

Self - Care

- Recognising that we are growing into teenagers and developing into our adult selves.
- Children to start to consider the type of person they want to become.
- Consider personal hygiene as they grow.

Rights & Responsibilities

- Understanding how we are responsible for our own choices and identifying the right choices to make.
- Exploring age of criminal responsibility and law breaking.

The World Around Us

- Understanding different purposes for travel.
- Explore different cultures and traditions.
- Comparison studies of other countries.
- Exploring how to travel safely.

Being Our Best Selves (Year A)

Autumn 1

Cherry Base

A topic designed to get Cherry base children to start thinking about the type of person they want to be, especially as they begin to transition to secondary schools.

Community Involvement

- Becoming a valued member of the community by participating tasks to support the local community.
- Exploring local charities.

British Values

- Recognising choices we have and exploring the right to vote for what is important to use.
- Developing understanding of the group plan.

Life Skills and Employment

- Identifying their areas of strength.
- Exploring careers that they think they might be good at.
- Considering what other people value about them,

<u>Useful links</u>	<u>Related books / texts</u>	<u>Videos</u>	<u>Activity suggestions</u>	<u>Visit ideas</u>
https://sexedrescue.com/puberty-books-disability/			Plan Bee – My Body Plan Bee – I Am Awesome Plan Bee – All About Me Plan Bee – The World of Work	

Key dates:

National Fitness Day – 18th September

World Mental Health Day – 10th October

World Occupational Therapy Day – 27th October