KS1 Half Termly Overview Term: **Summer 1st cycle 1 – 2021**

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|  | **Week 1**  **19.04.21** | **Week 2**  **26.04.21** | **Week 3**  **3.05.21** | **Week 4**  **10.05.21** | **Week 5**  **17.05.21** | **Week 5**  **24.05.21** |
| **PSHE**  **Physical Health & Well Being** | **Keeping Healthy inc Medicines**  Discuss how we keep healthy and why we take medicines | **Food & Exercise**  Discuss why food & exercise is important to lead an active, healthy life. | **Hygiene Routines**  Discuss why we need to keep ourselves clean and the things we do in our everyday life to do this. | **Sun Safety**  Discuss the importance of staying safe in the sun and the harm the sun can do if we don’t. | **Why sleep is important**  Discuss why sleep is important to our health and how we can make sure we have a good night’s sleep. | **Managing feelings & asking for help**  Discuss ways of managing how we feel and who & where we can go to, to ask for help. |