

Draft Body, Mind & Spirit Curriculum 2019

Values – Respect, Love, Hope, Peace, Joy, Trust, Resilience

	Aut I	Aut II
Safeguarding <i>Just Talk</i>	How to be safe- at home and in school	Cyber safety
	Firework safety	Road safety
Conduct	Behaviour - Good to be green system – what is restorative justice Classroom expectations and playground rules	Behaviour - How can we show respect to others - treat people like you would like to be treated
	What makes a good friend Y6 – what makes a good buddy	
Attitude to school	Attitude to school - What do I like about my school	Attitude to school – Why do I have to come to school? (Questionnaires)
National initiatives	Anti-bullying SEAL – SAY NO TO BULLYING	Black History
British values	Respect our British values Democracy – election of committees	
<i>Values</i>	<b>Trust</b>	<b>Love</b>
	SEAL – RELATIONSHIPS	Self – esteem: Love yourself –Why is it good to be me. Mantras SEAL – GOOD TO BE ME
	Self-esteem: What can I do to solve my problem	Friendship: How do I look after my friend?
	Friendship:	Conduct - Words have consequences: Think before you speak
	Conduct: Is honesty always the best policy? When is it ok to keep a secret?	Feelings - What is empathy and how can we solve it?
	Feelings:	SG- Pants (sexual exploitation)
	SG- Trusting children you know - Alright Charlie SG – Whisper (trusting/telling adults)	
Keeping healthy 'Walk a mile' introduce – why is exercise good for us?	Personal hygiene	When can medication be dangerous
	Playground games rules – 4 square / football/ climbing frame	
		Which foods keep us healthy? 5 a day
		Fitness challenge Speed bounce challenge – inter-intra competition

	Spring I	Spring II
Safeguarding	Stranger danger	Fire safety (Y2 & Y5 visit from fire fighters)
	Cyber safety – safer internet day NSPCCC	Knife crime – Y56
Conduct	Behaviour:	
Attitude to school		
National initiatives	Children’s Mental health week	
British values	Diversity Empathy and self-awareness- understanding both how we affect others and how we want to be treated ourselves.	
Values	<b>Peace</b>	<b>Hope</b>
	<i>Self-esteem; How can I be at peace with who I am?</i> <b>SEAL – GETTING ON AND FALLING OUT</b>	
	<i>Friendship: what should I do if I fall out with my friend</i>	<i>Self –esteem:</i>
	<i>Conduct – what contribution can I make to make this world a peaceful place?</i>	<i>Friendship:</i>
	<i>Feeling – mindfulness - Introduction to mental health/ Mental health awareness</i>	<i>Conduct: How can you help</i>
		<i>Feelings</i>
		Fitness challenge Skipping inter-intra competition

	Summer I	Summer II
Safeguarding	Phone safety Transport safety – Trains, Bikes, Scooters	Water safety FGM? Staying safe on holiday. Sun safety
Conduct		
Attitude to school		
National initiatives		
British values		
Values	<b>Resilience</b>	<b>Joy</b>
	<b>SEAL – GOING FOR GOALS</b>	
	<i>Self-esteem: Being confident to call upon others when we meet challenges, because resilience is also about knowing when to ask for help.</i>	<i>Self-esteem: Positivity - Making negative thoughts into positive thoughts. My positivity jar. Positive words and compliments</i>
	<i>Friendship: You can’t control other people and their choices, you can only control your response and reaction</i>	<i>Friendship:</i>
	<i>Conduct: How do I learn? The learning pit. Growth mindset</i>	<i>Conduct: Buckets of kindness /Random acts of kindness</i>
	<i>Feelings: How can change make me feel? Awareness – sometimes we have no control over what is happening around us, but we can seek support</i>	<i>Feelings: Anger - What happens to my body when I feel angry. My stages of anger Feelings: Happiness is ..knowing I am loved/giving everyone good wishes/love and peace inside/ Happiness in ourselves (mindfulness)</i>
Keeping healthy 'Walk a mile'	Healthy eating week	
	Fitness challenge Chest push inter-intra competition	Fitness challenge
SRE		

Philosophy for children to fill up any weeks.