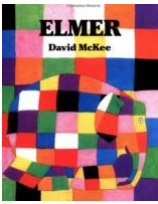
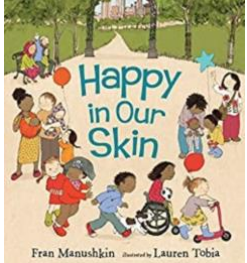




*'I can do all things through Him who strengthens me' Philippians. 4:13*

	<p>Au1 <b>Koinonia</b> <b>Democracy</b></p> <p>Healthy Lifestyle/ Health and Wellbeing</p>	<p>Au2 <b>Generosity</b> <b>Individual Liberty</b></p> <p>Living in the Wider World - Respecting Environment/ Responsibility</p>
<p>Week 1</p> <p>To always explore the British Value of the Term</p>	<p>To always explore the British Value of the Term</p> <p><b>British Value</b> <b>Democracy</b></p> <ul style="list-style-type: none"> <li>To understand the meaning of word Democracy (Using our voice)</li> <li>To understand what Democracy looks like at Bishop King</li> <li>To understand what Democracy looks like in Great Britain (Government)</li> </ul> <p>Please use pupil voice to create class rules/routines.</p>	<p>To always explore the British Value of the Term</p> <p><b>British Value</b> <b>Individual Liberty</b></p> <ul style="list-style-type: none"> <li>To understand the meaning of the words Individual Liberty (Knowing we are free and have rights)</li> <li>To understand we are free to do what's right, as long as it doesn't hurt anyone else.</li> <li>To understand we must respect other people's rights and choices.</li> </ul>
<p>Week 2</p>	<p><b>'Exploring Feelings'</b></p> <ul style="list-style-type: none"> <li>To know understand and recognise different feelings.</li> <li>To understand 'Body Clues' and the affect people's bodies and how they behave.</li> <li>To understand strategies they can use to cope with their own feelings (self regulate).</li> <li>To know how to manage scenarios when things</li> </ul>	<p><b>'We are all equal'</b></p> <ul style="list-style-type: none"> <li>To understand diversity within a community and learn how we respect people who are different to us.</li> </ul> <div style="display: flex; justify-content: space-around;">   </div>

	become difficult.	
Week 3	<p><b>'Keeping Healthy' (Physically)</b></p> <ul style="list-style-type: none"> <li>To understand what it means to be physically healthy.</li> <li>To know what constitutes as a healthy diet.</li> <li>To understand the importance of maintaining good personal hygiene.</li> </ul>	<p><b>'Shared Responsibilities'</b></p> <ul style="list-style-type: none"> <li>To understand what are our own responsibilities and to know my shared and own responsibility in school, community and home.</li> <li>To understand our responsibility in caring for others and all living things</li> </ul>
Week 4	<p><b>Mindfulness/Exploring Mental Health for Younger Children</b></p> <ul style="list-style-type: none"> <li>To understand the importance of keeping our minds healthy as well as our physical health.</li> <li>To understand how to seek support for 'big feelings' and our own coping strategies for 'small feelings.'</li> <li>To know we use mindfulness to reduce stress/worries or anxiety.</li> </ul>	<p><b>'Looking after our Community'</b></p> <ul style="list-style-type: none"> <li>To know and understand why look after our local environment, Bishop King.</li> <li>To know and understand why we keep safe in the local environment, Sincil Bank.</li> <li>To know how to and understand why we look after our wider world</li> </ul>
Week 5	<p><b>'Keeping Safe -Exploring First Aid'</b></p> <ul style="list-style-type: none"> <li>To understand risk in simple everyday situations and what actions to take to minimise harm.</li> <li>To know how to contact people who help us in the community (999)</li> </ul>	<p><b>'Exploring Friendships'</b></p> <ul style="list-style-type: none"> <li>To know what makes a good friend</li> <li>To understand and know strategies to solve conflict between friends (Peer Pressure)</li> <li>To understand how our actions can make others feel (Empathy)</li> </ul>
Week 6	<p><b>Our Class Family</b></p> <ul style="list-style-type: none"> <li>To know and understand who supports us in and out of school.</li> </ul>	<p><b>'My Support Network – (Review)'</b></p> <ul style="list-style-type: none"> <li>To know which adults can help me?</li> <li>To know members of the community can help me?</li> </ul>

	<ul style="list-style-type: none"><li>• To know who is in their 'Support Network' (Friends, Family and School Staff)</li></ul>	<ul style="list-style-type: none"><li>• To know which friends can help me?</li><li>• To know could I help myself?</li></ul>
Week 7	<p><b>'Ourselves Growing and Changing'</b></p> <ul style="list-style-type: none"><li>• To understand and know what makes them special and the ways in which we are all unique.</li><li>• To know what they are good at, what they like and dislike.</li><li>• To understand the importance of aspirations. (Dream Big)</li></ul> 