

Emotionally Healthy Schools & Life Skills Curriculum

	Curriculum/resilience programme	Life Skill	Safeguarding Curriculum	Extra Curricular
Nursery	PSHE Association Curriculum (adapted)	Putting on Jumpers, cardigans, coats, shoes etc. Being healthy Using cutlery and dining etiquette- Snack and chat time	Keeping ourselves safe in our environment Internet Safety Anti-Bullying NSPCC "Pants"	NA
Reception	PSHE Association Curriculum	Fastening buttons/dressing/toileting Looking after belongings	Stranger Danger Anti-Bullying Internet Safety NSPCC "Pants"	Mindfulness Yoga Music – inc choir
Year 1	Zippy's Friends PSHE Association Curriculum SRE – Christopher Winter Project	Tying Laces Looking after belongings Using a knife and fork	Stranger Danger Road Safety Anti-Bullying Internet Safety NSPCC "Pants"	Citizenship - Volunteering Mindfulness Food Awareness Yoga Music – inc choir
Year 2	Zippy's Friends PSHE Association Curriculum SRE – Christopher Winter Project	Residential – Beeston Telling the time Money – Recognising coins / same amounts	Road Safety Anti-Bullying Internet Safety NSPCC "Pants"	Money – School Shop Citizenship - Volunteering Mindfulness Food Awareness Yoga Music – inc choir
Year 3	Apple's Friends PSHE Association Curriculum SRE – Christopher Winter Project	Telling the time – nearest 5 minutes Money – Recognising Notes Riding a bike without stabilisers	Road Safety Anti-Bullying Internet Safety	First Aid Citizenship - Volunteering Mindfulness Food Awareness Yoga Music – inc choir
Year 4	Apple's Friends	Residential – Petty Pool	Road Safety	First Aid

	PSHE Association Curriculum SRE – Christopher Winter Project	Preparing healthy meals Telling the time – minute / converting analogue & digital Calendar Skills – Days in a month	Bikeability Level 1 Anti-Bullying Internet Safety	Citizenship - Volunteering Mindfulness Food Awareness Yoga Music – inc choir
Year 5	Box that boings The Resilient Classroom PSHE Association Curriculum SRE – Christopher Winter Project	Telling the time – Timetables Money – Addition of amounts and change from £10	Road Safety Bikeability Level 2 Smoke Busters Anti-Bullying Internet Safety Social Media Safety	Citizenship - Volunteering Journalism/debate Mindfulness Food Awareness Music – inc choir
Year 6	Transition Programme Smart Moves Workbooks – Transition PSHE Association Curriculum SRE – Christopher Winter Project	Residential – Robinwood Budgeting and saving Swimming – 25m and self- rescue techniques Telling the time - Timetables	Road Safety Bikeability – Open Roads Anti-Bullying Internet Safety Social Media Safety	Money- Enterprise half term Citizenship - Volunteering Journalism / debate Mindfulness Food Awareness Yoga Music – inc choir