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|  | **Year 5** | **Year 6** | **Year 7** | **Year 8** |
| Autumn 1 | **Health and Wellbeing** | | | |
| Fri 22 Sept L6 | Being part of a TEAM | What is mental health? | Managing change and what is a community | Employability and Enterprise skills |
| Fri 29 Sept L5 \*EDL | Unkind relationships | Managing worry | Careers and your future | Proud to be me |
| Fri 6 Oct L4 | Shared responsibility | Thoughts are not facts! | Careers and your future | Careers and aspirations |
| Fri 13 Oct L3 | Zones of Regulation (delivered by HL) | Choices + consequence | Sleep and Relaxation | Self esteem and the media |
| Thu 19th Oct L6 | Celebrating Diversity – dyslexia awareness | Looking after your teeth | Financial education | What makes me angry? |
| Autumn 2 | **Living in the Wider World + DDD** | | | |
| Thu 16th Nov L5 | Animal welfare | What are human rights? | Growing up – puberty for girls and boys | What is mental health? |
| Thu 23rd Nov L2 | Road safety | Road safety | Personal hygiene | Positive body image |
| Wed 29th Nov L6 | Being a Global Citizen | Are our rights being met? | Growing up | Types of bullying |
| Wed 6th Dec L4 | Learning to communicate | How can we be rights respecting? | Self esteem | Healthy eating |
| Wed 13th Dec L3 | The Rule of Law | Human Rights heroes | Tooth decay and dental health | Stress management |
| Spring 1 | **Relationships** | | | |
| Wed 10th Jan L2 | Importance of family and friends | Friendship + bullying | Consent and boundaries | Being yourself |
| Tue 16th Jan L5 | It’s ok to disagree | Building connections – loneliness | Respect and relationships | Healthy respectful relationships |
| Tue 23rd Jan L4 | Secrets | Keeping safe – positive relationships | Being a good friend | What is love? |
| Tue 30th Jan L3 | Speak out stay safe | How to maintain your privacy | Online relationships | Dealing with conflict |
| Tue 6th Feb L1 | NSPCC Pants | ‘It’s so gay’ story | Managing Peer pressure | Sexual orientation |
| Spring 2 | **Health and Wellbeing + DDD** | | | |
| Mon 26th Feb L6 | Exercise and sleep | Puberty | Online gaming and grooming | Contraception (CT) |
| Mon 4th Mar L4 | Careers week activity | Careers week activity | Alcohol and drugs | County lines |
| Mon 11th Mar L3 | Taking care of our bodies (puberty) | Importance of sleep | Smoking and vaping (ML) | Dangerous substances |
| Summer 1 | **Relationships** | | | |
| Fri 12th April L4 | Love and diversity | PSHE sessions delivered by local PCSOs using Staffs Police resources. Each form will be taught by the PCSOs for a half term. Please continue with the PSHE programme after your sessions. Topics – anti social behaviour, relationships, theft, knife crime and keeping safe. | What is your identity? | Cyberbullying |
| Fri 19th April 3 | Marriage | Being kind | Online grooming |
| Thur 25th Ap L6 | Being inclusive (WICKED) | Breaking down stereotypes | Child exploitations and online safety |
| Thu 2nd May L5 | Understanding body image | Prejudice and Discrimination | Equality Act 2010 |
| Thu 9th May L2 | Being confident | Challenging Islamophobia | LGBTQ+ Rights across the world |
| Summer 2 | **Living in the Wider World + DDD** | | | |
| Wed 5th June L6 | Swap shop story (money) | Managing your money – budgets | Living in Britain – how is our country run? | Gender Equality |
| Wed 19th June L5 | Managing money – money game | Credit and debt | Role of Parliament | Disability Discrimination |
| Wed 3rd July L4 | Enterprise Challenge | Enterprise Challenge | Monarchy and the King |  |

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| Autumn Term December 12th | | | | | | |
| Year 5 | Road Safety |  |  | Art | PE | Rights Respecting |
| Year 6 | P4C | HSBC | Air quality Ryan transport | Art | Computing – online safety | Energy drinks |
| Year 7 | Bee Active |  |  | Art |  |  |
| Year 8 | PCSOs – sexting | Air Ambulance ML | Catch 22 – Online Exploitation lesson | Art | Maths – credit and debt |  |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
| Summer Term July 11th | | | | | | |
| Year 5 | Sleep workshop | P4C |  | Art | PE |  |
| Year 6 | First Aid Red Cross | HSBC |  | Art |  |  |
| Year 7 | Road Safety |  |  | Art |  |  |
| Year 8 | Maths – gambling online | Careers panjango |  | Art | PE |  |

**Drop Down Day Overview**