

SEMH/PHSE	Autumn 1 Life Skills: Resilience/Tolerance	Autumn 2 Living in the Wider World: Diversity/ Inclusion	Spring 1 Mental Health and Wellbeing: Anti- Bullying/Empathy	Spring 2 Mental Health and Wellbeing: ADHD, SEMH studies	Summer 1 Living in the Wider World: Tackling Racism	Summer 2 Life Skills: Teamwork (Kit Car Event)
	Autumn (1) 7 Weeks	Autumn (2) 8 Weeks	Spring (1) 6 Weeks	Spring (2) 6 Weeks	Summer (1) 5 Weeks	Summer (2) 6 Weeks
What We Will Learn	Children will explore how to express their thoughts and feelings respectfully and how to be assertive when in uncomfortable situations. The lessons centre on themes such as thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mind-set approach to learning.	Children will explain what is meant by a 'diverse' society in relation to the United Kingdom. They will learn about the benefits of living in a diverse society. They will learn what is meant by a 'diverse' society in relation to the United Kingdom and explain what is meant by inclusion and discrimination.	Children will understand how bullying can impact upon someone's mental health and understand why people may bully and offer support.	Children will learn about different mental health conditions that are atypical for children with Social, Emotional and Mental Health difficulties such as ADHD, ASD and Dyslexia. They will learn how to identify personal triggers that can lead to frustrations.	Children will discuss racism in an open and safe environment and ask questions. They will learn how to be empowered and how to challenge racism appropriately.	Children will learn how to work as a team by building an electric car. They will learn about turn taking and the main components of a functioning electric car. They will learn about health and safety of tools and specialist equipment.
What We Will Do	Pupils will suggest ways to make things right after a mistake has been made and explain how mistakes help them learn and grow. Pupils will understand that it is important to look after our mental health. Recognise and describe a range of positive and negative emotions. Discuss changes people may experience in their lives and how they might make them feel. Talk about things that make them happy and help them to stay calm. Identify uncomfortable emotions and what can cause them.	Pupils can identify and demonstrate how they can value and celebrate diversity. They will look at ways to challenge discrimination. Children will demonstrate an understanding of what inclusion and discrimination looks like.	Children will be able to identify a bully, bystander and victim (board game available). They can provide positive reassurance to a victim of bullying. Children can understand what empathy is and use empathy to change behaviour and build better relationships.	Children will look at characteristics of different mental health conditions that are relatable to their personal experiences. Children will gain an understanding of the positive aspects of these mental health diagnoses and be able to identify them.	Children will use techniques like active listening to help develop understanding. They will explore what a stereotype is and start to challenge assumptions. They can celebrate others' differences and similarities through speaking and listening activities.	Children will learn how to work together as part of a team by contributing to the electric kit car project. They can show sportsmanship by working together but also competing against other schools.
Skills Learned	Pupils will be able to identify a range of different emotions and be able to implement strategies learned to be tolerant of others.	Pupils will develop an understanding of diversity and inclusion within our society. They will be able to share their own opinion about inequality.	Pupils will develop their speaking and listening skills and be able to use empathy to challenge bullying behaviours.	Pupils will be able to find personal strategies to support their mental health and well-being of themselves and others and use coping strategies to deal with change and frustration.	Pupils will be able to understand what racism is and have the confidence and knowledge to challenge racist behaviours.	Pupils will learn how to communicate effectively as part of a team and be able to transfer their skills of problem solving into a real life setting