ST LAWRENCE C.E. PRIMARY SCHOOL SUBJECT MANAGER OVERVIEW

SUBJECT: Wellbeing UNIT: Change and Transition CONCEPT: Legacy YEAR:6

BIG QUESTION	What will change as we become more independent?	
END OF UNIT OUTCOME	Create a survival guide brochure of their own on how children can cope with change as they transition to secondary school.	
NC OBJECTIVES	How growing up and becoming more independent comes with increased opportunities and responsibilities How friendships may change as they grow and how to manage this How to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing	
WEEK	**KEY KNOWLEDGE**	**RESOURCES**
1	Have the big question on the IWB and get children to share their initial thoughts. What will change as we become more independent? **Embracing change and new challenges lesson 1 – part one** - What might young people experience as they make this transition? - What can young people do to help manage this transition? Explore how a year 6 pupil might feel as they move to year 7 and consider different things they can do to help manage challenges, including seeking support. Introduce pupils to Nusrat and Mark and explain that they are getting ready to move to secondary school. Direct pupils to four pieces of flipchart paper displayed around the room (stick these up in advance – each piece of paper should have one of the four titles: Miss about primary school / Questions about secondary school / Hopes / Challenges). Bring the class together and establish key themes	Lesson Resources available at: https://pshe-association.org.uk/resource/embracing-change
RICH TASKS	Annotate key question to identify prior knowledge and gather initial thoughts and feelings about facing change through the use of the case studies and discussion	Post-it notes Large pieces of sugar paper Question Box
2	**Embracing change and new challenges lesson 1-part 2**	Lesson Resources available at: https://pshe-

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	Explain that the class is now going to look at actions Nusrat and Mark can take to manage some of the challenges. Give each pupil a copy of Resource 1: Managing challenges and ask them to come up with ways that Nusrat and Mark could try to manage the challenge now (before they have started at the secondary school) and ways they could try to manage it in the future (when they are attending the secondary school). Draw out that there are ways that young people can help each other, and that it's important to remember that at the start of year 7 everyone will be new and going through the same thing. For example, other pupils could help Mark with the challenge around feeling left out or different by smiling at him, being friendly and including him.	association.org.uk/resource/embracing-change
RICH TASKS	Resource 2: Sources of help and support diamond nine and ask them to discuss in small groups any advantages and disadvantages for each source of support. Ask pupils to complete the following sentences to privately reflect on the relevance of today's learning: - Some useful things I will remember for when I move to secondary school are… - Some sources of support if I need help are… - I can help others who might also have mixed feelings about starting year 7 by…	PowerPoint slides Diamond nine activity Question Box
3	**Transition to Secondary School** Mental wellbeing - that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations - how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings - where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) After the session, children should be able to: - Identify the differences between primary and secondary school - describe how it might feel to move to secondary school - explain different ways of managing change	Video: https://campaignresources.phe.gov.uk/schools/resources/transition-to-secondary-school-lesson-plan-pack
RICH TASKS	Explain that looking after themselves is important – children to create a self-care diary to show how they can positively look after their mental health when they are struggling.	Self-care diary template in resources Question Box

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4	**Go Big: The Secondary School Survival Guide** Matthew Burton Share the book with the class and explain that it has been written for children just like them! Read Chapter 1 together – The Big Step which covers transition and the first day of secondary school. Get children to share any interesting facts and thoughts from listening to the chapter. Tell the children that the book is available for them to read through between now and the end of the year if they would like to or they could purchase it at home to read over the summer.	
RICH TASKS	Can they come up with their own 'First Day Preparation Checklist'? which they could use on their own first day.	**Go Big: The Secondary School Survival Guide** Matthew Burton Question Box
5	Revision of key knowledge	
END OF UNIT OUTCOME	Create a survival guide brochure of their own on how children can cope with change as they transition to secondary school using all the strategies and self-care ideas that we have talked about during the unit.	