

	Term 1&2 Friendship	Terms 2&3 Feelings	Term 5 & 6 Healthy Lifestyle (Healthy Body/healthy Mind)
EYFS	<p>LO: To understand how to be a good friend</p> <p>LO: To understand how to be a good listener</p> <p>LO: To understand what bullying is (remembering/understanding)</p> <p>LO: To understand how to celebrate people's differences (remembering/understanding)</p> <p>LO: To understand how to forgive (remembering/understanding)</p> <p>LO: To be a good friend (applying)</p> <p>LO: To be a good listener (applying)</p> <p>LO: To celebrate people's differences (applying)</p>	<p>LO: To know what emotions are (remembering/understanding)</p> <p>LO: To know what resilience is (remembering/understanding)</p> <p>LO: To know how to identify different emotions – anger (remembering/understanding)</p> <p>LO: To know how to identify different emotions – happy/sad (remembering/understanding)</p> <p>LO: To understand when we feel different emotions (remembering/understanding)</p> <p>LO: To understand how to manage different emotions – anger (remembering/understanding)</p> <p>LO: To understand how to manage different emotions – sadness (remembering/understanding)</p> <p>LO: To understand how to manage different emotions – sadness (remembering/understanding)</p> <p>LO: To use the zones to regulate emotions (applying)</p> <p>LO: To use the zones to regulate emotions (applying)</p>	<p>LO: To know what being healthy means (remembering)</p> <p>LO: To know what mindfulness is (remembering)</p> <p>LO: To understand healthy and unhealthy food choices (understanding)</p> <p>LO: To understand what is mean by a balanced diet (understanding)</p> <p>LO: To understand the benefits of exercise (understanding)</p> <p>LO: To understand how to keep good hygiene (understanding)</p> <p>LO: To understand how to keep a healthy mind (understanding)</p> <p>LO: To make positive choices for my physical wellbeing (applying)</p> <p>LO: To make positive choices for my own mental wellbeing (applying)</p> <p>LO: To make positive choices for a healthy diet (applying)</p>

Year 1	<p>LO: To understand how to form good friendships (remembering/understanding)</p> <p>LO: To understand what makes a good listener (remembering/understanding)</p> <p>LO: To understand how to identify bullying (remembering/understanding)</p> <p>LO: To understand the importance of diversity (remembering/understanding)</p> <p>LO: To understand the importance of forgiveness</p> <p>LO: To be a good friend (applying)</p> <p>LO: To be a good listener (applying)</p> <p>LO: To give and receive apologies (applying)</p> <p>LO: To celebrate diversity (applying)</p>	<p>LO: To know what emotions are (remembering/understanding)</p> <p>LO: To know what resilience is (remembering/understanding)</p> <p>LO: To know how to identify different emotions – happy/excited (remembering/understanding)</p> <p>LO: To understand how to identify different emotions – sadness/loneliness (remembering/understanding)</p> <p>LO: To understand how to identify different emotions – anger/fear (remembering/understanding)</p> <p>LO: To understand how identify different emotions in myself and others (remembering/understanding)</p> <p>LO: To understand how to use strategies to manage different emotions (remembering/understanding)</p> <p>LO: To understand the importance of resilience (remembering/understanding)</p> <p>LO: To use the zones to regulate emotions (applying)</p> <p>LO: To show resilience (applying)</p>	<p>LO: To know what being healthy means (remembering)</p> <p>LO: To know what mindfulness is (remembering)</p> <p>LO: To understand the physical and mental impact of healthy and unhealthy food choices (understanding)</p> <p>LO: To understand the importance of good hygiene (understanding)</p> <p>LO: To understand strategies to maintain a healthy mind (understanding)</p> <p>LO: To make positive choices for my physical health (applying)</p> <p>LO: To make positive choices for my mental health (applying)</p>
Year 2	<p>LO: To understand how to form a variety of healthy friendships (remembering/understanding)</p> <p>LO: To understand what makes a good listener (remembering/understanding)</p> <p>LO: To understand the impact of bullying (remembering/understanding)</p>	<p>LO: To know how to manage my emotions (remembering/understanding)</p> <p>LO: To know what resilience is (remembering/understanding)</p> <p>LO: To understand how to identify different emotions – anger/jealousy (remembering/understanding)</p>	<p>LO: To know what being healthy means (remembering)</p> <p>LO: To know what mental health is (remembering)</p> <p>LO: To understand how to make healthy food choices to improve my physical and mental health (understanding)</p>

	<p>LO: To understand the importance of diversity in society (remembering/understanding)</p> <p>LO: To understand how to give an effective apology (remembering/understanding)</p> <p>LO: To make good and healthy friendships (applying)</p> <p>LO: To be a good listener (applying)</p> <p>LO: To celebrate diversity and people's differences (applying)</p> <p>LO: To give and receive effective apologies (applying)</p>	<p>LO: To understand how to identify different emotions – worry (remembering/understanding)</p> <p>LO: To understand how to identify different emotions – pride/embarrassed (remembering/understanding)</p> <p>LO: To understand how to regulate emotions (remembering/understanding)</p> <p>LO: To understand how to regulate emotions (remembering/understanding)</p> <p>LO: To understand how resilience can affect my life (remembering/understanding)</p> <p>LO: To regulate my emotions (applying)</p> <p>LO: To show resilience (applying)</p>	<p>LO: To understand how to be responsible for my own hygiene (understanding)</p> <p>LO: To understand how to maintain a healthy mind (understanding)</p> <p>LO: To make positive choices for my physical health (applying)</p> <p>To make positive choices for my mental health (applying)</p>
--	--	---	---