussions about friendships children will discuss what sort of boundaries are appropriate in friendships. They will be taught that each person's body belongs to them (linked to Science) and the differences between appropriate and inappropriate contact eg. Personal space, giving each other space on the carpet and when lining up, appropriate space when going to the bathroom etc.

Cross Curricular opportunities:

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Physical Health and Mental Well-Being	
Mental wellbeing	During anti-bullying week children will learn that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. They will learn our school's policy on bullying in terms of how to report it and who to tell.
Internet safety and harms	Project Evolve- Online Relationships and Online Bullying  
Physical health and fitness	All children take part in weekly PE sessions. Children will talk about the importance of building regular exercise into their routine. Children will talk about the mental and physical benefits of having a healthy lifestyle.
Healthy eating	Children will talk about healthy eating and the effects on their body. Linked to their Science learning on animals children will learn about the foods animals eat to survive. Children will discuss the risks of having a poor diet eg. Poor diet would make me tired, overweight etc.
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	This half term children will receive their flu vaccination if their parents wish them to. Linked to this children will learn the facts and science relating to allergies, immunisation and vaccination. They will discuss the benefits of these and personal choice around this topic.
Basic first aid	Children will be told about the roles of different adults in school, who to go to if they are hurt and what to do if someone has an accident. Linked to school visit to the zoo children will be taught about keeping safe on visits and what to do if they have an accident.
Changing adolescent body	In Science children will learn about animals and their offspring. Any questions the children ask about their or another body will be answered. This may occur during an art lesson or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Children will talk about their families and make comparisons between other's families. They will talk about relationships within their families and the roles within their families (eg. Giving love, security, stability). They will talk about differences in other families and that they should respect those differences and know that other children's families are also characterised by love and care. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Children will build on their learning about what makes a good friend. They will learn that healthy friendships are positive and welcoming, and do not make others feel lonely or excluded. They will consider what it means to feel lonely or excluded and how we can avoid that in school, at playtimes.
Respectful relationships	Linked to anti-bullying week children will learn about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help when needed.
Online relationships	Project Evolve- Online Relationships and Online Bullying  
Being safe	Linked to discussions about friendships children will discuss what sort of boundaries are appropriate in friendships. They will be taught that each person's body belongs to them (linked to Science) and the differences between appropriate and inappropriate contact eg. Personal space, giving each other space on the carpet and when lining up, appropriate space when going to the bathroom etc.

Year 1- Spring 1 PSHE, Health Education and Relationships Education			
Prior Knowledge: EYFS: Children will have done a topic on 'people who help us' and learnt about different jobs of people in the community.	National Curriculum Coverage: PSHE area of focus: Living in the wider world (Covering Shared Responsibilities, Communities, Media Literacy and digital resilience, Economic well-being (Money), Economic wellbeing: Aspirations, work and career) L14, L15, L16, L17	Vital Vocabulary: Community, roles, responsibilities, jobs, strengths, earn money, pay, self-care, rest, hobbies, interests, healthy eating, healthy lifestyle, exercise, dental hygiene, friendship, conflict, trust	Texts to support: See selection of books about people who help us/ people in the community Jobs People Do- Usbourne
PSHE			
Discreet Lessons: PSHE Association- Jobs in the community/ money https://pshe-association.org.uk/resource/experian-values-money-me			
Cross Curricular opportunities: History, RE and Collective Worship will be the main drivers. - Linked to their History topic about the local area, children will explore the community they live in and people within the community. - They will go on a local walk and meet people within the community. - They will talk about their strengths and understand that everyone has different strengths. They will link people's strengths to the jobs they do (eg. A nurse needs to be caring, an architect needs to be good at maths etc.) - Children will learn about different jobs that people do (family members and people who work in the community). - Children will be taught that jobs help people to earn money to pay for things.			
End Points: Children will understand that everyone has different strengths and they will learn about the different roles and occupations in the community.			



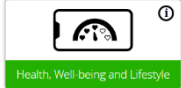
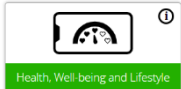
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Physical Health and Mental Well-Being	
Mental wellbeing	Children will talk about simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Children will talk about the things that make them feel happy.
Internet safety and harms	Project Evolve- Privacy and Security 
Physical health and fitness	All children take part in weekly PE sessions. Children will talk about the importance of building regular exercise into their routine. Children will talk about the mental and physical benefits of having a healthy lifestyle.
Healthy eating	Children will talk about healthy eating and the effects on their body. They will discuss the risks of a poor diet on tooth decay and how sugary foods can affect dental hygiene.
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	Children will be taught about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentists. They will learn about the risks of poor diet on tooth decay and the foods to avoid/ have in moderation. PSHE Association- Dental Health https://pshe-association.org.uk/resource/dental-health-ks1-2
Basic first aid	Children will learn the simple concepts of basic first-aid, for example dealing with common injuries, including head injuries. Children will know who to go to if they or their friend is injured.
Changing adolescent body	Any questions the children ask about their or another body will be answered. This may occur during an art lesson or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Children will learn that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. They will discuss the term 'security' and talk about what and who makes them feel secure. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Children will learn that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. Children will be taught simple strategies to manage conflicts in friendships.
Respectful relationships	Linked to their English core text of 'The Three Billy Goat's Gruff' children will be taught to recognise who to trust and who not to trust in terms of friendship. They will know how to judge when a friendship is making them feel unhappy or uncomfortable how to seek help or advice from others, if needed.
Online relationships-	Project Evolve- Privacy and Security 
Being safe	Children will be taught how to recognise and report feelings of being unsafe or feeling bad about any adult. Children will know who to talk to if they are feeling unhappy or unsafe.

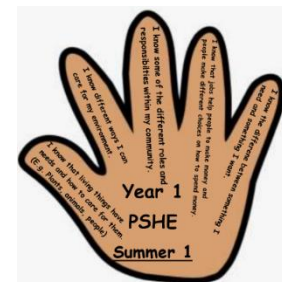
Year 1- Spring 2 PSHE, Health Education and Relationships Education			
Prior Knowledge: EYFS: Children will have talked about jobs of people in the community and done a topic on 'people who help us'.	National Curriculum Coverage: PSHE area of focus: Living in the wider world (Covering Shared Responsibilities, Communities, Media Literacy and digital resilience, Economic well-being (Money), Economic wellbeing: Aspirations, work and career) L5, L7, L8, L9	Vital Vocabulary: Community, roles, responsibilities, jobs, environment, good citizen, self-care, rest, hobbies, interests, healthy eating, healthy lifestyle, exercise, dental hygiene, friendship, conflict, trust	Texts to support: David Attenborough- Little People, Big Dreams David Attenborough- Super Scientist series Greta Thunberg- Little People, Big Dreams Greta and the Giants- Zoe Tucker
PSHE			
Discreet Lessons: PSHE Association- Caring for the environment https://pshe-association.org.uk/resource/environment-agency-caring-for-environment			
Cross Curricular opportunities: English, History and Geography will be the main drivers. - Children will learn about the different roles and responsibilities people have in their community. - Linked to their topic learning about looking after their local environment children will learn about their responsibility within their community. - Children will go litter picking in the local community and meet members of the community. - Children will learn how the internet and digital devices can be used safely to find things out and to communicate with others. - They will talk about the role of the internet in everyday life and understand that not all information seen online is true.			
End Points: Children will understand the roles of people in their community, and how they can contribute to the roles and responsibilities within their community. Children will understand how to keep themselves and others safe online.			



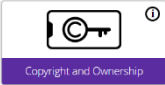
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Physical Health and Mental Well-Being	
Mental wellbeing	Children will talk about simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Children will talk about the things that make them feel happy.
Internet safety and harms	Project Evolve- Health, Well-Being and Lifestyle  
Physical health and fitness	All children take part in weekly PE sessions. Children will talk about the importance of building regular exercise into their routine. Children will talk about the mental and physical benefits of having a healthy lifestyle.
Healthy eating	Children will talk about healthy eating and the effects on their body. They will discuss the risks of a poor diet on tooth decay and how sugary foods can affect dental hygiene.
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	Children will be taught about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentists. They will learn about the risks of poor diet on tooth decay and the foods to avoid/ have in moderation. PSHE Association- Dental Health https://pshe-association.org.uk/resource/dental-health-ks1-2
Basic first aid	Children will learn the simple concepts of basic first-aid, for example dealing with common injuries, including head injuries. Children will know who to go to if they or their friend is injured.
Changing adolescent body	Any questions the children ask about their or another body will be answered. This may occur during an art lesson or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Children will discuss their parents, linked to Mother's Day'. They will talk about what their Mums do for them and the characteristics of their Mums. Children will learn that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. They will discuss the term 'security' and talk about what and who makes them feel secure. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Children will learn that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. Children will be taught simple strategies to manage conflicts in friendships.
Respectful relationships	Children will build on their learning from Spring 1 about, who to trust and who not to trust in terms of friendship. They will know how to judge when a friendship is making them feel unhappy or uncomfortable how to seek help or advice from others, if needed.
Online relationships	Project Evolve- Health, Well-Being and Lifestyle  
Being safe	Before going litter picking in the local community, children will discuss how to respond safely and appropriately to adults they may encounter, whom they do not know.

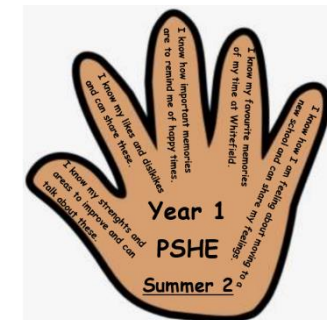
Year 1- Summer 1 PSHE, Health Education and Relationships Education			
Prior Knowledge: EYFS: Children will have learnt about different feelings and how to recognise how they are feeling.	National Curriculum Coverage: PSHE area of focus: Health and Well-Being (covering Healthy Lifestyles, Mental health, Ourselves Growing and Changing, Keeping Safe, Safety) H17, H18, H19, H20	Vital Vocabulary: Feelings, hobbies, interests, manage feelings, isolation, loneliness, healthy lifestyles, healthy eating, sleep, safety, secrets, respectful relationships	Texts to support: The Bog Babies- Jeanne Willis How are you feeling today?- Molly Potter Ruby's Worry- Tom Percival Texts about safety/ secrets/ feelings
PSHE			
Discreet Lessons: PSHE Association- Personal Identity (develop sense of self-worth/ managing feelings) https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack			
Cross Curricular opportunities: English, Science and Collective Worship will be the main drivers. - Children will talk about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep). - They will talk about what makes them happy/ feel good/ what hobbies or interests they have. - Children will learn different strategies they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good. - Children will learn to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it. They will know the trusted adult to go to if they want to talk about their feelings.			
End Points: Children will learn to recognise and identify feelings and learn some strategies for how to manage feelings and recognise when they need help with their feelings.			



Whitefield Infant School and Nursery PSHE Scheme of Learning

Physical Health and Mental Well-Being	
Mental wellbeing	Children will talk about how isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. They will talk about the terms 'isolation' and 'loneliness' and talk about ways we can stop anyone feeling lonely in school, at playtimes.
Internet safety and harms	Project Evolve- Copyright and Ownership and Managing  
Physical health and fitness	All children take part in weekly PE sessions. Children will talk about the importance of building regular exercise into their routine. Children will talk about the mental and physical benefits of having a healthy lifestyle.
Healthy eating	In DT children will talk about the principles of planning and preparing a healthy meal, children will taste test, design and make a fruit salad. Children will talk about healthy eating and the effects on their body.
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	Children will learn about the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. Children will compare how they feel after a good night sleep, compared to how they feel after a bad night sleep. Discuss what can cause disrupted sleep and how to avoid it (eg. No electronic devices before bed, dim light, quiet tidy room etc.) PSHE Association- The Sleep Factor https://pshe-association.org.uk/resource/the-sleep-factor-ks1-2
Basic first aid	Linked to story 'The Bog Babies'- the girls in the story go to the woods on their own. What would happen if there was an emergency? Who could they ring? Children learn how to make a clear and efficient call to emergency services if necessary. Use drama to role play situations.
Changing adolescent body	Any questions the children ask about their or another body will be answered. This may occur during an art lesson or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Through reading stories, children will talk about how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. They will know a trusted adult who they can talk to. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Children will learn how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. They will know a trusted adult who they can talk to.
Respectful relationships	Children will learn practical steps they can take in a range of different contexts to improve or support respectful relationships. They will do this through looking at different scenarios and discussing, drama or role-play.
Online relationships	Project Evolve- Copyright and Ownership and Managing  
Being safe	Linked to the story 'The Bog Babies' where the girls go to the woods on their own and keep it a secret, children will learn about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.

Year 1- Summer 2 PSHE, Health Education and Relationships Education			
Prior Knowledge: EYFS: Children will be able to share their likes and dislikes. Children will be able to say something they are good at.	National Curriculum Coverage: PSHE area of focus: Health and Well-Being (covering Healthy Lifestyles, Mental health, Ourselves Growing and Changing, Keeping Safe, Safety) H8, H16, H18, H19, H23	Vital Vocabulary: Special, unique, celebrate, differences, hobbies, interests, achievements, likes, dislikes, enjoy, transition, change, move, growth, feelings, memories	Texts to support: Only One You- Kranz Incredible You- Rhys Brisenden What makes me me?- Ben Faulks The Same but Different- Molly Potter
PSHE			
Discreet Lessons: PSHE Association- Personal Identity (characteristics of friendship) https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack			
Cross Curricular opportunities: Transition to a new year group will be the main focus of teaching this half term. - Children will talk about what makes them special and unique. - Children will recognise the ways in which we are all unique and celebrate each other's differences. - Children will talk about how boring their class would be if everyone was the same and good at the same things. - Children will share their hobbies and interest. - Children will identify what they are good at, what they like and dislike. - Children will think about their achievements this year, - Children will take part in transition and preparation for moving to their new class/ year group. - Linked to transition children will talk about change, they will identify feelings associated with this and recognise what helps people to feel better.			
End Points: Children will recognise that they are all special and unique and will celebrate their strengths.			



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Physical Health and Mental Well-Being	
Mental wellbeing	Children will talk about how isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. They will talk about the terms 'isolation' and 'loneliness' and talk about ways we can stop anyone feeling lonely in school, at playtimes.
Internet safety and harms	Project Evolve resources will be used to consolidate online safety learning from this year. Classes will talk about keeping safe online over the summer holidays and who to talk to if they are worried about their safety online.
Physical health and fitness	All children take part in weekly PE sessions. Children will talk about the importance of building regular exercise into their routine. Children will talk about the mental and physical benefits of having a healthy lifestyle. All children will take part in sports day. There will be opportunities on sports day for parents and teachers to be involved to act as good role models to the children.
Healthy eating	Children will learn about a healthy diet and the effects of healthy eating on their bodies. They will learn how a poor diet can cause risks with sleep, overweight, poor dental hygiene and other illnesses.
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	Children will learn about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. They will be able to list the precautions we take in summer to protect our skin eg. Sun cream, sun hat, sunglasses. The children will learn about what might happen if we don't take these precautions (burnt skin, tiredness, heat stroke, headaches etc.). PSHE Association- Sun Safety https://pshe-association.org.uk/resource/sun-safety-lesson-packs
Basic first aid	In preparation for the summer holidays, children will learn the simple concepts of basic first-aid, for example dealing with common injuries, including head injuries. Children will know who to go to if them or their friend is injured.
Changing adolescent body	Any questions the children ask about their or another body will be answered. This may occur during an art lesson or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Through reading stories, children will talk about how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. They will know a trusted adult who they can talk to. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Children will reflect on their time in Year 1 and the friendships they have made. They will share stories and memories of their friendships and what they are going to do to look out for each other in Year 2.
Respectful relationships	Children will learn about the term 'self-respect' and the importance of self-respect. They will consider how this links to their own happiness. Linked with transition/ moving to a new class children will talk about their achievements this year and what they are most proud of. They will talk about their strengths. Teachers to model talking confidently and positively about themselves.
Online relationships	Project Evolve resources will be used to consolidate online safety learning from this year. Classes will talk about keeping safe online over the summer holidays and who to talk to if they are worried about their safety online.
Being safe	In preparation for the summer holidays children will be taught about being safe outdoors, being safe on days out with family and friends and who to ask for help if needed. (eg. An adult always knowing where they are, staying with an adult, holding hands crossing roads, safety near water etc.). PSHE Association- Being safe at home https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons