Life Skills Mid Term Plan

Relationships	Keeping Safe	Understanding the Law	Wellbeing
Behaviour	Passport	Unique week/day	Beach school

	Autumn 1 (7 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (7 weeks)
REC	Our routines help us feel safe.	Feelings are information.	Respect: words, tone, space and listening.	Choices, impact and responsibility.	Physical and emotional safety.	Independence and resilient learning
	Respectful movement, listening and transitions.	Children in Need (13th Nov)	Belonging, difference and inclusion.	Natural and logical consequences.	Neurodiversity Week (19th to 23rd April)	Pride month (June) Refugee Week (14th to 18th June)
	When routines go wrong: reset and repair.	Anti-Bullying Week (16th to 20th Nov)	Conflict, unkindness and bullying.	Repairing harm and rebuilding trust.	Safe adults, reporting and bystander choices.	Leadership and positive peer influence.
	What can I do if I'm feeling big emotion?	Triggers, stress and regulation.	How can adults at school help me?	Red Nose Day (19th March)	Online behaviour, influence and reputation.	Change, transition and celebrating growth.
	How can I be a good friend?	Asking for help and returning to learning	Children's Mental Health Week (1st to 5th Feb)	How can I keep safe at school?	Who are the police and how do they help us?	How can I be a germ buster?
	Black History Month (Oct)	How can I make other pupils feel happy?	Internet Safety Day (9th Feb)	How can I keep safe at home?	What are rules?	How does food help me?
	Hello Yellow Day (9th Oct)	How can I play nicely with other?	How can I play safely?		What are consequences?	How does exercise help me?
	Beach school		Beach school		Beach school	
	What are emotions?	What is empathy?	What is respect?	What is resilience	What is risk?	What is self-worth?

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	Autumn 1 (7 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (7 weeks)
Year 1	Our routines help us feel safe.	Feelings are information.	Respect: words, tone, space and listening.	Choices, impact and responsibility.	Physical and emotional safety.	Independence and resilient learning
	Respectful movement, listening and transitions.	Children in Need (13th Nov)	Belonging, difference and inclusion.	Natural and logical consequences.	Neurodiversity Week (19th to 23rd April)	Refugee Week (14th to 18th June)
	When routines go wrong: reset and repair.	Anti-Bullying Week (16th to 20th Nov)	Conflict, unkindness and bullying.	Repairing harm and rebuilding trust.	Safe adults, reporting and bystander choices.	Leadership and positive peer influence.
	How can I make friends?	Triggers, stress and regulation.	How can I keep safe in new places?	Red Nose Day (19th March)	Online behaviour, influence and reputation.	Change, transition and celebrating growth.
	What if my friends are making me feel sad?	Asking for help and returning to learning	Children's Mental Health Week (1st to 5th Feb)	Who are my trusted adults?	How can I be responsible?	What do the police do? What is 999?
	How can I be an empathy expert?	How can I be an ally?	Internet Safety Day (9th Feb)	How can I speak up?	What is bullying?	Why have different rules in different places?
	Black History Month (Oct)	What makes me special?	How can I use things at home safely?	How can I share my feelings?	Why is name calling unkind?	What can happen when rules are broken?
	Hello Yellow Day (9th Oct)	What do feelings feel like?	What is private information?			
	Beach school		Beach school		Beach school	

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	Autumn 1 (7 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (7 weeks)
Year 2	Our routines help us feel safe.	Feelings are information.	Respect: words, tone, space and listening.	Choices, impact and responsibility.	Physical and emotional safety.	Independence and resilient learning
	Respectful movement, listening and transitions.	Children in Need (13th Nov)	Belonging, difference and inclusion.	Natural and logical consequences.	Neurodiversity Week (19th to 23rd April)	Refugee Week (14th to 18th June)
	When routines go wrong: reset and repair.	Anti-Bullying Week (16th to 20th Nov)	Conflict, unkindness and bullying.	Repairing harm and rebuilding trust.	Safe adults, reporting and bystander choices.	Leadership and positive peer influence.
	How are we the same? How are we different?	Triggers, stress and regulation.	Why does age matter?	Red Nose Day (19th March)	Online behaviour, influence and reputation.	Change, transition and celebrating growth.
	How can I work with different people?	Asking for help and returning to learning	Children's Mental Health Week (1st to 5th Feb)	What are different types of meetings?	What is fire safety?	What does it mean to be healthy?
	Black History Month (Oct)	How do I share family worries?	Internet Safety Day (9th Feb)	What are private body parts?	What are needs and wants?	How can I look after my body?
	Hello Yellow Day (9th Oct)	Why are relationships important?	What is the internet?	What are medicines?	What is a job?	Why is sleep important?
			How can I keep safe online?		What is money?	
	What is a family?	How can I deal with change?	What are the risks of video gaming?			When do I need to take a break?
	Beach school		Beach school		Beach school	
	What is empathy? What is resilience?	What is future planning?	What is respect? What is risk?	What is self-worth?	What is fact finding?	What is informed decision-making?

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	Autumn 1 (7 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (7 weeks)
Year 3	Our routines help us feel safe.	Feelings are information.	Respect: words, tone, space and listening.	Choices, impact and responsibility.	Physical and emotional safety.	Independence and resilient learning
	Respectful movement, listening and transitions.	Children in Need (13th Nov)	Belonging, difference and inclusion.	Natural and logical consequences.	Neurodiversity Week (19th to 23rd April)	Refugee Week (14th to 18th June)
	When routines go wrong: reset and repair.	Anti-Bullying Week (16th to 20th Nov)	Conflict, unkindness and bullying.	Repairing harm and rebuilding trust.	Safe adults, reporting and bystander choices.	Leadership and positive peer influence.
	Who are my key people?	Triggers, stress and regulation.	What are emergency services? Situations?	Red Nose Day (19th March)	Online behaviour, influence and reputation.	Change, transition and celebrating growth.
	How should we treat people?	Asking for help and returning to learning	Children's Mental Health Week (1st to 5th Feb)	What words can I use to talk about my feelings?	How can I be a responsible citizen?	How can vaccinations support our health?
	Black History Month (Oct)	What do we mean by friendships?	Internet Safety Day (9th Feb)	How can I share my worries?	What is the law and why do we have it?	What is mental health?
	Hello Yellow Day (9th Oct)	What is bullying?	What do we mean by risk?		How do we enforce the law?	How can intense feelings feel?
	What can I do when friendships go wong?	How does school help me?	When should I break a secret?		What are pupils' rights?	What am I good at?
	Beach school		Beach school		Beach school	

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	Autumn 1 (7 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (7 weeks)
Year 4	Our routines help us feel safe.	Feelings are information.	Respect: words, tone, space and listening.	Choices, impact and responsibility.	Physical and emotional safety.	Independence and resilient learning
	Respectful movement, listening and transitions.	Children in Need (13th Nov)	Belonging, difference and inclusion.	Natural and logical consequences.	Neurodiversity Week (19th to 23rd April)	Refugee Week (14th to 18th June)
	When routines go wrong: reset and repair.	Anti-Bullying Week (16th to 20th Nov)	Conflict, unkindness and bullying.	Repairing harm and rebuilding trust.	Safe adults, reporting and bystander choices.	Leadership and positive peer influence.
	How can we be role models?	Triggers, stress and regulation.	How can I keep safe in my local area?	Red Nose Day (19th March)	Online behaviour, influence and reputation.	Change, transition and celebrating growth.
	What is a healthy friendship?	Asking for help and returning to learning	Children's Mental Health Week (1st to 5th Feb)	How can we keep safe on the road?	How do my choices help me to be healthy?	What is my body trying to tell me?
	Black History Month (Oct)	What are protected characteristics?	Internet Safety Day (9th Feb)	What are hazards in the home?	What are healthy habits?	How does school build my character?
	Hello Yellow Day (9th Oct)	What is diversity?	How can I respect my environment?	What is first aid?	Why is food fuel?	What can I be?
	What is peer influence?	What is discrimination?	Who do I encounter?		How can I be a hygiene hero?	
	Who makes up my community?	What is a hate crime?				
	Beach school		Beach school		Beach school	

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	Autumn 1 (7 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (7 weeks)
Year 5	Our routines help us feel safe.	Feelings are information.	Respect: words, tone, space and listening.	Choices, impact and responsibility.	Physical and emotional safety.	Independence and resilient learning
	Respectful movement, listening and transitions.	Children in Need (13th Nov)	Belonging, difference and inclusion.	Natural and logical consequences.	Neurodiversity Week (19th to 23rd April)	Refugee Week (14th to 18th June)
	When routines go wrong: reset and repair.	Anti-Bullying Week (16th to 20th Nov)	Conflict, unkindness and bullying.	Repairing harm and rebuilding trust.	Safe adults, reporting and bystander choices.	Leadership and positive peer influence.
	How can my adult relationship affect my future?	Triggers, stress and regulation.	What are the risks with money?	Red Nose Day (19th March)	Online behaviour, influence and reputation.	Change, transition and celebrating growth.
	Why are our special people important?	Asking for help and returning to learning	Children's Mental Health Week (1st to 5th Feb)	What can and can't I do on the internet?	What is media influence?	How might being online impact the way I feel?
	Black History Month (Oct)	What is peer pressure?	Internet Safety Day (9th Feb)	What is media literacy?	What do I know about drugs?	How might my activity levels impact the way I feel?
	Hello Yellow Day (9th Oct)	What are online friendships?	What is gambling?	What are deep fakes?	What is my personal identity?	How might school impact the way I feel?
	How do rules help our community?	What is grooming?	How can we keep our things safe?		How might puberty impact the way I feel?	How can drugs and alcohol make people feel?
	What are my personal boundaries?	How do words have power?	How can we use our phones sensibly?			
	Beach school		Beach school		Beach school	

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	Autumn 1 (7 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (7 weeks)
Year 6	Our routines help us feel safe.	Feelings are information.	Respect: words, tone, space and listening.	Choices, impact and responsibility.	Physical and emotional safety.	Independence and resilient learning
	Respectful movement, listening and transitions.	Children in Need (13th Nov)	Belonging, difference and inclusion.	Natural and logical consequences.	Neurodiversity Week (19th to 23rd April)	Refugee Week (14th to 18th June)
	When routines go wrong: reset and repair.	Anti-Bullying Week (16th to 20th Nov)	Conflict, unkindness and bullying.	Repairing harm and rebuilding trust.	Safe adults, reporting and bystander choices.	Leadership and positive peer influence.
	What is a debate?	Triggers, stress and regulation.	What is spiking?	Red Nose Day (19th March)	Online behaviour, influence and reputation.	Change, transition and celebrating growth.
	How can we respect different relationships?	Asking for help and returning to learning	Children's Mental Health Week (1st to 5th Feb)	What different types of crime are there?	What is a weapon?	What does adulthood look like?
	Black History Month (Oct)	How can we challenge sexism?	Internet Safety Day (9th Feb)	What is anti-social behaviour?	What is shop theft?	How can I re-frame my thinking?
	Hello Yellow Day (9th Oct)	What is my relationship with authority?	What does the law say about drugs?		How can I manage school positively?	What is grief?
	What does the law say about marriage?	Why does media have age restrictions?	What is the issue with addiction? (vaping/smoking)		How can I get ready for secondary relationships?	How can I seek support for my mental health?
	How can we be allies against racism?	How is my data shared?				
	Beach school		Beach school		Beach school	
	What is empathy? What is resilience?	What is future planning?	What is respect? What is risk?	What is self-worth?	What is fact finding?	What is informed decision-making?

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Unique week/day	Black History Month (Oct) Hello Yellow Day (9th Oct)	Children in Need (13th Nov) Anti-Bullying Week (16th to 20th Nov)	Children's Mental Health Week (1st to 5th Feb) Internet Safety Day (9th Feb)	Red Nose Day (19th March)	Neurodiversity Week (19th to 23rd April)	Pride Month (June) Refugee Week (14th to 18th June)
Collective worship values	Healthy relationships	Valuing differences	Healthy lifestyle	Growing changing	Rights and responsibilities	Aspirations for the future