

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Growth Mindset	Relationships	Staying safe	Health and Well Being	Growing and Changing	Wider World
N	What makes me a good learner?	How is everybody special?	Who is my trusted adult?	Why should I keep myself clean?	How have I changed?	How can I understand the world?
R	How can I overcome difficulties?	Is it ok to be different?	Which adults keep me safe?	Why do we need to exercise?	How do I become more independent?	What is in my environment?
1	How do I develop a growth mindset?	How can I welcome new friendships?	How do I stay safe in my house?	What is a healthy diet?	How has my body changed?	How can I work in a team?
2	Which strategies help me to learn?	What is co-operation?	How to stay safe in the outside world?	Why do our bodies need to rest?	What is a life cycle?	How can I contribute to a community?
3	How do I respond to a mistake?	How can we be welcoming?	How can I protect myself and others?	What is a balanced lifestyle?	How will I change as I get older?	How can I reach my goals?
4	What is the impact of words and phrases on mindsets?	How can we remove barriers?	What are the rules for keeping safe online?	What can affect my mental and physical health?	How can I keep myself clean?	How is my life different to others?
5	How do we use different mindsets and what are their strengths?	What is empathy?	How do I keep myself and others around me safe?	What rights do I have to protect my body?	What is puberty?	How can I make a difference?
6	What are the barriers to my learning and how can I overcome them?	What is a healthy relationship?	Why should I take responsibility for my actions?	How can I make informed choices?	How will my body change through puberty?	How can I change the world?