

### 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 1	<b>THEME 3b</b> Friendships 2	<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
<b>PD Weekly 1</b>	<b>PD Weekly 2</b>	<b>PD Weekly 3</b>	<b>PD Weekly 4</b>	<b>PD Weekly 5</b>	<b>PD Weekly 6</b>	<b>PD Weekly 7 -NB</b> <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) (Laptops or Ipads needed)	<b>THEME 4b</b> Digital Citizen (Idea Website) (Laptops or Ipads needed)	<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
<b>PD Weekly 1</b>	<b>PD Weekly 2</b>	<b>PD Weekly 3</b>	<b>PD Weekly 4</b>	<b>PD Weekly 5</b>	<b>PD Weekly 6</b>	<b>PD Weekly 7 -NB</b> <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)
<b>PD Weekly 1</b>	<b>PD Weekly 2</b>	<b>PD Weekly 3</b>	<b>PD Weekly 4</b>	<b>PD Weekly 5</b>	<b>PD Weekly 6 - NB Maybe any week in the Half Term</b>
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
<b>PD Weekly 1</b>	<b>PD Weekly 2</b>	<b>PD Weekly 3</b>	<b>PD Weekly 4</b>	<b>PD Weekly 5</b>	<b>PD Weekly 6</b>	<b>PD Weekly 7 - NB Maybe any week in the Half Term</b>
Thinking Traps - Introduction	<b>NATIONAL CAREERS WEEK -Skills</b>	More on Thinking Traps	Big Picture Thinking and Catastrophisation	Activities to control emotions	Stress Management	Wellbeing Activity Diversity Linked (led by Prefect Team)

NB Full PD Programme for every year group is available to view on our website: <https://www.suttcold.bham.sch.uk> in the Curriculum and Enrichment menu, Personal development section.

**Summer 1**

Lesson 1	Lesson 2	Lesson 3	Lesson 4
First Aid 1	First Aid 2	Cancer Awareness	Alcohol Safety
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4
Self Esteem – How to boost it	<b>DIVERSITY WEEK</b>	Stress management 3 & 4 (Revisit)	Stress management 4

**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	<b>LITERACY FESTIVAL</b>	Credit /Debit Cards	Money and Wellbeing