

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSCHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSCHE.

Mental Health - Strengths and Challenges

Autumn 1

No Outsiders



Key Vocabulary:

- Achievements
- Goals
- Challenges
- Criticisms
- Negative
- Set-Backs

Igniting Prior Knowledge:

- *There are lots of special people in our lives for different reasons.*
- *I know what makes a good friend.*
- *We can show we care in a variety of ways.*
- *I understand other people's feeling if they feel excluded from friendships.*
- *I recognise when people need friends and know how to approach making friends.*
- *I can talk to certain people when I am worried about friendships.*
- *Some friendships can go wrong and experience difficulties.*
- *There are different ways to sort out friendship problems.*

New Knowledge:

- It is important to celebrate achievements and set personal goals.
- I know how it feels to be challenged or when asked to try something new – I may have a range of emotions.
- I should plan steps required to help achieve a goal or challenge.
- Skills, strengths and attributes for myself and others should be celebrated.
- A put-down is an unfair criticism or negative remark about a person, sometimes said as a joke.
- People give themselves or other people put-downs.
- We are all unique and special in different ways.
- I know how it feels when there are set backs.
- There are positive ways to manage set-backs, including help or support.
- Everyone has set-backs at times.

