

**Component 6:**

**What we will know after this sequence:**

- We will be able to explain what pride is and how it makes us feel.
- We will know how to identify the types of things that make us feel proud about ourselves and how to set personal and communal goals which make us feel proud too.

**Vocabulary:**

Pride, challenge, achieve, goals, success, proud, talents, celebrate, confidence, self-esteem and happy

**How will this feed into my next learning:**

Pupils will use their knowledge of pride, challenge and aspirations to think about their future within the school as well as beyond the school. They will also use strategies discussed about overcoming barriers within their daily lives.

**SEND:** To have pictorial representations for key vocabulary. To have scenarios they are familiar too, to help with understanding. Role play and alternative recording methods to be available too.



**Component 4:**

**What we will know after this sequence:**

- We will know what challenge is and why it is important in our lives.
- We will be able to explain and give examples of how to cope with obstacles in life as well as identifying strategies we can use to take on new challenges.

**Vocabulary:**

Challenge, difficult, obstacle, hurdle, proud, achievement, confidence, skills, mindset, motivation, self-talk, improve and positive.

**How will this feed into my next learning:**

We will use this knowledge of challenge and overcome obstacles to explore how growth as a person can help us build new habits.

**SEND:** To have pictorial representations for key vocabulary. To have scenarios they are familiar too, to help with understanding. Role play and alternative recording methods to be available too.

**Component 5:**

**What we will know after this sequence:**

- We will be able to explain what habits are and why they are important.
- We will be able to identify how you can change and build successful habits and the benefits this may have on well-being and mental health.

**Vocabulary:**

Habits, routines, behaviours, automatic, control, unhealthy, healthy, change, practice, successful, character.

**How will this feed into my next learning:**

Good habits can help us feel more positive about ourselves, which can help us feel confident to take on new challenges.

**SEND:** To have pictorial representations for key vocabulary. To have scenarios they are familiar too, to help with understanding. Role play and alternative recording methods to be available too.



**Component 3:**

**What we will know after this sequence:**

- We will be able to define and explain what the term personal growth is.
- We will be able to explain how to identify life aspirations and will describe where they would like to be in the future.

**Vocabulary:** Personal growth, vision, future, strengths, weaknesses, role models, ambition, hopes, dreams, aspirations and opportunities.

**How will this feed into my next learning:**

We will now use their knowledge of what aspirations are, to create habits that ensure they meet those goals.

**SEND:** To have pictorial representations for key vocabulary. To have scenarios they are familiar too, to help with understanding. Role play and alternative recording methods to be available too.

**Component 2:**

**What we will know after this sequence:**

- We will be able to identify the people in our life who we trust and why. We will know how to identify a support network of people who you can talk to when you need help.
- We will also debate ways in which we can ask for help when we may be worried.

**Vocabulary:**

Support, help, talk, listen, connections, trust, worries, friends and family.

**How will this feed into my next learning:**

We will use this knowledge to explore how we can use the people that we trust to help us reach our aspirations.

**SEND:** To have pictorial representations for key vocabulary. To have scenarios they are familiar too, to help with understanding. Role play and alternative recording methods to be available too.



**Component 1:**

**We should know:**

Pupils should know what a good friend is and how they make us feel.

**What we will know after this sequence:**

- We will know what connections are and why they are important.
- We will be able to identify the characteristics of how to be a good friend and how to have a healthy relationship with friends.
- We will be able to explain and debate what the term 'healthy relationship' means showing respect and consideration to others.
- We will know the importance of peer relationships and how they are beneficial to our well-being.

**Vocabulary:** Peers, friends, relationships, support, connections, trust, qualities, positive, negative and strategy

**How will this feed into my next learning:**

We will use how to recognise a good friend to transfer this into finding out who we should trust.

**SEND:** To have pictorial representations for key vocabulary. To have scenarios they are familiar too, to help with understanding. Role play and alternative recording methods to be available too.

