

Key Stage 1 – Year A	Key Stage 1 – Year B	Key Stage 2 – Year A	Key Stage 2 – Year B
Autumn term – Key Stage 1 MindUP focus How do our brains work? What does it mean to be mindful? How can I begin to be mindful? Hilltop Golden Rules and Values How can we aim high? What does kindness look like? What are our school values? Finding Friends and being a friend What makes a good friendship? How do I make friends? How can we help people who are lonely or sad? What can we do to fix an argument?	Autumn term – Key Stage 1 MindUP focus How do our brains work? What does it mean to be mindful? How can I begin to be mindful? Hilltop Golden Rules and Values How can we aim high? What does kindness look like? What are our school values? Finding friends and being a friend What is bullying and what can I do about it? How can our bodies and feelings be hurt by bullying? What can I do when things go wrong on the playground?	Autumn term – Key Stage 2 MindUP focus How do our brains work? What does it mean to be mindful? How can I continue to be mindful? Hilltop Golden Rules and Values What does a positive role model look like in school? What does it mean to be aspirational? Finding friends and being a friend What is peer pressure? What can I do if someone asks me to do something that doesn't feel right or makes me uncomfortable? When might it be okay to break someone's confidence or share a secret?	Autumn term – Key Stage 2 MindUP focus How do our brains work? What does it mean to be mindful? How can I continue to be mindful? Hilltop Golden Rules and Values What does a positive role model look like in school? How can I practise resilience? Finding friends and being a friend How can I tell if someone is being bullied? What does online bullying look like? How do I respond to hurtful behaviour that I experience or see?
Spring term – Key Stage 1 MindUP focus Mindful Listening Mindful Movement I Families and relationships Who loves and cares for me? How do my important grown-ups show me they love me? How can families differ from each other? What are the common features of family life? Rules, Rights and Responsibilities What are the rules I must follow at school and at home? Why must I follow rules? What responsibility do I have for caring for other people and living things?	Spring term – Key Stage 1 MindUP focus Mindful Seeing Mindful Movement II Families and Relationships Who are safe people in my life? How do I stay safe around strangers? What do I do if I get lost when I am out? Rules, Rights and Responsibilities What is the Convention on the Rights of the Child? What is the relationship between rights and responsibilities? What responsibilities do I have at home and at school?	Spring Term – Key Stage 2 MindUP focus Mindful Listening Mindful Movement I Families and Relationships What are the different kinds of relationships? (Friendships, families, romantic, online connections) What are the positive characteristics of a healthy family life? Staying Healthy Staying Safe How does what I eat affect my body and my mind? Why is sleep important? How much screen time should I have? What are the pros and cons of screens?	Spring Term – Key Stage 2 MindUP focus Mindful Seeing Mindful Movement II Staying Healthy Staying Safe Why do some things have age restrictions? How do I comply with regulations and restrictions? What rules should I follow when communicating online? Rules, Rights and Responsibilities What are human rights? Why are human rights important? What is our shared responsibility for protecting our environment at home and at school?
Summer term – Key Stage 1 MindUP focus Choosing Optimism Expressing Gratitude Staying Healthy Staying Safe How do I keep my body healthy and clean? Do sleep and screen time matter? How can I stay safe in the sun? How can I stay safe near water? Living in community What are British values? What does tolerance mean? What is discrimination and how can we be inclusive?	Summer term – Key Stage 1 MindUP focus Appreciating Happy Experiences Performing Acts of Kindness Staying Healthy Staying Safe What does it mean when something is private? What sort of things are private? What should I do if I am asked to keep a secret? What should I do if I feel unsafe? Living in community What are British Values? What are stereotypes and how can we challenge them? How do I show respect to people in my community?	Summer term – Key Stage 2 MindUP focus Choosing Optimism Expressing Gratitude Living in community What can we learn from people in history who challenged prejudice and discrimination? Year 3 (both A & B) Basic First Aid: How can I help if someone is bleeding? What can I do if my adult gets hurt? How do I get help?	Summer term – Key Stage 2 MindUP focus Appreciating Happy Experiences Performing Acts of Kindness Living in community What can we learn from people in history who challenged prejudice and discrimination? Year 4 (Both A & B) Growing up and changing How and why do our bodies change during puberty? How can we continue to keep our bodies clean and healthy?