



1. All About Me
2. Let It Grow
Summer 2021

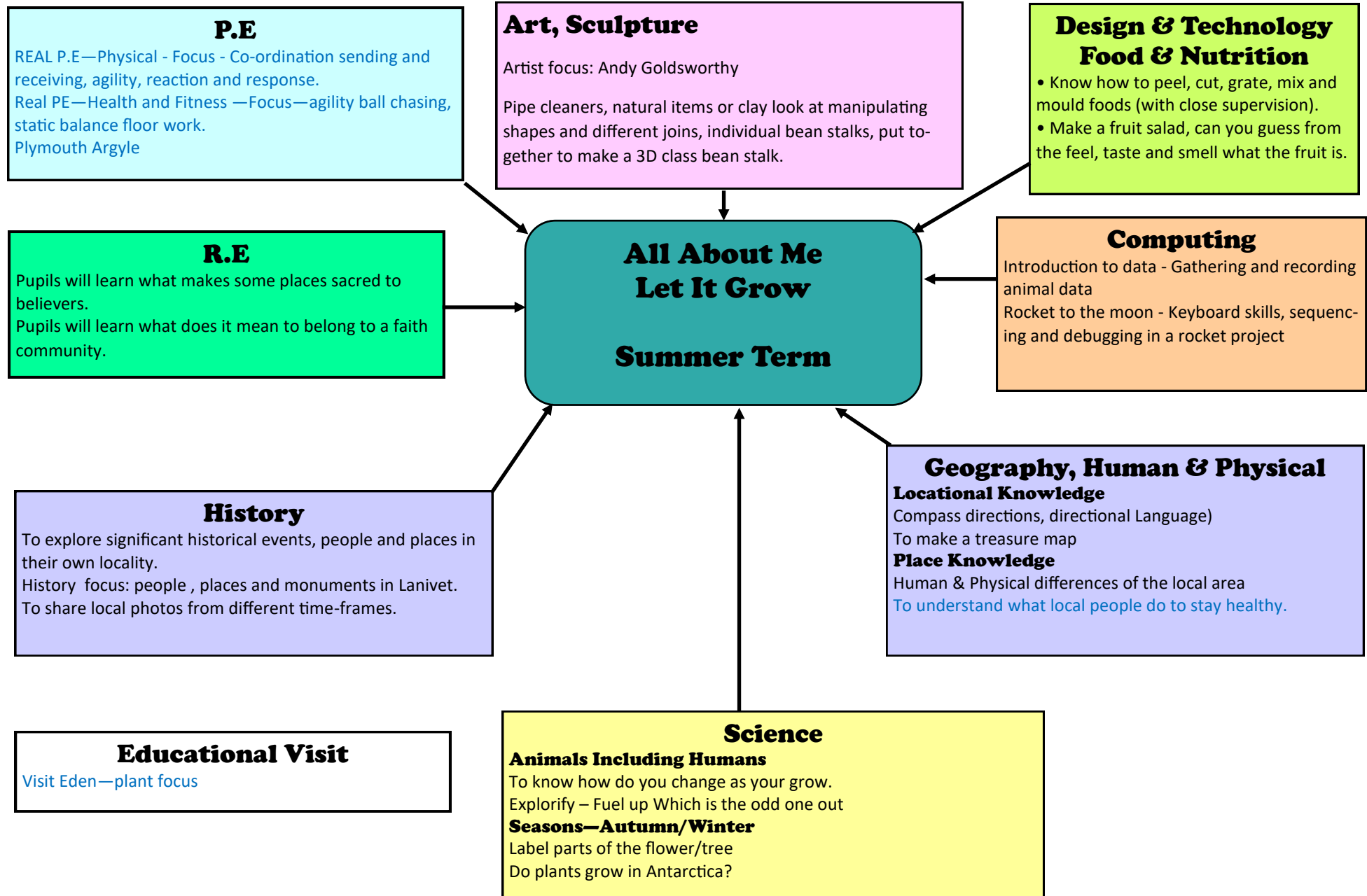


Planning & Curriculum



Healthy Body. Healthy Mind. Healthy Planet.





Curricular Content taught discreetly

PSHE/Wellbeing

Healthy Body, Healthy Mind—Ready for bed—Children reflect on how they get ready for bed and learn about the benefits and importance of getting a good night's sleep.

Relaxation—Progressive Muscle Relaxation—There's more than one way to relax! Pupils learn two different techniques for helping them to relax; progressive muscle relaxation and laughter, both useful tools to be used in different situations.

Music