

### Prep PSHEE Coverage -Spring term 2021

All classes will be covering and celebrating Children's Mental Health Week and Safer Internet Day. We will also be addressing any support our pupils need regarding the global pandemic.

**The topics in bold will be communicated to you on the day of the lesson- this is so you are aware that your child may come home on that day with questions**

#### Nursery/Transition/Reception

What makes us healthy? Why is exercise good for us? Why is food good for us? **Body parts and Talk PANTS** How can I be safe? How do I keep clean? What happens if something goes wrong? Who do I talk to? **How things change- plants, pets, people (including death)**

#### Year 1

What helps us grow and stay healthy? (including physical activity) Good food but what happens if we eat too much sugar? Importance of keeping clean (**Body parts and**) **Talk PANTS** How do we grow and how do our needs change? Who keeps us safe? How do we ask for help? Truth and Lies

#### Year 2

Healthy teeth/dental care Medicines- health and dangers What helps us to stay safe? Asking for help- when, why and how? How rules and age restrictions keep us safe? **Recap Body parts and TALK PANTS** Why is sleep important? **What is privacy? What are good secrets and bad secrets?**

#### Year 3

Balanced lifestyle (including physical activity), Healthy food choices and influences, why do we eat healthy and sleep well? Basic first aid, how rules and age restrictions keep us safe? Personal strengths and achievements Habits, Recognising and managing dares, Taking a break from online, Mental wellness and warning signs

#### Year 4

What strengths, skills and interest do we have? Oral hygiene- why should we look after our teeth? What is a balanced lifestyle? (including the importance of sleep and a healthy diet) **Changes since birth (physical and emotional) Changes into puberty (growing and changing)** How do our needs change? What are risks and how can we manage them? Drugs in everyday life- good and bad, vaccinations and immunisations and a brief review of basic first aid

#### Year 5

Healthy sleep habits, choosing a healthy lifestyle, Mental health and how to look after it, responding to an emergency (basic first aid), How we keep safe, Personal identity, Our qualities, **Loss and Bereavement** Recognising what you are good at and setting goals (social, mental, physical and academic), Online vs face to face communication, resolving disputes, Personal behaviour choices, Feelings- changing intensity and proportionate reactions (what are hormones and what to do with them)

#### Year 6

Personal identity (recap- thinking about self) Human reproduction (linked to science) **Review puberty- physical and emotional changes, sex and the law**, hygiene Increasing independence, Drug use and the law and the media Managing time online Keeping yourself safe Mental wellness and unwellness

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