

Curriculum Overview

Termly Themes: The 6 Ways to Wellbeing

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
TERM 1							
 Exercise	Children learn about what exercise is, explore new types of exercise, and begin to notice how their body feels during and after exercise.	Children further explore different types of exercise, and plan when they can do more exercise in their lives. Children notice how different exercises make us feel, both in our bodies and emotionally.	Children learn the benefits of exercise, and notice changes in our pulse and breath when we engage in physical activities. Children practise a mindfulness exercise to 'cue in' to our bodies, and how our Advisor thoughts can affect our exercise behaviours.	Children practise using their Discoverer, Noticer, Advisor and Values skills to understanding their own physical activity, including tracking the consequences of their exercise behaviour, and using Values to guide what they do.	Children learn about the benefits of doing exercise in groups, and design their own group-based activity. Children explore how Advisors can be helpful and unhelpful in relation to exercise, and reflect on how they have developed their skills relating to their favourite exercise.	Children use their Discoverers to design a yoga pose, and practise mindful noticing during different exercises. Lessons explore how to distance from tricky Advisor thoughts which get in the way of being active, and the importance of a growth mindset for developing in these activities.	Children discover exercising in a new way by creating their own 'circuit', and explore their personal Values related to exercise. Children check how 'on-track' they are with their chosen Values, and set themselves a goal to move closer to this Value and be the fittest, healthiest person they can be.
TERM 2							
 Self-Care	Children explore ways to keep our bodies and minds healthy, including eating well and keeping clean. Children begin to learn ways to relax, and look after their mental wellbeing.	Children deepen their understanding of self-care, learning ways to sleep better, to try new healthy foods, and tracking self-care behaviour at home.	Children develop their understanding of self-care to include enjoying sugary snacks in moderation, emotional self-regulation skills, and noticing risks and staying safe at home, in the community, and online.	Children explore the concept of self-care in terms of eating a balanced diet, using the Noticer and Advisor to spot and manage risks and dangers, and how to seek help and support from others.	Children develop their self-care skills by learning how to be more independent at home. Children identify the important people in their lives who look after them, and learn the importance of seeking out emotional support when needed.	Children learn about keeping themselves safe on the internet, and how to skilfully respond to messages in advertising. Lessons explore how to practise self-care during times of significant change, and the people around us who can help look after us during these times.	Children explore the 7 Principles of Self-Care, with a particular focus on meeting their own self-care needs, taking risks in a safe way, developing more self-care independence in their daily routines, and reaching out for support when needed.
TERM 3							
 Give To Others	Children learn about giving to others like family, friends, and looking after the planet. Lessons explore sharing, being kind, and looking after the environment.	Children further develop their understanding of ways to give and be kind to others, and tricky thoughts that can get in the way. Children explore in more depth how to be kind to the environment.	Children practise sharing with others, and think about charitable causes that are important to them. Children plan to 'donate' 1 hour of their time, and decide how they would like to help others for that time. Lessons encourage children to choose ways to help the planet in line with their Values.	Children further their understanding of ways to give back to the people in their lives that they appreciate, to their community, to charitable causes, and to the planet. Children plan and undertake a fundraising activity for a chosen charity, and learn about climate change and sustainable living practises.	Children focus on being kind as a way of giving to others and plan their own random acts of kindness, then later discuss their experience of doing kind acts. Children identify what Values are important to them, and select a local charity to which they will donate some items they no longer need.	Children explore and practise giving to others in a variety of ways, including paying compliments to their classmates and planning random acts of kindness. Children research and design a presentation about a chosen charitable cause.	Children appreciate the importance of giving to, sharing, and co-operating with others. Children practise co-operating during a group task to build a tower, and challenge stereotypes to support co-operation with others. Lessons also explore using Values to guide conflict resolution.
TERM 4							
 Connect With Others	Children discover ways to connect with others, such as how to be a good friend and make new friends. They also learn and practise noticing how others feel.	Children explore how to be a kind friend and appreciate similarities and differences, and identify the people that help us. Lessons explore how our Advisor thoughts can help keep our bodies safe, and keep us safe from strangers.	Children learn ways to support others, which Values are important in how we want others think of us, and how our Advisor can help build confidence. Lessons explore online safety, safe secrets, and coping with big changes.	Children explore different types of relationships, including co-habiting and same-sex couples. Lessons explore how to skilfully use Values and Advisor skills to navigate friendships, such as when friends disagree and fall out.	Children further develop their skills of managing relationships in relation to resolving conflict with empathy, dealing with secrets and dares, and learning about different types of partnership relationships (including marriage, civil partnerships, same-sex relationships, and co-habiting couples).	Children explore the Restorative Approaches method of conflict resolution, and the importance of empathy. Children discuss protected characteristics and design an interview to learn more about a religion or race.	Children discuss cultural diversity, and write a letter to an imaginary pen pal to find out more about another culture. Children learn the importance of social inclusion and feeling valued, and practise responding skilfully to their Advisors - that they can choose which thoughts they should listen to.
TERM 5							
 Challenge Yourself	Children are encouraged to challenge themselves in a variety of ways and learn ways to cope when they feel scared or nervous, such as calming through yoga. Lessons explore what it means to have courage, and how to make brave and safe choices.	Children practise challenging themselves, and learn how to cope with tricky thoughts and feelings when trying something new. Children learn that thoughts can be both helpful and unhelpful.	Children develop their confidence to challenge themselves. Lessons explore understanding emotions, and techniques for relating flexibly to, and defusing from, tricky thoughts. Children discuss their strengths, and plan new actions in line with their Values.	Children learn how to skilfully use their Discoverer, Values, & Flexible Self-View skills to stretch themselves within their hobbies and schoolwork. Other topics include what is a 'habit' and breaking bad habits, as well as understanding school rules and society's laws.	Children explore how we can grow and learn by stepping out of our comfort zone. Students examine school rules, and how rules can be helpful and unhelpful in different contexts. Students learn about puberty, and interview a trusted adult about the changes we go through.	Children learn about dealing with challenges when working in groups, coping with exam stress, and with recycling. Lessons explore using our Values to push us to step out of our comfort zone, and how to think flexibly about things we are good at, and things we could get better at in future.	Children reflect on their proudest achievement and 'tracking' what works for them to cope with challenges. Children learn how even unpleasant Advisor thoughts can be helpful sometimes (and pleasant thoughts can be unhelpful!), and how to use their Values to guide them after a setback.
TERM 6							
 Embrace The Moment	Children learn about the importance of noticing and being present in the current moment. They practise being fully aware of their thoughts, feelings, and of what is happening around them.	Children learn new ways of embracing the moment by paying attention to and describing their bodies while doing yoga, the environment while on a walk outside, and their feelings while listening to music. Lessons explore how we can notice when we have thoughts, and bring our attention back.	Children further practise noticing and being mindful of what's going on inside and around them. Children explore spotting help and unhelpful Advisor thoughts, and work out what their Values are by thinking about the things they enjoy the most.	Children practise mindful awareness in a range of contexts, including outdoors and exploring tactile objects. Children learn to spot helpful and unhelpful Advisor thoughts, and write a story about using Values to guide their actions.	Children explore staying safe both physically during outdoor activities, and how to stay safe online. Lessons explore worrying, the reasons we worry and how to 'worry well'. Children discuss the activity that makes them happiest, and what this says about their Values.	Children learn how to Embrace The Moment by showing gratitude for the things we appreciate, and showing Values in our actions. Children learn that worries are not all bad, and can be helpful depending on how we respond to them. Lessons explore understanding different perspectives.	Children learn about being enterprising, and set themselves a Values-based enterprising goal. Lessons explore more ways to distance from tricky Advisor thoughts, and that we can choose which thoughts we listen to. Children discuss how to embrace the moment in uncomfortable situations.