

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Foundation	<p>Me and my World</p> <ul style="list-style-type: none"> - To identify people around the school and their role - To understand what they can do to look after the school environment - Home – what can they do to look after and help at home - To recognise the jobs that people do within the local community <p>Caring Friendships</p> <ul style="list-style-type: none"> - To Understand what makes a good friend - To understand ways of making friends <p>Mental Health</p> <ul style="list-style-type: none"> - To identify the feelings and emotions they and other may be experiencing - To recognise what causes these feelings in ourselves and others - Resilience – giving things a try 	<p>Caring Relationships (Anti Bullying)</p> <ul style="list-style-type: none"> - To understand simple reasons why friends fall out and simple ways to make up - To recognise what unkind behaviour looks like - To understand why someone is being unkind <p>My Body and Growing Up</p> <ul style="list-style-type: none"> - What can my body do? - How can I keep my body clean – handwashing - What can I do by myself and what do I still need help with? - Who can help me - How do I feel about growing up? - The importance of sleep and good dental hygiene <p>Economic Wellbeing</p> <ul style="list-style-type: none"> - CIN – what is charity <p>Keeping safe</p> <ul style="list-style-type: none"> - Road safety 	<p>Communities and Diversity</p> <ul style="list-style-type: none"> - To recognise that they belong to their class and recognise the differences and similarities between themselves and others. - To understand the different communities, they belong to. - To recognise the similarities and differences between the ways that families live. <p>Family and people who care for me</p> <ul style="list-style-type: none"> - How am I special and what is special about the other children in my class - To recognise people that are special to me - To understand what makes a family - How people in families care for each other <p>Keeping safe</p> <ul style="list-style-type: none"> - E safety 	<p>Communities and Diversity</p> <ul style="list-style-type: none"> - To understand that people have different beliefs that are special to them. - Important to respect differences and they ways they live their lives. - To recognise different ways families celebrate together and for different reasons. <p>Keeping safe</p> <ul style="list-style-type: none"> - Water safety 	<p>Keeping Safe</p> <ul style="list-style-type: none"> - What does it mean to feel unsafe - What clues does my body give me if I feel unsafe - Who are the people to help me keep safe - How and who I can ask for help if I feel unsafe <p>Keeping safe</p> <ul style="list-style-type: none"> - Stranger danger <p>Health & prevention</p> <ul style="list-style-type: none"> - What can I do to keep my body healthy - What is exercise and why is it good for us? - Healthy foods and a healthy diet 	<p>Emotions</p> <ul style="list-style-type: none"> - To recognise what we have achieved this year – what skills have we learnt - What are you good at and what are other children good at. - To recognise how change and losing something can make them feel - To recognise simple ways to make themselves feel better - The importance of relaxation and sleep - Dental hygiene <p>Keeping safe</p> <ul style="list-style-type: none"> - Sun safety
Year 1	<p>Family and people who care for me</p> <ul style="list-style-type: none"> - PSHE charter for each class and recap on classroom rules - Who is a part of my family and who are my special people <p>Caring Friendships</p> <ul style="list-style-type: none"> - How to be a good friend - Healthy Friendships - How to develop and sustain good friendships - Allergies – what does it mean to be allergic to something – i.e. nuts. - How can we look after each other in terms of allergies <p>Mental Health</p>	<p>Respectful Relationships (Anti Bullying)</p> <ul style="list-style-type: none"> - Friendships and falling out - What is Bullying – STOP - What my school does to prevent bullying - How to support others <p>Working Together</p> <ul style="list-style-type: none"> - How can I work well in a group - How can I negotiate to sort out disagreements <p>Economic Wellbeing</p> <ul style="list-style-type: none"> - CIN – What is charity <p>Personal Safety</p> <ul style="list-style-type: none"> - Fire safety – link with visit from the fire service 	<p>My Emotions (linked to Mental Health Week)</p> <ul style="list-style-type: none"> - Understanding and managing our feelings - How our feelings can affect others - Importance of resilience and being able to get it wrong - Who can I share my feelings with - What is special about me - The importance of sleep and relaxation <p>Communities</p> <ul style="list-style-type: none"> - Identify the different groups they belong to - To recognise the ways they are the same as, and different to other people. 	<p>Communities and Diversity</p> <ul style="list-style-type: none"> - What makes ‘me’ me and ‘you’ you. - Do all boys and girls like the same things. - What is a stereo type - School community – how we can help the school <p>Working Together</p> <ul style="list-style-type: none"> - What am I and other people good at - What new skills would I like to learn - How can I work well within a group <p>Personal Safety</p> <ul style="list-style-type: none"> - Water safety 	<p>Economic wellbeing: Money</p> <ul style="list-style-type: none"> - <i>Financial Understanding</i> – how we get money and what we might do with it, where does money come from, what does it mean to have more of less money than you need. <p>Internet safety</p> <ul style="list-style-type: none"> - Being Safe online - What to do if you feel unsafe online - Use of Smarty the Penguin or Digi Duck <p>Personal Safety</p> <ul style="list-style-type: none"> - Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell 	<p>Managing Change</p> <ul style="list-style-type: none"> - Recognising our achievements this year. - How my responsibilities and skills might change next year - Our expectations and feeling about next year - How can we manage our emotions <p>Health & Prevention</p> <ul style="list-style-type: none"> - What does it mean to be healthy? - The importance of being active on our physical bodies and our mental health. - The importance of building regular exercise into your daily routine – walking or cycling to school.

Enhancement PD sessions Long Term Plan – 2023/2024

Highlighted objectives: linked to local/school context

	<ul style="list-style-type: none"> - Through the teaching explore different feelings and that it is ok to have a range of feelings. - How I can make myself calmer if I am experiencing strong emotions. <p>Personal Safety</p> <ul style="list-style-type: none"> - Handwashing 		<p>Internet Safety (linked to internet safety day)</p> <ul style="list-style-type: none"> - To talk about identity – what is safe to say online - To be able to recognise when something is unsafe online and who to talk to <p>Personal Safety</p> <ul style="list-style-type: none"> - Handwashing 			<ul style="list-style-type: none"> - Facts and science relating to allergies - The importance of sleep and dental hygiene <p>Personal Safety</p> <ul style="list-style-type: none"> - Sun safety
Year 2	<p>Family and people who care for me</p> <ul style="list-style-type: none"> - PSHE charter for each class and recap on classroom rules - Who is part of my family (family trees) - Comparing different families that are represented within our class. <p>Caring Friendships</p> <ul style="list-style-type: none"> - Listening to each other - Kindness Tree - What makes a good friend. - Allergies – what does it mean to be allergic to something – ie nuts. - How can we look after each other in terms of allergies <p>Mental Health</p> <ul style="list-style-type: none"> - Mindfulness Moments - My emotions <p>Personal Safety</p> <ul style="list-style-type: none"> - Handwashing 	<p>Respectful Relationships (Anti Bullying)</p> <ul style="list-style-type: none"> - Friendships and falling out - What is Bullying – STOP - What my school does to prevent bullying - How to support others <p>Economic Wellbeing</p> <ul style="list-style-type: none"> - CIN – What is Charity <p>Personal Safety</p> <ul style="list-style-type: none"> - Fire safety – Group of Year 1 to help teach it. <p>Working Together</p> <ul style="list-style-type: none"> - To understand how to be a good communicator – listening and taking turns - To apply communication and group working skills in a real life situation 	<p>My Emotions (linked to Mental Health week)</p> <ul style="list-style-type: none"> - How do I manage some of my emotions and the associated behaviours - The ways in which people relax to help deal with emotions - The importance of sleep - Resilience – it’s ok to get things wrong, don’t give up <p>Communities</p> <ul style="list-style-type: none"> - The different roles and responsibilities people have in their community <p>Internet Safety (linked to internet safety day)</p> <ul style="list-style-type: none"> - To talk about identity – what is safe to say online - To be able to recognise when something is unsafe online - Online scenarios <p>Personal Safety</p> <ul style="list-style-type: none"> - Handwashing 	<p>Communities and Diversity</p> <ul style="list-style-type: none"> - What makes up our community - How can we help the community we live it <p>Working Together</p> <ul style="list-style-type: none"> - How to work well in a group - Why it is important to listen and to take turns - How I can deal with group disagreements? <p>Personal Safety</p> <ul style="list-style-type: none"> - Water safety 	<p>Economic Wellbeing: Money</p> <ul style="list-style-type: none"> - Financial Understanding – where does money come from and how can we get it?, how do we pay for things, how could we help our family with the choices we make about money. - Financial responsibility and how you feel about money <p>Internet Safety</p> <ul style="list-style-type: none"> - Being Safe online - What to do if you feel unsafe online - Use digi duck resource <p>Personal Safety</p> <ul style="list-style-type: none"> - Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell 	<p>Managing Change</p> <ul style="list-style-type: none"> - Recognising our achievements this year. - How my responsibilities and skills might change next year - Our expectations and feeling about next year - How can we manage our emotions <p>Health and Prevention</p> <ul style="list-style-type: none"> - The Characteristics and mental and physical benefits of an active lifestyle - The importance of building physical exercise into our daily routine - How to seek support including which adults to speak to in school if they are worried about their health. - What is a healthy diet - The characteristics of a poor diet and risks associated with unhealthy eating – tooth decay, obesity) - Facts and science relating to allergies, - the importance of good sleep and dental hygiene <p>Personal Safety</p> <ul style="list-style-type: none"> - Sun safety
Year 3	<p>Family and people who care for me</p> <ul style="list-style-type: none"> - PSHE charter for each class and recap on classroom rules 	<p>Respectful Relationships (inc Anti bullying)</p> <ul style="list-style-type: none"> - Courtesy and manners 	<p>Shared Responsibilities</p> <ul style="list-style-type: none"> - To recognise reasons for rules and laws - To recognise there are human rights 	<p>Communities and Diversity</p> <ul style="list-style-type: none"> - the different groups that make up their community 	<p>Economic Wellbeing: Money</p>	<p>Managing Change</p> <ul style="list-style-type: none"> - identifying changes that they may have experienced in their life - friendship changes

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Highlighted objectives: linked to local/school context

	<ul style="list-style-type: none"> - Healthy relationships and trust - How do good friends behave on and offline -Developing friendships - Families and other special people <p>Mental Health</p> <ul style="list-style-type: none"> - there is a normal range of feelings related to different experiences - judging whether the way they are reacting is appropriate for the situation. <p>- Resilience – it is ok to get things wrong</p> <p>Personal Safety</p> <ul style="list-style-type: none"> - Handwashing 	<ul style="list-style-type: none"> - the importance of self-respect - How can I share my views and opinions respectfully - Treating people with respect - What have we got in common and how are we different - defining bullying – the difference between falling out and bullying <p>Economic Wellbeing</p> <ul style="list-style-type: none"> - CIN – What is Charity <p>Personal Safety</p> <ul style="list-style-type: none"> - Fire safety <p>Working Together</p> <ul style="list-style-type: none"> - To be able to identify skills they need to and would like to develop - To experience learning a new skill as a class and to reflect on that process. 	<ul style="list-style-type: none"> - The importance of having compassion towards each other - show care and concern for others - shared responsibility to protect environment - school and home - looking after animals <p>Internet Safety</p> <ul style="list-style-type: none"> - That sometimes people behave differently online - the rules and principles of keeping safe online - How to check that the information they use from the internet is from a trusted website - Recognise things that are appropriate to share and things that should not be shared on social media <p>Personal safety</p> <ul style="list-style-type: none"> Handwashing 	<ul style="list-style-type: none"> - what living in a community means - prejudice and recognise behaviours/actions which discriminate against others - ways to respond to discrimination if witnessed or experienced. - To explore the different types of media and the information they may give out – how do we trust it <p>Working together</p> <ul style="list-style-type: none"> - Recognising our own skills and worth – positive things about themselves and others - To understand and develop effective group work skills, including problem solving - To know how different people can contribute in different ways to group work. <p>Personal Safety</p> <ul style="list-style-type: none"> Water Safety 	<ul style="list-style-type: none"> - The different ways to pay for things and the choices people have about this - the different ways to keep track of money - to identify the ways that money can impact on peoples emotions <p>Economic wellbeing: Aspirations, Work and Career</p> <ul style="list-style-type: none"> - to recognise positive things about themselves and their achievements - set goals to help them achieve their personal outcomes - some skills that they will need to help them in their future careers – teamwork, communication and negotiation. <p>Personal Safety</p> <ul style="list-style-type: none"> - Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell 	<ul style="list-style-type: none"> - managing feelings and being able to get support and know where to get support from - planning for change <p>Healthy Lifestyles</p> <ul style="list-style-type: none"> - The characteristics and mental and physical benefits of an active lifestyle - the importance of regular exercise - To understand the importance of consuming a variety and balance of food and drinks. - Dental hygiene and sleep - Facts and science relating to allergies. <p>Personal Safety</p> <ul style="list-style-type: none"> - Sun safety
<p>Year 4</p>	<p>Family and People who care for me</p> <ul style="list-style-type: none"> - PSHE charter for each class and recap on classroom rules - That families are important for children growing up. - Does trust play a part in having a healthy relationship - Developing friendships - Families and other special people - Other families, either in school or in the wider world, sometimes look different from their family – respect those differences <p>Mental Health</p> <ul style="list-style-type: none"> - How to recognise and talk about their emotions - how to judge whether what they are feeling is appropriate - Where and how to seek help <p>- Resilience – it is ok to get things wrong</p>	<p>Respectful Relationships (inc anti bullying)</p> <ul style="list-style-type: none"> - Courtesy and manners - The importance of self respect - How can I share my views and opinions respectfully - about different types of bullying - How a lack of respect and empathy can lead to bullying - How bullying can have a long term effect on someone. - how we can prevent bullying if we see it - how does valuing diversity benefit everyone <p>Economic Wellbeing</p> <ul style="list-style-type: none"> - CIN – What is Charity <p>Personal Safety</p> <ul style="list-style-type: none"> - Fire safety <p>Working Together</p>	<p>Shared Responsibility</p> <ul style="list-style-type: none"> - To recognise reasons for rules and law – what are the consequences of not adhering to rules and laws - To recognise there are human rights to protect everyone - How everyday choices can affect the environment (recycling) <p>Internet Safety</p> <ul style="list-style-type: none"> - The same principles apply to online relationships as to face to face relationships - importance of respect. - The rules and principles of keeping safe online - how to consider the effect of their online actions on others - The importance of using own email address when emailing out 	<p>Communities and Diversity</p> <ul style="list-style-type: none"> - To value the different contributions that people and groups make to the community - About prejudice and how to recognise behaviours and actions which discriminate against others - how to respond to prejudice if witnessed or experienced - Exploring my own community - to know some of the role people do to support my community. <p>Working Together</p> <ul style="list-style-type: none"> - To review group skills and effective communication strategy - to apply communication and group work skills in a real situation 	<p>Economic Wellbeing: Money</p> <ul style="list-style-type: none"> - To recognise that people have different attitudes towards saving and spending money - what influences peoples decisions - what makes something good value for money - to recognise that people make spending decisions based on priority, needs and wants. <p>Economic wellbeing: Aspirations, Work and Career</p> <ul style="list-style-type: none"> - To recognise the positive things about themselves and their achievements. - To set goals to help them achieve a personal outcome 	<p>Managing Change</p> <ul style="list-style-type: none"> - Identifying changes in their life - friendship changes and how they might feel - Managing feelings and getting support - to understand that some changes are wanted and that they can plan for them. <p>Healthy Lifestyles</p> <ul style="list-style-type: none"> - what is an active lifestyle and how does it help me get healthier? - the principles of planning and preparing a range of healthy meals - Dental hygiene and sleep - Making healthy choices - Facts and science relating to allergies, immunisations and vaccinations

	<p>Personal Safety</p> <ul style="list-style-type: none"> - Handwashing 	<ul style="list-style-type: none"> - To be able to understand and practise some skills of a good communicator, including effective confident expression of opinions and questioning skills. - To be able to know how different people can contribute in different ways to a group task. 	<ul style="list-style-type: none"> - Why they should not give out their personal details <p>Personal safety</p> <ul style="list-style-type: none"> - Handwashing 	<ul style="list-style-type: none"> - To be able to persevere at a task even when faced with difficulties - To be able to give feedback sensitively and receive it from others. <p>Personal Safety</p> <p>Water Safety</p>	<ul style="list-style-type: none"> - To identify the kind of job that they might like to do when they are older. <p>Personal Safety</p> <ul style="list-style-type: none"> - Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell 	<p>Personal Safety</p> <ul style="list-style-type: none"> - Sun Safety
Year 5	<p>Family and People who care for me</p> <ul style="list-style-type: none"> - PSHE charter for each class and recap on classroom rules - The characteristics of healthy family life. - commitment to each other, including in times of difficulty - How to recognise if family relationships are making them feel unhappy or unsafe - How they can seek help and advise from others. <p>Mental Health</p> <ul style="list-style-type: none"> - To understand that mental health and wellbeing is a normal part of daily life - Resilience – it is ok to get things wrong <p>Personal Safety</p> <ul style="list-style-type: none"> - Handwashing 	<p>Respectful Relationships (inc Anti Bullying)</p> <ul style="list-style-type: none"> - Courtesy and manners - self respect and how this links to own happiness <p>The importance of respecting others – even when they are different to us</p> <ul style="list-style-type: none"> - What is a stereotype – how they can be unfair - how prejudices and stereotypes can sometimes lead to bullying - Different types of bullying - Can I explain the differences between friendship difficulties and bullying <p>Economic Wellbeing</p> <ul style="list-style-type: none"> - CIN – What is Charity <p>Personal Safety</p> <ul style="list-style-type: none"> - Fire safety <p>Working Together</p> <ul style="list-style-type: none"> - To understand and develop effective group work skills, including decision making, chairing and debating. - To be aware of the range of different strengths and skills people bring to a group and to know how my own strengths and skills complement those of others. 	<p>Shared Responsibility</p> <ul style="list-style-type: none"> - To recognise reasons for rules and laws and the consequences of not adhering to rules and laws - Recognise that there are human rights <p>Showing care and concerns for others</p> <ul style="list-style-type: none"> - Shared responsibilities for protecting the environment <p>Internet Safety</p> <ul style="list-style-type: none"> - the rules and principles for keeping safe online - How to critically consider their online friendships and sources of information - How information and data is shared - Benefits of rationing time spent online- the negative impact this can have - Age restrictions on games, social media - where and how to report issues online <p>Personal safety</p> <ul style="list-style-type: none"> - Handwashing 	<p>Community and Diversity</p> <ul style="list-style-type: none"> - To explore elements that make up a person identify and how other peoples perceptions can influence our identify - What does diversity mean? - What are the benefits of living in a diverse community and the importance of valuing a community and everyone within it. - About prejudice and how to recognise behaviours and actions which discriminate against others - How to you respond to prejudice if it is witnessed or experienced. <p>Working Together</p> <ul style="list-style-type: none"> - Recognising developing strengths and skills - Developing communication and group working skills - To recognise influences on their decision making, including the media - Developing perseverance and resilience <p>Personal Safety</p> <ul style="list-style-type: none"> - Water Safety 	<p>Economic Wellbeing: Money</p> <ul style="list-style-type: none"> - To recognise that peoples spending decisions can affect others and their environment – fair trade, buying single use plastics or giving to charity - To recognise why people make spending decisions - To identify ways in which money can impact on peoples feelings and emotions <p>Economic wellbeing: Aspirations, Work and Career</p> <ul style="list-style-type: none"> - To recognise positive things about themselves and their achievements - To recap on previous year goals and review or set more - That there is a broad range of jobs/careers that people can have - People often have more than one job throughout their career -Some jobs are paid more than others - Some jobs are voluntary/unpaid – why people might choose these jobs <p>Personal Safety</p> <ul style="list-style-type: none"> - Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell 	<p>Managing Change</p> <ul style="list-style-type: none"> - Identifying changes - changes that might happen in families and the impact that can have on a family - Managing emotions, getting and giving support - Ways for us to manage change <p>Healthy Lifestyles (inc basic first aid)</p> <ul style="list-style-type: none"> - the characteristics and mental and physical benefits of an active lifestyle - The importance of building regular exercise into our daily routines - How to seek help if they are concerned about their health. - The characteristics of a poor diet - the importance of good sleep - dental hygiene - personal hygiene - facts and science relating to allergies, immunisations and vaccinations - how to make a clear and efficient call to emergency services if necessary. <p>Personal Safety</p> <ul style="list-style-type: none"> - Sun Safety

<p>Year 6</p>	<p>Family and people who care for me</p> <ul style="list-style-type: none"> - PSHE charter for each class and recap on classroom rules - That stable, caring relationships, which may be different types, are at the heart of happy families - Marriage - How do people in my family continue to support each other when times change. <p>Mental Health</p> <ul style="list-style-type: none"> - That mental health is a normal part of daily life - - Where and how to seek support - Resilience – it is ok to get things wrong <p>Personal Safety</p> <ul style="list-style-type: none"> - Handwashing 	<p>Respectful Relationships (inc Anti Bullying)</p> <ul style="list-style-type: none"> - Courtesy and Manners - Importance of self-respect - practical steps they can take in a range of different contexts to improve respectful relationships - strong sense of identity and self-respect - Different types of bullying - what is the difference between a friendship fall out and bullying - how might bullying affect someone’s mental health and/or behaviour <p>Shared Responsibility (looking after the environment)</p> <ul style="list-style-type: none"> - Shared responsibility for protecting the environment in the school and at home. - How their everyday choices can affect the environment. <p>Economic Wellbeing</p> <ul style="list-style-type: none"> - CIN – What is Charity <p>Personal Safety</p> <ul style="list-style-type: none"> - Fire safety <p>Health & Prevention</p>	<p>Shared Responsibility (law, rule and human rights)</p> <ul style="list-style-type: none"> - To recognise reasons for rules and law - To recognise there are human rights and that they are there to protect everyone - The relationship between rights and responsibilities. - The importance of having compassion towards others <p>Internet Safety</p> <ul style="list-style-type: none"> - The rules and principles for keeping safe online - How to recognise harmful risks, content and who to contact if they unsafe online - How to critically consider their online relationships - How information and data is stored, shared and used online - What online services offer and how do I make the right decisions to use it or not - How the internet can have a negative impact on mental health - How to understand the information they seek online – search engines are ranked, sponsored etc - Why you should use your own details online. <p>Personal safety</p> <ul style="list-style-type: none"> - Handwashing 	<p>Community and Diversity</p> <ul style="list-style-type: none"> - To explore our own identities - To explore how perceptions of gender (stereotypes) amongst peers and media can affect identity, emotions, friendships, behaviour and choices. - Recognise the different local and wider communities that they belong to, and explore the contribution that belonging makes to wellbeing and happiness. - About prejudice and how to recognise behaviours and actions which discriminate against others - How to you respond to prejudice if it is witnessed or experienced. <p>Working Together</p> <ul style="list-style-type: none"> - Recognising and developing strengths and skills - Developing communication skills and group working skills - Developing an awareness of strengths and skills in group work - Developing and showing perseverance - Evaluating and feedback skills. <p>Personal Safety</p> <ul style="list-style-type: none"> - Water Safety 	<p>Economic Wellbeing: Money</p> <ul style="list-style-type: none"> - To recognise that people make spending decisions based on priorities, needs and wants - risks associated with money and ways of keeping money safe - risks involved in gambling – loosing money, and affects on mental health <p>Economic wellbeing: Aspirations, Work and Career</p> <ul style="list-style-type: none"> - To recognise positive things about themselves and their achievements. - To recap on goals from previous years – is that still their goal - about stereotypes in the workplace and that a person’s career aspirations should not be limited. - what might influence people’s decisions about a job or a career - To recognise a variety of routes into careers (college, apprenticeships etc) <p>Personal Safety</p> <ul style="list-style-type: none"> - Stranger danger - Recognising if I am feeling safe or unsafe and who can I tell 	<p>Managing Change</p> <ul style="list-style-type: none"> - Identifying changes - changes that might happen in families and the impact that can have on a family - Managing emotions, getting and giving support - Ways for us to manage change <p>Healthy Lifestyles (inc basic first aid and drug and alcohol education)</p> <ul style="list-style-type: none"> - Characteristics and mental and physical benefits of an active lifestyle - Importance of regular exercise - Risks associated with inactive lifestyle (Obesity) - How and when to seek help if concerned about their own health. - What constitutes a healthy diet - personal hygiene, importance of good sleep and dental hygiene - facts and science relating to allergies, immunisations and vaccinations - concepts of basic first aid, and how to make a clear call to emergency services if required <p>Personal Safety</p> <ul style="list-style-type: none"> - Sun safety
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