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| Term | Growth mindset  and Mental Health | Keeping safe/healthy | Relationships  (SRE) | Rights and Responsibilities | Global citizenship |
| Autumn 1 | Strategies to manage transitions between classes and key stages | Diet/ dental health  Good diet =good mind. Inner peacefulness relaxation | Relationships | Black history | The law- British values |
| Autumn 2 | On the high wire  How someone feels when he or she falls | e-safety managing online | Friendship fortnight/anti bullying | That personal behaviour can affect other people; to recognise and model respectful behaviour online | Local/national news  Your news is important too. How are you feel? |
| Spring 1 | Born to be…  The characteristics of growth and fixed mindsets | Medicines when used responsibly | Conflict Resolution- | Children should be protected during the war and not allowed to fight in the army. | International news |
| Spring 2 | Mistakes that worked  The importance of making mistakes | Healthy lunchboxes | Feelings and emotions  Focus on feelings power point.  How do your head/hands feel when you are … | The right to be treated fairly if break the law. | Environmental issue – Fair trade |
| Summer 1 | Challenge mountains  Challenging barriers to learning | Resisting peer pressure, saying No. Think about how your actions can affect people. (worksheets) | Recognising feelings and emotions in others. Let go of worries | Taking responsibly for ourselves and others | Lending and borrowing |
| Summer 2   * **Mindfulness** * **Relaxation** * **Mindful Moment** | Never give up!  How to overcome failure in different contexts | Exercise and mental health | Growing and changing | Recycling | Jobs and Skills |