Our curriculum takes advantage of repeated topics each year in all year groups, creating a spiral of progression. This builds year on year, allowing children to build on their prior knowledge, make progression and access an age-appropriate curriculum. Throughout our curriculum it allows our children to develop their self-awareness, self-management, social awareness, relationship skills and responsible decision making. To aid self-regulation and foster good mental wellbeing within our pupils, lessons devote 10 minutes of mindfulness and self-reflection through a range of activities and strategies.

EYFS – Children learn to understand and manage their feelings, build relationships, and develop confidence and independence through structured play and discussion, preparing them to recognise themselves as part of a community.

Autumn term focuses on getting to know each other with in our classrooms aiding transition into new classes.

Spring term focuses on living in the wider curriculum, our own health and behaviour. And how the wider world i.e. media, can affect us.

Summer term topics focus on growing and changing individually. How we deal with change, this allows pupils time to prepare for transition to new classes and to new journeys in schooling i.e. Y6 pupils moving to secondary school.

KS1 – children's learning is more focussed on them learning about themselves, building self-awareness and where they are in the local community.

KS2 children continue to develop their self-awareness and become more socially aware. They will develop their awareness of the wider community and the impact they have on the wider world.

Autumn	Spring	Summer
Feelings	Health & Wellbeing	Manage feelings
Sharing Opinions	Rights	Change & loss
Similarities & Differences	Community	Growing & Changing
Bullying	Behaviour	Hygiene & Health
Secrets	Money	Keeping safe in the environment
Appropriate Touch	Media	Privacy

This is ongoing throughout our school values, but we focus on bullying here to coincide with anti-bullying week nationwide.

It is important that children develop their understanding of our similarities and differences allowing us to show mutual respect, as well as accepting and being tolerant of each other – linked to British values.

We allow children time to learn to communicate with each other, develop lasting listening skills and responding to others sensitively and develop a strong sense of tolerance and mutual respect.

The focus of money and media across the school allows all children to become critical consumers and develops responsible decision makers.

These topics are especially important for Year 5&6 children as they prepare for life in the wider community and moving to secondary school, ensuring they understand how to keep safe out and about in the local environment and navigate the way through an ever-changing world.