



Holy Family Catholic Primary School

Learning opportunities for Get Set for Life –Spring Term 1– **Going for goals**

Reception	Year 1 and 2	Year 3 and 4	Year 5 and 6
<p>In this theme children will begin to become familiar with the early steps in developing feelings of self-worth and competence, decision-making, self-motivation, independence, prediction, and thinking logically and analytically. It focuses on developing the children's ability to work towards a self-determined goal, to persist, and to recognise when they have reached their goal. The activities support the children in learning about themselves and their own unique gifts and talents within the context of the Foundation Stage setting.</p>	<p>In this theme children will begin to explore effective learning and how they can influence their success. There are suggested activities to encourage reflection on how they prefer to learn – by seeing, hearing or doing – and to help them realise that different learning tasks require different ways of learning. Children will be introduced to a problem solving process which involves thinking through problems that affect people and choosing the best solution. They will focus on how they might work out what they want to happen when there is a problem (set a goal). Children will consider how they might set an aspirational goal and how they might start to work towards this goal. Story will be used to explore how a goal can be broken down into small steps.</p>	<p>This theme will provide opportunities for children to reflect on their own strengths as learners using the concept of multiple intelligences. They will also consider the feelings associated with learning and what level of emotion supports or hinders learning. Children will consider the barriers to meeting their goals and to learning, and how they might overcome these. They will consider how feelings might influence progress towards the goal – particularly feelings of boredom and frustration. Children will be encouraged to explore what helps them to be successful, and to attribute their successes to the effort that they put in. Children will continue to explore how they might solve social problems and how they might make wise choices about their learning and behaviour.</p>	<p>This theme will provide opportunities for children to explore learning and the skills and dispositions that make an effective learner. With help they will identify six key learning skills. Goal-directed behaviour will be explored more fully and opportunities will be provided for children to set a goal and to plan to meet it in a systematic way. Children will explore the importance of taking responsibility for their learning and behaviour and think about when they might be making excuses. Children will be encouraged to look to their longer-term future and their dreams and aspirations and to use these to help them to make long-term plans. They will think about the importance of resilience in overcoming obstacles in order to reach a goal.</p>



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Learning opportunities for Get Set for Life –Spring Term 2 – **Good to be me!**

Reception	Year 1 and 2	Year 3 and 4	Year 5 and 6
<p>This theme will provide the opportunity for children to explore the personal, social and emotional area of learning within the distinctive context of the setting. It will use story, role-play and puppets as well as the children's spontaneous play to extend their understanding of the core feelings of happy, sad and afraid and to develop a broader vocabulary of feelings to include proud and excited. The activities will introduce simple relaxation techniques and encourage the children to stand up for themselves and be aware of themselves and their needs.</p>	<p>This theme will provide more opportunities for children to consider what makes them proud and encourage them to recognise their strengths. There will be a focus on anxiety and worrying. These feelings will explore through a simple story which encourages the children to share some of their worries and think of strategies to deal with these appropriately, through talking with another person or relaxing. Opportunities will be suggested to help children contrast impulsive behaviour with more reflective 'thinking' behaviour, and to begin to explore assertiveness.</p>	<p>This theme will explore novelty/surprise and routine/predictability. It will relate this to how children learn best. The curriculum will start to look at our understanding of emotions with a focus on our response to a threat. Assertiveness will be explored in more detail and children will be asked to think about how they might act in an assertive way. Children will learn more about anxiety and worrying, focusing on the nature of worry and our worries. They will explore a range of strategies to deal with anxiety, including relaxation.</p>	<p>This theme will explore feelings in greater depth with an exploration of more complex and mixed feelings. It will help children to consider the subtle differences between feeling proud and boasting. There will be an exploration of risk-taking and of the balance between safety and risk. Opportunities will be provided for children to consider how and when they should stand up for themselves and when they should listen to their peers. Children will be helped to understand how they might be overwhelmed by their emotions. They will explore strategies for managing strong feelings.</p>