

Curriculum overview

We will be learning about the changes coming up as we move into our last year of primary school and as we get ready for secondary school.

Key vocabulary

Transition	A process or period of change from one thing (or place) to another.
Emotions	A strong feeling we have that comes from what is happening to us or around us. These can be positive or negative.
Intensity	Something that is powerful. As we grow older and our bodies change during puberty, our emotions can become more intense.
Regulate	How we control something, like our emotions.
Strategies	A plan of action or something we can do to help us 'regulate' our emotions.
Anxiety	A feeling of worry or nervousness about a certain situation or something that is coming up in the future.
Excitement	A feeling of great enthusiasm and eagerness about a certain situation or something that is coming up in the future.

Our topic is...



Changes

Sticky knowledge

- I know that transition means a time when things in my life are about to change / are changing.
- I know that I can experience intense emotions about these changes, especially as my body is changing too.
- I know how to identify the emotions I am feeling, and what causes me to feel them.
- I know strategies that can help me regulate my emotions, and I can begin to use these independently.
- I know that a plan of action will help me prepare and be ready for big changes in my life.

Changes in Year 6:

Residential to PGL...

How are you feeling before going to PGL?

What are you looking forward to?

How do you feel after going to PGL?

Year 6 SATs...

How can we prepare for these so that we can feel ok about them and are ready to do our best?

The Zones of Regulation



Going to secondary school...

What are you looking forward to?

Is there anything you are worried about?

What can we do to get ourselves ready to transition to secondary school?

