

## Understanding the World

Learning what makes us healthy  
Our community heroes – who can help us?  
How to access services  
Celebrations, including Diwali and bonfire night and fire / firework safety

## Literacy

Use of traditional tales to understand safeguarding themes such as stranger danger and differences in families  
Hungry Caterpillar – keeping healthy

## Communication and Language

Learning appropriate social phrases  
Freedom of speech  
Respectful communication  
Developing strategies to communicate feelings  
Learn language to enable children to express themselves

## Expressive Arts and Design

Expressing ourselves and our emotions  
Freedom of expression through different media

## Physical Development

Warming up and cooling down our bodies  
Using equipment safely  
Drinking water and staying hydrated  
Keeping fit, including heart and lungs  
Medication self-awareness  
Importance of regular exercise to keep us healthy  
Fire safety  
Safety in different weathers, dressing appropriately  
Balance ability,  
road safety and keeping safe around others



## PSED

Healthy eating (snack time)  
NSPCC 'PANTS' & 'Speak Out; Stay Safe'  
Assemblies: Bullying  
Anti-bullying week  
Getting on and falling out  
British Values  
UN rights of the child  
School rules  
Hygiene Learning how to express emotions appropriately  
Living Eggs (chicks) learning how to take care of something  
Personal space and privacy, eg one person in the toilet  
Looking after the environment

## Trips, visits & visitors

Road safety  
Travel safety, use of seatbelts  
Behaviour in the wider world  
Stranger danger  
Respectful behaviour in the wider community

## Maths

Growth mindset – making mistakes is OK  
Emotional safety  
Sensible use of equipment  
Money sense  
Problem solving  
Asking for help  
Maths songs eg 5 Little Ducks Class routines, lining up and counting