

Medium Term Plan – Be Healthy County Primary School (PSHE, SEAL, Citizenship)

1	New beginnings	Safety Education Child Protection	Safety Education - keeping safe indoors/ outdoors Child Protection - keeping oneself safe
2	Say no to bullying Getting on and falling out	Citizenship Anti-bullying Education	Citizenship - Animals and Us - communities Anti-bullying Education - keeping oneself safe - understanding right and wrong
3	Going for goals	Drugs Education	Drugs Education taking medicines, pills, tonics and plasters
4	Good to be me	Emotional Health and Well-being Healthy Eating	Emotional Health and Well-being - playing games and playing with toys - being with special people - visiting or being visited by health professionals Healthy Eating - washing of hands - healthy foods

5	Relationships	SRE	SRE <ul style="list-style-type: none"> - growing and changing - relationships
6	Changes	PSDHE	PSHE <ul style="list-style-type: none"> - exercise - keeping warm or cool - making choices - understanding consequences - what does being healthy mean to me?