** Individuality **

**Curriculum Coverage 2 year rolling program**

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|  |  | **KS1 Granelli (EYFS)** | **LKS2 Hovis**  | **UKS2 Mulberry**  | **KS3 Arighi, Bollin and Middlewood** |
| **Autumn 1****Celebrations** | **NC/EYFS Learning objectives**  |  | **Be Happy & Healthy** * I can name things that I am grateful for and think of reasons I have to be happy.
* I know some of the things that make me feel happy and unhappy

**Be Active*** I can balance on different parts of my body and in different positions.
* I can dance to music with increasing control, coordination and rhythm.

**Learn about Yourself** * I can play and work cooperatively with others.
 | **Be Happy & Healthy** * I recognise that thinking about things I am grateful for and reasons I have to be happy can create positive feelings.
* I can talk about the feelings associated with losing things that are important to me.

**Be Active*** I can combine gymnastic or dance movements and shapes to create sequences.
* I recognise some of the effects on my body of exercise, including how my breathing and heart rate change.

**Learn about Yourself** * I understand that personal behaviour can affect other people.
* I can play and work cooperatively with others and recognise what is kind and unkind behaviour.
 | **Be Happy & Healthy** * I can re-phrase a problem or challenge from a negative statement to a positive one.
* I understand the difference between short-term and long-term happiness.

**Be Active*** I can perform a growing range of gymnastic and dance moves and sequences with increasing poise and control, both on and off the equipment.
* I can compare my performances with previous ones and demonstrate improvement to achieve my personal best.

**Learn about Yourself** * I recognise the importance of self-respect and how this can affect my thoughts and feelings.
* I know that everyone should be treated politely with respect.
* I recognise and model respectful behaviour.
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| **Focus**  | *Local / Family celebrations*  | *National celebrations*  | *International celebrations*  | *Religious Festivals / Different cultures*  |
| **Spring 1****Global Warriors** | **NC Learning objectives**  | **Be Happy & Healthy** **Be Active – ball skills / games** **Be Safe*** I can recognise some risks associated with particular situations.

**Learn about Yourself** * I know some things I am good at and some things I find difficult.
 | **Be Happy & Healthy** * I know some of the things that make me feel happy and unhappy.
* I can recognise positive things about myself.
* I know that my own actions and behaviour can affect how I feel.
* I know that drinking plenty of water is important for keeping healthy, especially in warm weather.
* I know that exercise is good for my health.

**Be Active*** I have practised my skills for throwing and catching balls and objects of different sizes.
* I can travel in different ways on the floor and equipment.
* I can kick a ball with increasing control.

**Be Safe*** I can recognise some risks associated with particular situations and make sensible decisions to keep myself safe.

**Learn about Yourself** * I know some things I am good at and some things I find difficult.
* When I make mistakes, I can reflect on my behaviour and on what I could do differently next time.
 | **Be Happy & Healthy** * I can recognise a range of emotions in myself and can use a growing vocabulary to describe how I am feeling.

**Be Active*** I have taken part in team building activities and challenges and understand the importance of communication, both verbal and non-verbal, when working in a team.
* I have developed my skills for passing and receiving a ball, including using a range of sporting equipment.
* I can travel in different ways on the floor and equipment, showing increasing control of my movements.
* I can kick/pass a ball with increasing control.

**Be Safe*** I can recognise risks in different contexts and settings and can make sensible decisions to keep myself safe.
* I know how to keep myself safe near water.

**Learn about Yourself** * I recognise my own strengths and weaknesses and set myself targets.
 | **Be Happy & Healthy** * I can recognise a range of emotions in myself and other people and can use a growing vocabulary to describe how I am feeling.
* I can identify factors that have contributed to the way I am feeling, including my own actions.

**Be Active*** I have taken part in team building activities and challenges and understand the importance of communication, both verbal and non-verbal, when working in a team.
* I have developed my skills for passing and receiving a ball, including using a range of sporting equipment.
* I understand the importance of fair play and can follow the rules when taking part in team sports.

**Be Safe*** I can recognise a range of risks in different contexts and settings and can make sensible decisions to keep myself safe.
* I know how to keep myself safe near water.

**Learn about Yourself** * I recognise my own strengths and weaknesses and set myself challenging targets.
* I have short and long term ambitions of things I would like to do or achieve.
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| **Focus**  | *Plastic fantastic* | *Clothing / newspaper* | *Metal*  | *Recycling*  |
| **Summer 1****Living Things** | **NC Learning objectives**  | EY | **Be Happy & Healthy** * I know which foods are fruits and vegetables and that it is important to eat them every day.
* I know that fruits and vegetables come from plants and have grown something edible.
* I know that other people like and dislike different things from me.

**Be Active*** I have taken part in a wide range of physical activities, including different sports and team games.
* I have taken part in races.
* I know that regular exercise helps to keep me healthy.

**Be Safe*** I know how to keep myself safe in the sun.
* I know that some substances can be harmful if touched or eaten.
* I know the schools/class rules and understand how they help to keep us safe.
 | **Be Happy & Healthy** * I have learned some mindfulness techniques and can use them to help me feel more calm and relaxed.
* I can tell people how I am feeling and can say what has made me feel that way.
* I know why it is important to wash my hands after going to the toilet and before touching or eating food

**Be Active*** I have taken part in a range of athletic challenges both individually and within a team.

**Be Safe*** I know that bacteria can be harmful if ingested and know ways of keeping safe, including keeping foods in the fridge, preparing foods in a clean environment and washing hands.
* I have developed some strategies for coping with disappointment, for example when I lose or don’t get my own way.
 | **Be Happy & Healthy** * I recognise a more complex range of feelings and emotions associated with separation and loss.
* I have considered how people’s self-image can be affected by images in the media.
* I know how different foods affect teeth and can suggest good food choices to help keep my teeth healthy.
* I have learned about food groups and can sort foods according to their food group.
* I understand the importance of eating a balance of foods from all of the food groups in order to give my body all the things it needs to be healthy.
* I have learned about some vitamins and minerals and know which part of my body they help to keep healthy.
* I know that some foods can go bad over time.
* I know that some foods need to be stored in the fridge.

**Be Active*** I have taken part in a wide range of athletic activities and have improved my performance through refining my techniques and building stamina.
* I can adapt my running technique for short and long distances.

**Be Safe*** I know that living things have different needs and know about the responsibilities of caring for them.
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| **Focus**  | *Animals*  | *Plants* | *Habitats*  | *Life cycles*  |
| **Autumn 2****Super Stars** | **NC Learning objectives**  | **Be Happy & Healthy** * I can name things that I am grateful for and think of reasons I have to be happy.

**Be Active – dance / gym** * I can balance on different parts of my body and in different positions.
* I can dance to music with increasing control, coordination and rhythm.

**Be Safe*** I can recognise some signs and symbols in the environment that indicate danger and know what they mean.

**Learn about Yourself** * I can recognise some of the ways in which I am unique.
 | **Be Happy & Healthy** * I can talk about the feelings associated with losing things that are important to me.

**Be Active*** I can combine gymnastic or dance movements and shapes to create sequences.
* I recognise some of the effects on my body of exercise, including how my breathing and heart rate change.

**Be Safe*** I know about people in society whose job is about keeping us safe.
* I know how to get help in an emergency.

**Learn about Yourself** * I can recognise some of the ways in which I am unique.
 | **Be Happy & Healthy** * I recognise that thinking about things I am grateful for and reasons I have to be happy can create positive feelings.
* I understand the importance of eating a balance of foods from all of the food groups in order to give my body all the things it needs to be healthy.

**Be Active*** I can perform a growing range of gymnastic and dance moves and sequences with increasing poise and control, both on and off the equipment.

**Be Safe*** I can recognise when to seek first aid or medical help for myself or others.

**Learn about Yourself** * I can describe the main stages of the human life-cycle.
 | **Be Happy & Healthy** * I can re-phrase a problem or challenge from a negative statement to a positive one.
* I understand the difference between short-term and long-term happiness.

**Be Active*** I can perform a growing range of gymnastic and dance moves and sequences with increasing poise and control, both on and off the equipment.
* I can compare my performances with previous ones and demonstrate improvement to achieve my personal best.

**Be Safe*** I have learned and practised basic life-saving skills.

**Learn about Yourself** * I can recognise views about men and women that are stereotypes and challenge those I don’t agree with.
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| **Focus**  | *Who is my hero? / people who help us (Family & school)* | *Hero’s around us* | *Amazing human body / Amazing people* | *People who influence our lives…* |
| **Spring 2****How Things Work** | **NC Learning objectives**  | **Be Happy & Healthy** * I know some of the things that make me feel happy and unhappy.
* I can recognise positive things about myself.
* I know why it is important to wash my hands after going to the toilet and before touching or eating food.
* I know that brushing my teeth is important for keeping them healthy.
* I have tasted a wide range of fruits and vegetables to find ones I like.

**Be Active – ball skills / games** * I have practised my skills for throwing and catching balls and objects of different sizes.
* I can travel in different ways on the floor and equipment.
* I can kick a ball with increasing control.

**Be Safe*** I can recognise some risks associated with particular situations and make sensible decisions to keep myself safe.

**Learn about Yourself** * I can recognise and name the different parts of my body.
 | **Be Happy & Healthy** * I have discussed how beauty is represented in the media and my own opinions about what is beautiful.
* I recognise some foods which are high in fats and sugars and know that they should be eaten in moderation.
* I know that eating a balanced diet is good for my health.

**Be Active*** I have practised and improved my skills for throwing and catching balls and objects of different sizes.
* I can travel in different ways on the floor and equipment, showing increasing control of my movements.
* I can kick/pass a ball with increasing control.**Be Safe**
* I can tell the difference between secrets it is ok to keep and information that I should pass on to an adult.
* I know some steps I can take to keep myself safe online.
* I know how to keep myself safe near roads and can cross the road safely using the green cross code.

**Learn about Yourself** * I can recognise and name the different parts of my body and know what they do.
* I know that being a boy or a girl is part of who I am but does not limit the things I can do or the things I like and don’t like.

SOSAFE | **Be Happy & Healthy** * I know about different ways to learn and play, recognising the importance of knowing when to take a break from time online or TV.

**Be Active*** I have taken part in team building activities and challenges and understand the importance of communication, both verbal and non-verbal, when working in a team.
* I have developed my skills for passing and receiving a ball, including using a range of sporting equipment.

**Be Safe*** I can recognise and understand a growing range of signs and symbols in different contexts that indicate danger.

**Learn about Yourself** * I know that people make choices about how to save and spend money.

SOSAFE | **Be Happy & Healthy** * I know about different ways to learn and play, recognising the importance of knowing when to take a break from time online or TV.
* I can make choices that support a healthy lifestyle.

**Be Active*** I have taken part in team building activities and challenges and understand the importance of communication, both verbal and non-verbal, when working in a team.
* I have developed my skills for passing and receiving a ball, including using a range of sporting equipment.
* I understand the importance of fair play and can follow the rules when taking part in team sports.

**Be Safe*** I know which information about myself should not be shared with other people, including online.
* I can use the internet safely and responsibly for work and fun.
* I know some organisations that help to keep children safe, including Child Line.

**Learn about Yourself** * I know the difference between needs and wants, and that sometimes people may not always be able to have the things they want.

SOSAFE |
| **Focus**  | *My body*  | *Lifestyles*  | *Money*  | *Technology* |
| **Summer 2****Our World** | **NC Learning objectives**  | **Be Happy & Healthy** * I can recognise positive things about myself.
* I know simple hygiene routines.

**Be Active – Athletics** * I have taken part in different sports and team games.
* I have taken part in races.

**Be Safe*** I recognise things I can do to help look after my immediate environment.

**Learn about Yourself**  | **Be Happy & Healthy** * I know simple hygiene routines that can stop germs from spreading.

**Be Active*** I have taken part in a wide range of physical activities, including different sports and team games.
* I have taken part in races.
* I know that regular exercise helps to keep me healthy.

**Be Safe*** I carry out shared responsibilities for protecting the environment in school or at home.

**Learn about Yourself** SOSAFE | **Be Happy & Healthy** * I can make choices that support a healthy lifestyle.
* I have learned some mindfulness techniques and can use them to help me feel more calm and relaxed.

**Be Active*** I have taken part in a range of athletic challenges both individually and within a team.

**Be Safe****Learn about Yourself** * I can recognise the ways I am the same as, and different to, other people.

SOSAFE  | **Be Happy & Healthy** * I can make choices that support a healthy lifestyle and recognise what might influence these.

**Be Active*** I have taken part in a wide range of athletic activities and have improved my performance through refining my techniques and building stamina.
* I can adapt my running technique for short and long distances.

**Be Safe****Learn about Yourself** * I value different contributions that people and groups make to the community.

SOSAFE |
| **Focus**  | *Local community*  | *England*  | *Great Britain*  | *Europe*  |