

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Rights and Responsibilities	BE FRIENDLY, BE WISE	Going for Goals	Identities and Diversity	It's our World (Promoting British Values)	Changes
Curriculum Overview	<ul style="list-style-type: none"> • Rights and responsibilities • Actions and consequences • Getting to know each other • Working together 	<ul style="list-style-type: none"> • Making and sustaining friendships • Conflict resolution • Anti-bullying • Drugs Education http://mentor-adepis.org 	<ul style="list-style-type: none"> • Goal-setting and motivation • Healthy eating and exercise 	<ul style="list-style-type: none"> • Identity and self esteem • Difference and diversity • Peer influence and assertiveness • Different identities around the world • Challenging prejudice • Extremism & Radicalisation http://www.preventforschools.org/index.php 	<ul style="list-style-type: none"> • The wider community and local democracy • British Values • Environmental awareness and sustainability issues 	<ul style="list-style-type: none"> • Growing up, puberty • Managing changes • Preparing for transition
MindUP	<ul style="list-style-type: none"> • Understanding the brain • Introduction to Mindfulness • Focusing our Awareness 	Our Senses: <ul style="list-style-type: none"> • Mindful Listening • Mindful Seeing • Mindful Smelling • Mindful Tasting • Mindful Movement 	<ul style="list-style-type: none"> • Perspective-taking • Learning Optimism 	<ul style="list-style-type: none"> • Happy Experiences • Gratitude 	<ul style="list-style-type: none"> • Acts of Kindness 	<ul style="list-style-type: none"> • Mindful Actions in Our Community
Be the Best you can Be!	<ul style="list-style-type: none"> • Visions and Goals • Dream Wall 	<ul style="list-style-type: none"> • Understanding Olympic/ Paralympic Values - Link to personal values 	<ul style="list-style-type: none"> • Awareness • Consequences • Higher Order Thinking Questions • GROW model 	Personal Growth: <ul style="list-style-type: none"> • Comfort Zones • Resilience 	Personal Development: <ul style="list-style-type: none"> • Emotion • Spirit 	Personal Development: <ul style="list-style-type: none"> • Body • Mind
Whole school focus/ Assembly	<ul style="list-style-type: none"> ☑ Rewards and consequences, school rules ☑ Setting up a School Council ☑ Black History Month 	<ul style="list-style-type: none"> ☑ National Anti-Bullying Week ☑ Road Safety Wk ☑ Sustainable Development Day ☑ Human Rights Day 	<ul style="list-style-type: none"> ☑ Unicef Day of Change ☑ Walk to School Week ☑ Recycling Week 	<ul style="list-style-type: none"> ☑ International Women's Day ☑ Red Nose Day ☑ Fairtrade Fortnight ☑ International Book Day 	<ul style="list-style-type: none"> ☑ National Children's Day ☑ Disability Awareness Day 	<ul style="list-style-type: none"> ☑ Refugee Week ☑ Summer Fete ☑ International Week

