



Health and Wellbeing

Relationships

Living in the Wider World

*SRE Mind up

	AUTUMN	SPRING	SUMMER
EARLY YEARS	<p>My Identity and Skills Keeping Safe Safe and Unsafe (Anti-Bullying) UK democracy (Parliament Week) Mind up! Lifesavers</p>	<p>Friendship Accidents and Prevention Co-operative Skills *Explore the wonder of being special and unique (Journey in Love) Mind up! Lifesavers</p>	<p>Developing Skills Keep Well and Clean Special People More Co-operative Learning Mind up Lifesavers</p>
YEAR 1	<p>Awareness of Feelings Keeping Well and Clean Who are Our Friends? Being Different (Anti-Bullying) UK democracy (Parliament Week) Mind up! Life Savers</p>	<p>Losing and Finding <u>SRE - Journey in Love</u> Focus on family and specially growing up in a loving secure and stable home. Mind up! Lifesavers</p>	<p>Mental Health Awareness Week <u>Drug Education</u> Identify how to stay healthy. Explore when and how to take medicines safely. Identify who should be able to give us medicine.</p> <p>Memories and Growing Up Looking After Myself Mind up! Lifesavers</p>
YEAR 2	<p>Healthy People Same and Different (Anti-Bullying) UK democracy (Parliament Week) Coping with Conflict Money and Shopping Mind up! Lifesavers</p>	<p>Making and Breaking Friendships Variety of Relationships <u>SRE - Journey in Love</u> Describe how we are growing and developing in diverse communities that are God given Mind up!</p>	<p>Mental Health Awareness Week</p> <p>Drug Education Explore substances and situations that are safe or unsafe. Identify some hazardous substances.</p>

		Lifesavers	Safety rules for at home and at school Personal Identity Personal Safety Special Days Global Food Mind up! Lifesavers
YEAR 3	Emotions and Feelings (looking at pressure) Keeping Safe Looking After Others (Anti-Bullying) Councillors -what do they do? (UK democracy -Parliament Week) Mind up! Lifesavers	Families Who Live Far Away Healthy Relationships SRE - Journey in Love Describe and give reasons for how we grow in love, in caring happy friendships where we are secure and safe. Mind up! Lifesavers	Mental Health Awareness Week <u>Drug Education</u> Accidents and Prevention Smoking and its effects. The impact of smoking and passive smoking. Strategies to prevent starting smoking. Special People in School Peer Influence / Pressure Our Ideal Community Mind up! Lifesavers
YEAR 4	Healthy Eating Relationship with others (Anti-Bullying) Democracy Simulations (UK Parliament) Mind up! Lifesavers	Persuasion and Pressure SRE - Journey in Love Make links and connections to show that we are all different. Celebrate the differences as as we appreciate that God's love accepts us as we are now and as we change Recycling Project Mind up! Lifesavers	Mental Health Awareness Week <u>Drug Education</u> The effect alcohol has on the body. Risks related to drinking alcohol. How society limits the drinking of alcohol. Exclusive / Inclusion Mind up! Lifesavers
YEAR 5	Healthy Lifestyles Relationships (Anti-Bullying) Stereotypes and Changing Democracy Simulations (UK Parliament) Mind up! Lifesavers	Coping with Bullying SRE - Journey in Love Show knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty, sensitivity, mood swing,	Mental Health Awareness Week <u>Drug Education</u> Legal and illegal drugs, their risks and effects Attitudes and beliefs about drug use and drug users.

		<p>anger, boredom etc., and grow further in recognising God's presence in our daily lives.</p> <p>Mind up!</p> <p>Lifesavers</p>	<p>Strategies to resist drug.</p> <p>Being Left Out</p> <p>Global Community Project – <i>Refugee Week</i></p> <p>Working Together</p> <p>Mind up!</p> <p>Lifesavers</p> <p>Knife crime</p>
<p>YEAR 6</p>	<p>Self Confidence – Valuing Others</p> <p>Conflict Resolution – Secrets and Dilemmas Relationships (Anti-Bullying)</p> <p>Democracy and Decisions (UK Parliament)</p> <p>Mind up!</p> <p>Lifesavers</p>	<p>Arguments and Families</p> <p>Strong Emotions</p> <p><u>SRE - Journey in Love</u></p> <p>Develop secure understanding of what caring relationships are and the different kinds there may be.</p> <p>Focussing on Catholic teaching - learn about the conception of a child within marriage.</p> <p>Citizenship Challenge / Our Neighbours</p> <p>Mind up!</p> <p>Lifesavers</p>	<p>Mental Health Awareness Week</p> <p><u>Drug Education</u></p> <p>The effects, risks and law relating to cannabis.</p> <p>The risk of volatile substance abuse (VSA)</p> <p>Options for getting help advice and support</p> <p>Moving On</p> <p>Celebration – supporting each other</p> <p>Mind up!</p> <p>Lifesavers</p> <p>Knife crime</p>
<p>ALL YEAR GROUPS</p>	<p>Unit 1: Getting Focused (Lessons 1-3)</p> <p>Children are taught about the different parts of their brain and how they work. They are taught about “Brain Breaks” and how to do them.</p> <p>Unit 2: Sharpening Your Senses (Lessons 4-9)</p> <p>Children learn about how their senses work, their moving bodies and they way they think.</p>	<p>Unit 3: It’s All About Attitude (Lessons 10-12)</p> <p>Children learn how to understand each other and how to be more positive.</p>	<p>Unit 4: Taking Action Mindfully (Lessons 13-15)</p> <p>Children learn to show gratitude and small acts of kindness in and outside of the classroom.</p>