

L4L Topics	Term 1 <u>Being Me in My World</u> (Including First Aid Education)	Term 2 <u>My Relationships</u>	Term 3 <u>My Health and Wellbeing</u>	Term 4 <u>Celebrating Diversity</u>	Term 5 <u>Community Values and Life Skills</u>	Term 6 <u>Coping with Change (RSE)</u>
National dates reflected in school	October is Black History Month Remembrance 11.11.22 Anti-bullying 14-18.11.22: Reach Out 14-20 Nov Parliament Week		February is LGBT History Month Valentine’s Day and Safer Internet Day 14.2.23 Children’s Mental Health Week 6-12.2.23 International Women’s Day 8.3.23: Break The Bias Comic Relief 18.3.23 <u>World Autism Acceptance Week (National Autistic Society) 29.3-4.4.23</u> <u>Neurodiversity Celebration Week 21-27.3.23</u>		April is World Autism Awareness Month Earth Day 22.4.23 Deaf Awareness Week Mon 1–7.5.23 May is Local & Community History Month June is Pride Month	
	School Events 2022-2023	Japanese Culture and Community Day 20.10.22	C&C: St Andrew’s 30.11.22 Festive Enterprise Projects during PD culminating in the Christmas Fairs. Christmas celebrations.	Safer Internet Day Tuesday 8 th February 2022 "Together for a better internet" Wellbeing Day Friday 10 th February	Culture and Community Events: St David’s Wed 1.3.23, St Patrick’s Fri 17.3.23 Friday 18 th March Comic Relief and Charity Day <u>PRIDE OF LALEHAM GAP Friday 31st March</u> Easter (Sunday 9 th April)	Culture and Community Events: St George’s Day 23.4.23 celebrated Monday 24 th April 2023 Wellbeing Day 5 th May

In addition to the topics studied, there are opportunities to practise Communication and Interaction Skills through Starter Social Games and visiting specialists/guests. We also aim to develop Life Skills and Confidence through sessions on and off-site e.g. local shops, cinema, libraries, visits to places of worship and Art/Youth Centres.

Yr1 (KS1 A)	Being Me: feeling special, safe and part of a class; introduction to rights and responsibilities. Stay calm and ask for help My World: Class and School Charter; Vote for School Council rep.	Belonging to a family Same and Different: making friends Anti-bullying: Understanding what bullying is and knowing what to do. What is Christmas? Christmas traditions and gift giving.	Introduction to Happy and Healthy Me Recipe Book	Central religious symbols and idea of belief	Caring for others (Stories from across the world religions)	Introduction to Life Cycles and change.
Yr2 (KS1 B)	Being Me: Hopes and fears; rights and responsibilities; rewards and consequences; choices. My World: Class and School Charter; Vote for School Council rep. Who are First Aiders?	Different types of families. Trust and boundaries between people. Anti-bullying: Recognising right and wrong in behaviour Gender Diversity Recognising but accepting differences.	Happy and Healthy Me Recipe Book: Relaxation and energy boosts	The Easter Story and basic introduction to Christianity	Food and Fasting Introduction to Fairtrade	Growing young to old; assertiveness; preparing for transition.
Yr3 (LKS2 A)	Being Me: Setting personal goals and facing challenges positively. My World: Class and School Charter links to Global community; Vote for School Council rep. Introduction to First Aid: Stay safe, stay calm, do your best.	Family roles and responsibilities; Conflicts and solutions; power of words. (Text: 'Buckets, Dippers and Fillers') Anti-bullying: Words can hurt. What to do?	Happy and Healthy Me: Keeping safe	Who was Buddha? Idea of peace and Mindful activities	Nature and God. Caring for our World.	How babies grow in humans and animals; Family stereotypes; Puberty – preparing for changes.

Yr4 (LKS2 B)	Being Me: Being part of a class team; How my attitudes and actions affect myself and others. My World: Democracy links to Class, School and Global Charters; Vote for School Council rep. Basic First Aid including Asthma and choking	Challenging assumptions including judging by appearance. Jealousy, Love and Loss – Memory boxes Anti-bullying: being a witness or a target –what to do.	Healthy friendships and social choices (physical and emotional impacts of drinking and smoking)	Muhammed and introduction to Islam	Animals: friends, food or foes?	Puberty changes in boys and girls; accepting change.
Yr5 (UKS2 A)	Being Me: Plans for the upcoming year; Understanding my rights and responsibilities as a pupil at this school and as citizen of this country. My World: Comparison with Laleham and schools in developing countries; Vote for School Council rep. Emergency First Aid (How to get help, recovery position.)	Cultural differences: Recognising Racism, enjoying and respecting other cultures. (Black History Month) My relationship with and through technology: online communities, screen time, staying safe, online gaming. Anti-bullying: rumours and name-calling	Happy and Healthy Me: Healthy Body Image	Introduction to Hinduism Deities and reincarnation	Introduction to Sikhism Sacred spaces and places of worship: Making our own sacred/special place	Preparing for teenage identity; coping with change.
Yr6 (UKS2)	Being Me: Identifying goals and opportunities to role-model; Democracy and Pupil Voice at Laleham Gap School and across the UK.	What does ‘normal’ mean to you? Disability, disorder or difference? Anti-bullying: Power struggles and why some people bully	Happy and Healthy Me: Healthy Body, Healthy Mind (Managing risk and pressure; substances that affect our health e.g. sugar)	Holy Texts in Religion. Comparison of Judaism and Christianity.	People of faith – how beliefs impact our lives.	Romantic relationships (incl. safe and appropriate communication); reflecting on physical and emotional changes.

	My World: Universal Rights: How I can impact my local and global community. Vote for School Council rep. Emergency First Aid: What to do when things go wrong.	Empathy and respect in relationships.				
Year 7:	Transition to secondary school and getting to know one another. Laleham being a Rights Respecting School First Aid: Bleeding; School First Aiders; First Aid Kits; Getting help. Year 7 Council campaigns and election.	Do we need to feel the 'same as' to belong? Exploring family life <u>Anti-bullying and Healthy Friendship Skills</u>	How can we optimise our mental and physical health? Stress Management Exercise Sleep Hydration Healthy routines Influences on our Health	Around the world: Exploring Faith Protected Characteristics: Religion Experiential exploration of Major World Religions.	Green Living and Activism Sustainability: how can we be responsible at home and school? Learn about local 'green' shops, businesses and communities. Reduce, Reuse, Recycle.	Puberty: How do I feel about becoming a young adult? Managing physical, emotional and relational changes. Rethink Periods
Year 8	First Aid: CPR, AEDs and Emergency; Asthma and Allergies Introduction to UK Parliament including the roles of citizens, Parliament and the monarch. Yr8 Council campaigns and election.	How different are we really? Because I'm worth it...or am I? Relationship with Self. Managing control and coercion <u>Anti-bullying: Bullying Detox</u> <u>Digital resilience</u> <u>LGBT bullying</u>	Wellbeing Toolkit Growth vs Fixed Mindset Resilience training Problem-solving skills Self-Care Using physical activity to combat stress Nutrition and Vaccinations	Neurodiversity and Me Protected Characteristics: Disability Practical exploration of Neurodiversity including our own strengths and challenges so we can understand how we can learn and live better.	(Neurodiversity and Me cont. as necessary) Financial decision making Saving, borrowing, budgeting and making financial choices. Animal Rights and Animal Care	Puberty and Adolescent toolkit What factors make an intimate relationship happy and healthy? Body Image Consent Period Hygiene

Year 9	First Aid: Choking and Head Injuries Active Citizenship and Politics Opportunity for virtual workshop/Visit from Parliament outreach officer Research local issues, support a local cause/contact local MP. Yr 9 Student Council campaigns and election.	Equality, Discrimination and Bullying: Boundaries and behaviour. Managing conflict and the dangers of running away <u>Anti-bullying:</u> <u>Peer Approval/Pressure and Gangs</u>	How can substances impact on wellbeing? Exploration of legal/illegal substances which can impact our health: Sugar, Caffeine, Alcohol, Drugs. Managing Peer influence/ assertiveness with lifestyle choices.	Prejudice and Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia. Persecuted People then and now (focus on Judaism and Islam). Protected Characteristics: Race, Religion, LGBT.	Digital literacy Online safety, Cybercrime, digital literacy, media reliability, and gambling hooks. Travel Skills and Hobbies Organisation, Safety and Confidence.	Let's talk about... Self Esteem, Safety and Sex Self-Esteem and Assertiveness Revision Respect, Choices and Consequences British Law regarding Sexual Relationships; FGM; online activity.
Year 10	First Aid: Bleeding, Shock and Chest Pains. The Basics of Budgets and banking for a young person (income and expenditure, support available). Yr10 Student Council campaigns and election.	Is love all you need? Relationship with yourself and others including Gender and Sexual Identity. Screen vs reality. <u>Anti-bullying:</u> Sexual behaviour and the law including Sexting and Grooming.	Health MOT Gambling – Financial Health Healthy Habits vs Addiction Body Image / Eating Disorders	The Right to Belong Communities, belonging and challenging extremism * Investigating the experiences of young asylum seekers and refugees. Big Q: How can St George's Day reflect our British values?	Building Independence: Practise accessing/ Meet people from Local Services and Clubs. Staying safe while socialising online and in person 'Real Life' Skill/Responsibility Challenges * First Aid catch up	Balancing Act Physical desires and Emotional needs Sexual Health, Consent, and Coercion. Being a Parent or Carer

Year 11	First Aid: Choking, CPR, AEDs; Bone. Muscle and Joint Injuries Are we in the adult world at 16? Financial Health (including risks of Gambling) credit and debt, insurance, savings and pensions, financial products and services. Yr11 House Leader campaigns and Staff vote	Identity and Relationships Marriage and relationship rights (LGBT+ rights and protection against honour and hate-based violence) Family / Parent responsibilities <u>Anti-bullying focus:</u> Managing Conflict in friendships and intimate relationships. Hate/revenge crime and support.	Managing pressure, anxiety and overwhelm – especially with Change and Exam Season. MHFA Maintaining Healthy Self-Esteem	LGBT History and Equality Protected Characteristics: LGBT, Sexual Orientation, Gender reassignment. Diverse Families, Marriage and Pregnancy.	Internal and External Strategies Time Management Relaxation Mental Fitness Concentration Self-Care SRE Clinic: experimentation, contextual support. Preparing for Post-16 experiences Celebrating Growth and time at LGS.	
Post 16	Personalised provision that caters to individual SMSC and EHCP needs with full participation in Student Elections, National Awareness Days and School Events.					