

Autumn 1

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
THEME 6c Character – Getting to know people and building trust	THEME 3b Friendships 1	THEME 3b Friendships 2	THEME 6c Communities and Community Cohesion	THEME 6c Bullying	THEME 6b Sleep and Relaxation	THEME 6a Careers and Transition points
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 -NB <i>Maybe any week in the Half Term</i>
THEME 6c Intro to Character	THEME 6c Happiness and connection with others	THEME 6c Character and self esteem	THEME 6c Character – self esteem and affirmations	THEME 6b Character – Proud to be me (includes Diversity)	THEME 6b Character – Proud to be me (Diversity)	THEME 5d Wellbeing Activity (led by Prefect Team)

Autumn 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
THEME 4b Staying Safe online	THEME 4b E-Safety and Online Etiquette, Safe Online, Social Media Ethics (Idea Website) (Laptops or Ipads needed)	THEME 4b Digital Citizen (Idea Website) (Laptops or Ipads needed)	THEME 4a, 4d Harmful Effects of Tobacco	THEME 4a, 4d Harmful Effects of Alcohol	THEME 4a, 4d Other Issues to Be Aware of (Vaping, Energy Drinks)	THEME 4a, 4d Healthy Lifestyle and the impact of digital technology
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 -NB <i>Maybe any week in the Half Term</i>
THEME 5d Emotional Wellbeing – What can affect it?	THEME 5d ANTI BULLYING WEEK	THEME 5d Failure and Promoting Resilience	THEME 5d Managing Setbacks - Helpful and unhelpful strategies	THEME 5c Appearance Ideals and Manipulation of Images in the media	THEME 5c Appearance Ideals and Self Esteem	THEME 5d Wellbeing Activity (led by Prefect Team)

Spring 1

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Personal hygiene incl dental hygiene	Puberty 1 – Puberty and Body Changes	Puberty 2 – Menstrual cycle	Health Issues: HPV, FGM Awareness	Managing Emotions/ Self Esteem/Anger Management	Managing Emotions/ Self Esteem/Anger Management (Continued)
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6 - NB <i>Maybe any week in the Half Term</i>
Character - Role models	Character and Virtues	Case Study- Malala	Case Study – Michelle Obama	Case Study – Maya Angelou	Wellbeing Activity Supported by Prefects

Spring 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Why is politics important?	How is our country run?	Create a political party/Prime Minister Role	Be a Government and make some decisions	Elections and Campaigning	Politics and Debating	Exploring in side Parliament
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 - NB <i>Maybe any week in the Half Term</i>
Thinking Traps - Introduction	NATIONAL CAREERS WEEK -Skills	More on Thinking Traps	Big Picture Thinking and Catastrophisation	Activities to control emotions	Stress Management	Wellbeing Activity

Summer 1

Lesson 1	Lesson 2	Lesson 3
Wellbeing Census First Aid 1	First Aid 2	Cancer Awareness
PD Weekly 1	PD Weekly 2	PD Weekly 3
Self Esteem – How to boost it	Stress Management	Stress management

Summer 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Library – Dewey Decimal System	Multicultural Britain	Our Identity and Character - Where are they from?	The Law and Equality	Stereotypes	Prejudice and Discrimination
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Money Management – Persuasive techniques	Money Choices and Budgeting	WELLBEING – Open Doors Comp	LITERACY FESTIVAL	Credit /Debit Cards	Money and Wellbeing