

### Autumn 1

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>THEME 6c</b> Character – Getting to know people and building trust	<b>THEME 3b</b> Friendships (a)	<b>THEME 3b</b> Friendships (b)	<b>THEME 6c</b> Communities and Community Cohesion	<b>THEME 6c</b> Bullying	<b>THEME 6b</b> Sleep and Relaxation	<b>THEME 6a</b> 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>
<b>THEME 6c</b> Intro to Character	<b>THEME 6c</b> Happiness and connection with others	<b>THEME 6c</b> Character and self esteem	<b>THEME 6c</b> Character – self esteem and affirmations	<b>THEME 6b</b> Character – Proud to be me (includes Diversity)	<b>THEME 6b</b> Character – Proud to be me (Diversity)	<b>THEME 5d</b> Wellbeing Activity (led by Prefect Team)

### Autumn 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>THEME 4b</b> Staying Safe online	<b>THEME 4b</b> E-Safety and Online Etiquette, Safe Online, Social Media Ethics (Idea Website) ( <b>Laptops or Ipads needed</b> )	<b>THEME 4b</b> Digital Citizen (Idea Website) ( <b>Laptops or Ipads needed</b> )	<b>THEME 4a, 4d</b> Harmful Effects of Tobacco	<b>THEME 4a, 4d</b> Harmful Effects of Alcohol	<b>THEME 4a, 4d</b> Other Issues to Be Aware of (Vaping, Energy Drinks)	<b>THEME 4a, 4d</b> 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>
<b>THEME 5d</b> Emotional Wellbeing – What can affect it?	<b>THEME 5d</b> <b>ANTI BULLYING WEEK</b>	<b>THEME 5d</b> Failure and Promoting Resilience	<b>THEME 5d</b> Managing Setbacks - Helpful and unhelpful strategies	<b>THEME 5c</b> Appearance Ideals and Manipulation of Images in the media	<b>THEME 5c</b> Appearance Ideals and Self Esteem	<b>THEME 5d</b> 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	Case Studies – Malala, Maya Angelou	Role Model speeches	Role Model speeches	Role Model speeches	Wellbeing Activity Supported by Prefects

## Spring 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
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
Thinking Traps - Introduction	<b>NATIONAL CAREERS WEEK</b> -Skills	More on Thinking Traps	Big Picture Thinking and Catastrophisation	Wellbeing Activity Supported by Prefects

**Summer 1**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Library – Dewey Decimal System	First Aid 1	First Aid 2	First Aid 3	Cancer Awareness	<b>EXAM WEEK</b>
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Activities to control emotions	Self Esteem – How to boost it	Stress Management	Stress Management	Stress Management	<b>EXAM WEEK</b>

**Summer 2**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Why is politics important? How is our country run? Create a political party/Prime Minister Role	Exploring in side Parliament Be a Government and make some decisions Elections and Campaigning	AI Use in your Education 1 (SAL)	AI Use in your Education 1 (SAL)	Media Literacy	Media Messaging
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Money Management – Persuasive techniques	<b>LITERACY FESTIVAL? OPEN DOORS?</b>	<b>LITERACY FESTIVAL</b>	Money Choices and Budgeting	Credit /Debit Cards	Money and Wellbeing