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| Term | Growth mindset  and Mental Health | Keeping safe/healthy | Relationships  (SRE) | Rights and Responsibilities | Global citizenship |
| Autumn 1 | Passport to learning  Reflecting on different mindsets | Healthy swaps  How does what you eat affect your mood? | Stranger danger | Black history | Economic wellbeing |
| Autumn 2 | Too old to…  Suggesting ways to help someone learn | e-safety | Friendship/anti bullying  Be the best version of you ‘Shine your light’. | The right to follow own religion. | Media |
| Spring 1 | What makes a great teacher?  Identifying characteristics of a successful teacher | What is mental health? How does your head, hands, tummy, legs feel when you are happy, sad etc. | Different types of relationship | Forced marriage. | Environmental issue – animals in captivity |
| Spring 2 | Brain power!  Creating a 3D model of the brain | Puberty session | Growing and changing | Self-respect | International News  Your news is important too! What’s important in your world? |
| Summer 1 | Famous failures  Debating what it means to be a failure | Helping friend’s in need. | Understanding embarrassment. How does it feel to be embarrassed? Different people, different embarrassments | Right to say no | Communication and media |
| Summer 2   * **Mindfulness** * **Relaxation** * **Mindful Moment** | The iceberg illusion  Explaining what happens when you are learning | Legal and illegal drugs | Body image and media - Take time to think the ‘self’, body scan | Don’t be a bystander | Democracy and government |