Summer Term 1

Topic Title: Healthy Hearts and Minds

Wellbeing	Computing	Art	Design and Technology
Children will: - Recognise how information in the media (and online) can affect how people feel about themselves. - Resolve disputes and conflict through negotiation and compromise. - Identify long term goals and how to work towards them. - Reflect on skills they have developed to identify and respond to difficult situations. - Understand and plan for a healthy lifestyle. - Use mindfulness to manage emotions.	**Children will:** - Use technology safely, respectfully, and responsibly; - Recognise acceptable and unacceptable behaviour online. - Be discerning in evaluating digital content.	**Children will:** - Improve mastery of art and design techniques, including drawing. - Learn about great artists, architects, and designers in history. - Create sketch books to record observations and use them to review and revisit ideas.	

Key drivers of the curriculum

Aspirations	Global citizenship	Wellbeing
- Increase one's own emotional intelligence, being able to communicate effectively with everyone (both children and adults). - Be champions of mental health, promoting wellbeing in their homes/schools/workplaces.	- Displaying empathy towards others. - Embrace mental health and wellbeing, encouraging everyone to talk about their feelings when needed.	- Looking after the mental health of self and others. - Identifying what 'good' mental health is and what can be done to achieve/maintain this.

Core links through the curriculum.

Basic Skills
Real World Applications

English	Maths	Using Technology including Computer Science	Science
Key texts - The Boy at the Back of the Class - Wonder - Self-help books relating to wellbeing **Writing opportunities** - Conflict resolution guide - To-do lists – Creating the perfect future self - Create resilience toolbox - Create a relaxation booklet **Reading opportunities** - Self-help books relating to wellbeing		- Learning key e-safety skills to keep self and others safe online. - Learning about 'cyberbullying' and how to tackle it. - Using online chat safely. - Evaluate media aimed at boys and girls. - Learning how to act in a variety of online scenarios.	

Objectives	Activities
Wellbeing:	
- I know that social media can affect how people feel about themselves - I know that sometimes people mask their real feelings - I can describe what conflict, negotiate and compromise mean - I can describe qualities I want to have - I can create achievable goals - I can describe a range of resilience strategies - I understand the importance of a healthy diet, good oral hygiene, rest and relaxation and physical activity - I understand the importance of relaxation - I know a range of relaxation strategies	- Create a mask for a made up character who presents a very positive image on social media. - Create a resolution guide which includes steps and advice someone could take to resolve a conflict. - Drawing a picture of what they would like their future selves to be like, labelling skills or values that cannot be seen. - Create a resilience toolbox. - Fill in a Healthy Body and Mind Grid and in one colour, add what they are already doing for each of these four areas, based on the ideas discussed. - Take part in mindfulness meditation.
ICT:	
- I can find similarities and differences between in person and cyberbullying. - I can identify good strategies to deal with cyberbullying. - I can identify secure websites by identifying privacy seals of approval. - I understand the benefits and pitfalls of online relationships. - I can identify information that I should never share. - I can identify how the media play a powerful role in shaping ideas about girls and boys. - I can apply my online safety knowledge to my online activities. - I can use my knowledge of online safety to create a multiple-choice quiz.	- Children to write about how cyberbullying is similar or different to bullying in person. - Children to find out how to know whether a website is secure or not - Children to learn about how to use online chat safely - Children will evaluate media aimed at boys and girls - Children will learn how to cope in a variety of online scenarios - Successfully complete an online safety quiz
Art	
- I can draw details carefully. - I can tell you about the artist Rousseau. - I can show colours. - I can print. - I can tell you about the artist India Flint. - I can make a paper plant. - I can finish a 3D model. - I can tell you about the artists Alexander Calder and David Oliveira.	- Complete an observational drawing of their plant or flower in sketchbooks using pencil. - Complete an observational drawing of a plant in coloured pencil/oil pastel. - Complete individual Hapa-Zome designs using plants and flowers available to them. - Make plants or flowers from paper. - Work in pairs to construct their plant or flower.