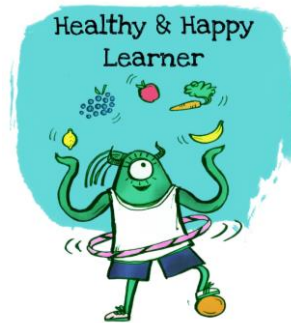




Mason Moor Primary School's Healthy & Happy Curriculum



Discrete (taught as a PSHE unit)

Fixed link (links to a direct curriculum topic)

Opportunity links (may be able to make a connection with curriculum topics)

This is a fluid curriculum and will change to meet the needs of the children and the community.

CYCLE A						
YEAR GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2 SRE units
EYS	Through the development matters Early Years scheme of work.					<u>Me & my body</u> <u>year R</u>
KS 1	<u>Me & my feelings</u> <i>Good to be me</i>	<u>Me & my country</u> <i>British Values</i>	<u>Me & keeping safe</u> <i>People who help us - to include drugs & medicines (linked to Florence Nightingale)</i>	<u>Me & healthy lifestyles</u> <i>Healthy eating: sugar smart</i>	<u>Me & my community</u> <i>Living in a diverse world</i>	<u>Me & my body</u> <u>year 1</u>
						<u>Me & my body</u> <u>year 2</u>
LKS 2	<u>Me & my feelings</u> <i>Self-esteem & mental health (linked to Krindlekrax novel study)</i>	<u>Me & keeping safe</u> <i>Road, train and water safety</i>	<u>Me & my country</u> <i>British Values</i>	<u>Me & healthy lifestyles</u> <i>Physical exercise: change for life program / Funny bones: healthy bodies</i>	<u>Me & my community</u> <i>Debating: Euro or Pound?</i>	<u>Me & my body</u> <u>year 3</u>
						<u>Me & my body</u> <u>year 4</u>
UKS 2	<u>Me & my community</u> <i>Money & financial capability</i>	<u>Me & my feelings</u> <i>Going for Goals</i>	<u>Me & healthy lifestyles</u> <i>Body image and self esteem</i>	<u>Me & keeping safe</u> <i>Drugs and medicines & Basic First Aid</i>	<u>Me & my country</u> <i>British Values</i>	<u>Me & my body</u> <u>year 5</u>
			Year 6 : <i>Mindfulness</i>			Year 6 : <i>Mindfulness</i>

CYCLE B						
YEAR GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2 SRE units
EYS	Through the development matters Early Years scheme of work.					<u>Me & my body year R</u>
KS 1	<u>Me & healthy lifestyles</u> <i>Healthy eating: Lighthouse Keeper's Lunch</i>	<u>Me & my community</u> <i>Protecting the wildlife in our local area – Percy the Park Keeper</i>	<u>Me & my country</u> <i>British Values</i>	<u>Me & keeping safe</u> <i>Underwear rule & Sun safety</i>	<u>Me & my feelings</u> <i>Feelings, emotions and what they look like.</i>	<u>Me & my body year 1</u>
						<u>Me & my body year 2</u>
LKS 2	<u>Me & my feelings</u> <i>The Selfish Giant</i>	<u>Me & my country</u> <i>British Values</i>	<u>Me & healthy lifestyles</u> <i>Teeth – Colgate program</i>	<u>Me & keeping safe</u> <i>Dealing with peer pressure</i>	<u>Me & my community</u> <i>Recycling & sustainability</i>	<u>Me & my body year 3</u>
						<u>Me & my body year 4</u>
UKS 2	<u>Me & healthy lifestyles</u> <i>Body image and self esteem</i>	<u>Me & my feelings</u> <i>Dealing with loss & jealousy</i>	<u>Me & my community</u> <i>Debating topical issue - Rainforests</i>	<u>Me & my country</u> <i>British Values</i>	<u>Me & keeping safe</u> <i>Drugs and medicines & Basic First Aid</i>	<u>Me & my body year 5</u>
			Year 6 : <i>Mindfulness</i>			Year 6 : <i>Mindfulness</i>

Examples of safeguarding through our curriculum – this is flexible and will change depending on the needs of our children and our local area:

Pupil safeguarding and the promotion of fundamental British values are key aspects of our new Healthy & Happy curriculum. Great importance is placed on identifying opportunities in the taught curriculum for children to learn about safeguarding. Our H & H curriculum covers all areas of Safeguarding through each of the strands to a different degree, however some go into more detail. We are sensitive in our teaching and recognise that some more sensitive subjects need to be taught at an age appropriate level, or at a small group or 1:1 level where a more urgent need arises.

We plan to constantly challenge children to think deeply about safeguarding matters and their own personal physical and mental wellbeing. We give them opportunities across the curriculum to explore values, personal rights, responsibilities and equal opportunities that develop moral concepts that impact positively on safeguarding, promote British values. There are many opportunities throughout our Learning in school to explore safeguarding issues.

Examples of our extra safeguarding units of work, separate to our H & H curriculum:

- School Nurse supporting health related curriculum
- Healthy School links including technology (food, materials, science and computers) to enhance the curriculum
- School Council activities include: anti bullying booklet, e-safety charter
- NSPCC links with certain topics (such as the underwear rule)
- First Aid instruction/training for children in LKS2
- Road safety work to be embedded this year
- Cycling proficiency training (year 5)
- Stranger danger through curriculum and assembly work
- RNLI – water safety work
- STAR project coming in to support transition work with year 6 and to do workshops on internet safety

- PE
- Topics such as 'People Who Help Us', 'Internet Safety'- using the local PCSO's
- Anti Bullying Week
- School council doing their safety audit of the school gated entrances
- Citizenship: Pupils are able to understand their personal rights and freedoms, and they are advised on how to exercise these safely through SEAL (social, emotional aspects of learning) lessons and assemblies. Core values are used to promote rights and responsibilities. A 'School Council' gives the opportunity to learn about different models of democracy and take part in votes and pupil voice questionnaires.
- Religious education (RE): lessons reinforce messages of tolerance and respect for others. Children have the opportunity to visit places of worship that are important to different faiths. Through assemblies and lessons, we promote diversity through celebrations of different faiths and cultures

The "Me & My Body" units of work focus not only on health, hygiene and relationships but also look at safeguarding in the following ways: passing on germs and protecting ourselves, good touches / bad touches, good / bad relationships and how to deal with them, managing feelings and emotions etc.