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| Term | Growth mindset  and Mental Health | Keeping safe/healthy | Relationships  (SRE) | Rights and Responsibilities | Global citizenship |
| Autumn 1 | From failure to success  Valuing failure | Healthy eating and living | Good/bad relationships (friendships) Pausing to think about anger. | Black history  Prejudice and tolerance | Rules & Laws |
| Autumn 2 | Bounce!  Strategies for persevering  Think about a time you found things tough, what helped you get through? How did it feel to succeed? | Internet  Positive and negatives | Friendship fortnight/anti bullying | Children will be encouraged to respect human rights, their parents, their own and other cultures. | What does it mean to be British? |
| Spring 1 | Doom words  Words that can restrict us as learners | Medicines | Conflict resolution- friendships | Children will be encouraged to respect the environment and community. | Personal identity |
| Spring 2 | Mindset trumps  Characters of an effective learner | Sleep | Seeking support when lonely  or excluded | Self-respect | Environmental issue – ocean pollution |
| Summer 1 | Identifying the  characteristics of growth and fixed  mindsets | Oral hygiene | A healthy family | Debating, disagreeing and constructively | Plastic and shared responsibility |
| Summer 2   * **Mindfulness** * **Relaxation** * **Mindful Moment** | Comparisons with others | Sun safety | When relationships go wrong | What is a home? How do you feel when you think of home? | Modern recycling e.g. plastic made from sea weed. |