

St Mary's Horsforth Catholic Voluntary Academy Long Term Plan for MindMate Champions 2023-2024

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key knowledge covered						
Theme	Life Changes	Friends & Family	Feeling good & being me	Strong emotions	Being the same, being different	Solving problems/ Making it better
Year 1	<p>New school/class Making new friends</p> <p>- I understand that talking about my feelings can help</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> learn how to communicate their feelings about new experiences to others recognise how others show feelings & know how to respond 	<p>Recognise how others show feelings & know how to respond - I know when my friends are feeling happy</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> identify & talk about times when people feel happy learn to communicate their feelings to others recognise how others show feelings & know how to respond 	<p>Recognise feelings - I can talk about how I am feeling</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> think about themselves & the different feelings they have develop a vocabulary to describe their feelings to others & simple strategies for managing feelings 	<p>Recognise what is fair/ unfair right/wrong - I know when someone is being unkind, including myself</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> recognise what is fair & unfair, kind & unkind, what is right & wrong, learn what to do when someone is unfair or unkind 	<p>Celebrating differences - I know the people in my class are all different</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> recognise that everyone is different begin to learn about empathy 	<p>Setting goals & targets - I can work & play well in a small group</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> learn how to play & work co-operatively with others understand that people often need to play / work together to reach a shared outcome

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Year 2	<p>Celebrate strengths - I'm good at.... & I am going to try & be better at...</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> learn from their experiences recognise & celebrate their strengths set simple but challenging goals 	<p>Impact of behaviour on others - I know that what I say & do can affect my friends</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> recognise how their behaviour affects other people understand the importance of being co-operative with others 	<p>Loss; Losing loved object/ pet/person - I can talk about feeling sad when I have lost something</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> learn about change & loss & the associated feelings (including moving home, losing toys, pets or friends) understand how it feels to lose something special describe times when people might feel loss 	<p>Comfortable & uncomfortable feelings - I can talk about what makes me feel sad</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> describe how it feels to be sad/unhappy express & share feelings of unhappiness 	<p>Beginning to understand empathy - I understand my friend might have different feelings to me</p> <p>Pupils should have the opportunity</p> <ul style="list-style-type: none"> to start to understand empathy start to empathise with others & how they may be feeling 	<p>Not giving up/ Perseverance - I understand it is important to keep going when something is tricky</p> <p>Pupils should have the opportunity to...</p> <ul style="list-style-type: none"> learn how to play & work co-operatively with others understand that people often need to play / work together to reach a shared outcome reflect on & celebrate their achievements, identify their strengths & areas for improvements

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Year 3	<p>Life in KS2 New faces/ new routines</p> <p>- I am learning to handle change</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> • understand the importance of being co-operative with others • understand that change happens & can be challenging • understand that adapting to change is key to developing emotional wellbeing 	<p>Unkind behaviours - I understand that when I am unkind it impacts on others</p> <p>Pupils should have the opportunity to:</p> <ul style="list-style-type: none"> • recognise what is fair & unfair, kind & unkind, what is right & wrong • recognise when people are being unkind either to them or others, • learn what to do when someone is unfair or unkind 	<p>Goals & aspirations - I'm good at.... & I am going to try & be better at...by setting myself a simple target</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> • reflect on & celebrate their achievements & identify their strengths • identify areas for improvement & set high aspirations & goals 	<p>Introducing strong emotions, including anger - I know it's ok to feel strong emotions sometimes</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> • recognise that that they may experience strong emotions such as anger • learn there are ways to cope with these strong emotions 	<p>Differing opinions - I accept that my friends & I might have different opinions</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> • learn how to play & work co-operatively with others • understand that people often need to play / work together to reach a shared outcome • share their opinions on things that matter to them 	<p>Dealing with difficult situations - I can work with different people in my class</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> • understand that people often need to play / work together to reach a shared outcome even when they disagree • begin to understand empathy & why people can be different (in behaviour & image)

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Year 4	<p>Feelings – Intensity I can use a range a word to describe my feelings</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> extend their vocabulary to enable them to explain both the range & intensity of their feelings to others recognise & respond appropriately to a wider range of feelings in others 	<p>Skills to maintain & keep positive relationships - I can describe a healthy relationship</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> recognise what constitutes a positive, healthy relationship develop the skills to form & maintain positive & healthy relationships 	<p>Positive & negative effects on emotional wellbeing & mental health - I am learning to accept that I will feel a wide range of emotions depending on the situation</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> name some factors, including changes, that can affect people's emotional wellbeing & that feeling different emotions is a part of life understand that everyone's mental health & change can change over time 	<p>Resisting pressure - I can stand up for myself without hurting others</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> know that people can experience conflicting emotions at different times, such as times of loss & change, stress, anxiety & recognise when & how to ask for help use basic techniques for resisting pressure to do something dangerous, unhealthy and so on 	<p>Know actions affect themselves & others - I know that discrimination can hurt people's feelings</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> understand that their actions affect themselves & others develop self-awareness, doing the right thing learn the connection between discrimination & uncomfortable feelings 	<p>Coping with difficult situations - I can cope in difficult situations</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> recognise that, at times, they may experience conflicting emotions understand more about managing their emotions

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Year 5	<p>Self-Belief - I can do ...</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> develop self-awareness, doing the right thing understanding that their actions affect themselves & others 	<p>Unhealthy friendships & relationships - I can describe an unhealthy relationship</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> recognise ways in which a relationship can be unhealthy & who to talk to if they need support know what positively & negatively affects their physical, mental & emotional health 	<p>Aspirations to manage change positively - I am seeing changes in a more positive light</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> learn that different people respond differently to different changes learn that some people find change easier than others find out that there are things they can do that help them cope with or accept change 	<p>Strong emotions & mental health - I know what mental health is</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> define what is meant by 'mental health' & can identify what mental health looks like recognise the link between strong emotions & poor mental health & develop protective strategies recognise that anyone can be affected by poor mental health identify the appropriate language to use to describe mental health know what people can do to support their mental health & where people can get help 	<p>Stigma - I know what stereotyping is</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> learn about stereotyping, including gender stereotyping know that stereotypes exist for different groups & can explain what is meant by the word 'stereotype' 	<p>Talking it through Restorative justice - I can support my friends when things go wrong</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> develop an awareness & understanding of the role peers can play in supporting one another including restorative approaches

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Year 6	<p>Self-Integrity - I can stay true to myself despite external pressures</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> know what positively & negatively affects their physical, mental & emotional health, including the media 	<p>Celebrating friendship - I can talk about how I will maintain positive relationships</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> recognise what constitutes a positive, healthy relationship & develop the skills to form & maintain positive & healthy relationships 	<p>Winning What does it take? - I can look after my mental health</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> identify ways that people can look after their mental health understand the importance of being healthy physically, emotionally & mentally 	<p>Happiness - I have a good understanding of emotional wellbeing</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> deepen their understanding of comfortable feelings & extend their vocabulary to enable them to explain both the range & intensity of their feelings to others recognise & respond appropriately to a wider range of feelings in others know when they might need to listen to their emotions in order to move on 	<p>Body image /Social media - I can talk & listen in difficult discussions</p> <ul style="list-style-type: none"> Pupils should have the opportunity to recognise how images & campaigns in the media & social media do not always reflect reality & can affect how people feel about themselves e.g. body image, eating issues share their opinions on things that matter to them & explain their views through discussions with one other person & the whole class 	<p>Moving on - I can talk about changes I am looking forward to</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> learn that major life changes can be fun & exciting, at the same time as being daunting for some talk about moving on to secondary school recognise & respond appropriately to a wider range of feelings in others