

Health & Wellbeing				
	EYFS	Years 1 & 2	Years 3 & 4	Year 5 & 6
Experiences	<p>Learning sports day skills. (taking turns, remaining focused, supporting your team, speed, agility, ball skills...)</p> <p>Daily Breathing exercises (every after lunch to reset for the pm session).</p> <p>Introduce Children to weekly meditation.</p> <p>Healthy Eating - Introduce Exotic fruits (Handa's Surprise).</p>	<p>Go to the optician to have my eyes tested.</p> <p>Grow my own food</p>	<p>Eat something you have grown.</p> <p>Make and complete a nature hunt</p>	<p>Go on a walk in some woods</p> <p>Make my own packed lunch or picnic.</p> <p>Take part in a sporting event for charity</p>
Whole School	<ul style="list-style-type: none"> • SCIB Protective Behaviours. • Join in with Sports Day. • Participate in a sporting event. • Walk to School Week. • Brain Smart Start. • PHSE and SRE Curriculum. • Follow my class family charter. • Stormbreak. • Kagan Strategies. • NOSSP School Games Competition. • Class Responsibilities. 			