

## CbIDS

	Autumn	Spring	Summer
Year 7 (CbLS SOW - combined with PSHE topics)	<p>TM practice review</p> <p><b>The whole is more than the sum of the parts- investigating wholeness in my own life and my community - applying Key Ideas</b></p> <p>Growth/order/layers</p> <p>How TM helps one cope with change</p> <p>Foundations, roots, steps</p> <p>Health and wellbeing - Diet, exercise and environment</p> <p>The value of TM for physical health and balance in life.</p>	<p><b>The whole is more than the sum of the parts- investigating wholeness in my own life and my community - applying Key Ideas</b></p> <p>Action, reaction, purification</p> <p>The value of TM in maintaining good mental health and self worth</p> <p>Problem solving, fulfilment, knowledge</p> <p>The value of TM in building relationships</p>	<p><b>The whole is more than the sum of the parts- investigating wholeness in my own life and my community - Applying Key Ideas</b></p> <p>Consciousness, harmony</p> <p>The value of TM in creating group coherence</p> <p>Parts, wholeness</p> <p>The value of TM in our relationship with the wider world</p>
Year 8	<p>TM practice review</p> <p><b>Wholeness in human culture and knowledge:</b></p> <p>What is TM? How does it work?</p> <p>Overview of Key Ideas</p>	<p><b>Applying Key ideas to projects related to human culture and knowledge</b></p>	<p><b>Applying Key ideas to projects related to human culture and knowledge</b></p>

	Introducing CbHE (Consciousness based Health Education) - identifying the 3 underlying properties	CbHE - Daily cycles	Seasonal cycles End of year project to synthesise all that was learnt.
Year 9	TM practice review <b>Perceiving the Fullness of Life</b> <b>25 pairs of qualities:</b> Studying the qualities in their own lives, the lives of great people and society Introducing CbHE - identifying the 3 underlying properties (2024/5) Future years -exploring the underlying properties deeper	<b>Perceiving the Fullness of Life</b> <b>25 pairs of qualities:</b> Studying the qualities in their own lives, the lives of great people and society  CbHE - analysing the underlying properties in their own daily cycles. Investigate how to bring balance.	<b>Perceiving the Fullness of Life</b> <b>25 pairs of qualities:</b> Studying the qualities in their own lives, the lives of great people and society  End of year project to synthesise all that was learnt.
Year 10	TM practice review Key terms review <b>Developing Fullness of Life</b> <b>16 Values of Fullness</b> Studying the values in different aspects of society	<b>Developing Fullness of Life</b> <b>16 Values of Fullness</b> Studying the values in different aspects of society	<b>Developing Fullness of Life</b> <b>16 Values of Fullness</b> Studying the values in different aspects of society - end of year project to synthesise what was

	<p>CbHE - Review of CbHE knowledge and application to own life</p>	<p>CbHE - Importance of TM and Sleep</p>	<p>learnt</p> <p>CbHE - Creating balance through healthy eating.</p>
<p>Year 11</p>	<p>TM practice review</p> <p><b>Living Fullness of Life</b>  <b>16 Key Ideas - bringing understanding full circle</b>  Overview of Key ideas and school subjects</p> <p>Individual subjects explored in more detail.</p> <p>CbHE: TM and Sleep  Scientific research in TM</p>	<p><b>Living Fullness of Life</b>  <b>16 Key Ideas - bringing understanding full circle</b></p> <p>Individual subjects explored in more detail.</p> <p>CbHE: practical analysis of own daily routines</p>	<p><b>Living Fullness of Life</b>  <b>16 Key Ideas - bringing understanding full circle</b></p> <p>Individual subjects explored in more detail.</p> <p>End of "school experience" project integrating all CbIDS knowledge gained.</p> <p>CbHE: Developing an understanding of environmental health factors from the MVAH perspective.</p>