

Term 1: New Beginnings
 changed to Going for Goals

Skills needed to being an effective learner, recognise and celebrate achievements, know what people admire about me, set goals, make personal learning plans, know how to achieve goals, ability to keep trying and not quit, breaking big steps into smaller ones, consequences for reaching goals, apply new learning, identify next steps, being a critical friend.

Term 2: Getting On and Falling Out

TBC Knowledge, skills and attitudes to be taught through SRE and DATE.

Link to inventions and advances in modern medicines. Children to be taught which commonly available substances and drugs are legal and illegal, their effects and risks. That pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong.

Visit from SSPO (Safer Schools Partnership Officer). To find information and advice and to meet and talk with people.

Term 3: Going for Goals
 changed to Good to be Me

Difference between proud and boasting, understanding impact of boasting, mixed feelings and their impact, being overwhelmed by feelings, strategies to deal with feelings of being inadequate, identify what causes worry, coping with disagreements, making choices after listening to others, appropriate behaviour, making judgements about taking a risks.

*If appropriate and adapted as necessary:
 Samaritans Developing Emotional Awareness and Listening Dealing with Feelings activities*

Term 4: Good to be Me

Covered in SRE. Causes of embarrassment, different ways of grieving, strategies to manage feeling of embarrassment and loss, recognising stereotyping, identifying important people, forgiveness.

Women's Aid Expect Respect Toolkit:

Court Room Game

Term 5: Relationships
 changed to Changes.

Changes. Common responses to difficult situations, identifying good qualities in myself and others, identifying changes that will happen, coping with change, responses to change – appropriate and inappropriate.

*If appropriate and adapted as necessary:
 Samaritans Developing Emotional Awareness and Listening Coping Strategies activities*

Term 6: Changes
 changed to New Beginnings

Transition into secondary school. Understanding how it feels to start something new and why, strategies to deal with uncomfortable feelings, identify with others in unfamiliar situations, how to solve problems, rights and responsibilities in school, understanding the need for rules in society and school, appropriate and inappropriate behaviour, managing feelings, positive outcomes and how to achieve them, how change can cause insecurities.