

Key learning objectives and topics covered lesson by lesson:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Healthy Minds lesson 1 To identify what is meant by healthy minds and self-talk	Assertiveness To develop assertive behaviour in difficult situations	Overcoming procrastination/ Knowledge organizer retest To examine ways of overcoming procrastination	Healthy Lifestyle Choices To examine how to make healthy lifestyle choices (Hygiene, diet, dental care)	Religious Places of worship To examine why places of worship are important to religious people Knowledge organizer retest	Religious views on war To examine how religious beliefs influence involvement in war
Feelings and emotions To examine links between thoughts and feelings	Negotiation To practice the skills of negotiation	Social Skills development To develop social skills by applying healthy minds knowledge	The Importance of Sleep To examine the importance of the amount and quality of sleep	Christian Rules for living To evaluate the importance of the 10 commandments	The 9/11 Attacks To explain how acts of violence lead to religious discrimination
Different thinking styles To understand the different types of mindset that people have and how Self-talk affects these.	Coping Strategies To practice coping strategies for when we feel extreme anger or sadness	Decision Making To evaluate options to make positive decisions	Healthy Eating and Exercise To explore the importance of a healthy diet and exercise	Islamic Key Beliefs To identify what is meant by the 5 pillars of Islam and how they influence Muslims	Islamophobia To examine how prejudice links to discrimination
Looking for evidence To examine how to avoid jumping to conclusions	Solving Dilemmas To use problem solving skills to solve dilemmas	Problem Solving To consider the thoughts of others when problem solving	Physical Changes within Puberty To identify physical changes within puberty	Buddhist rules for living To examine the 5 precepts and their influence on Buddhists	Extremism and Radicalisation To identify how people influence the beliefs of others
The file game To find evidence to challenge negative thoughts	Visualized relaxation To try visualization techniques as a method of supporting challenging emotions	Contingency lessons This lesson time is largely for additional time where lessons may overlap or areas of misconception are addressed. Additional healthy minds application lessons are available.	Mental and emotional changes within puberty To examine how to manage physical and emotional changes in puberty	Life after death To examine differing beliefs on life after death	Forgiveness To examine views towards forgiveness
Putting it into perspective To examine how to avoid catastrophizing	Knowledge organizer test		FGM To identify what is meant by FGM and how to access support Knowledge organizer test	Does God Exist? To evaluate arguments for and against the existence of God	Contingency lesson time for additional coverage of topics
Real time resilience To challenge negative thoughts in the moment					