

## St Bede's Catholic Middle School

“We are God’s children working together to be our best in love, learning, service and worship.”

### Departmental Scheme of Work

**Curriculum Intent in SMSVC: SMSVC enables our pupils to become healthy, independent and responsible members of our school but also of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up which they will likely face.**

<b>Sequencing of the Curriculum</b>	Michaelmas 1 – Avoiding conflict Michaelmas 2 – Bullying Lent 1 – Changing bodies	Lent 2 – Staying safe in the wider world Trinity 1 – Vocations and money Trinity 2 - Mental health and wellbeing
<b>Progression Model</b>	<p>What <b>knowledge</b> will pupils develop? <i>(Including Key Terminology)</i></p> <ul style="list-style-type: none"> <li>• To understand what mental health is and why it is just as important as physical health.</li> <li>• Know what positively and negatively affects their physical, mental and emotional health</li> <li>• To begin developing strategies to maintain and support their mental health in a positive way</li> <li>• Children should begin to understand the concept of a ‘balanced lifestyle’</li> <li>• To reflect on and celebrate their achievements, identify their strengths and set high aspirations and goals</li> <li>• To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others</li> <li>• To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these</li> <li>• About people who are responsible for helping them stay healthy and safe; how they can help these people to keep them healthy and safe</li> </ul>	<p>What <b>skills</b> will pupils develop? <i>(Including literacy and numeracy)</i></p> <ul style="list-style-type: none"> <li>• Children learn how to label parts of the brain</li> <li>• Exploration of different forms of expressing their emotions</li> <li>• Developing coping strategies that are personalised to themselves and their emotions</li> <li>• Explore different activities to increase their library of wellbeing activities available to them</li> <li>• Understand what they can do to help others and their mental health.</li> </ul>

- To explore what type of activities makes themselves feel good and develop mindfulness strategies which suit them as individuals.

### Lesson Objectives

- To summarise my time in Year 5.
- To examine the positive and negative experiences I've had and link these to feelings I've felt.
- To predict my hopes for Year 6 and how I will make a positive impact on my own future.
- To understand the effects meditation and relaxation has on my mental health
- To act out guided meditation and assess the impact on my wellbeing.
- To evaluate the impact of guided meditation
- To identify what mental health is and think about my own.
- To explain what improves mental health.
- To evaluate how to help improve other people's mental health.
- To recall examples of positive and negative statements.

### Keywords

Mental health, wellbeing, brain, mindfulness, exercise, art, talents, positive, negative, growth mindset, balanced lifestyle

### Ideas of how parents can support children in this unit

- Parents can support their children by talking to children about how they are feeling regularly to have an insight into their children's own mental health.
- Watch the film "Inside out" and discuss the meaning behind the film.
- Encourage children to express their emotions through music, drawing, movement (dance) or any other medium that suits.
- Let kids be kids and encourage play, the outdoors and exercise.

### Marking/ Assessment of this unit

The lessons for SMSVC are not formally assessed as learning outcomes are subjective and personal to each individual pupil. Pupils' work will regularly be read by teachers and followed up accordingly.

<ul style="list-style-type: none"> <li>• To examine the difference between positive and negative statements.</li> <li>• To debate how to turn a negative question into a positive one.</li> </ul>	<p><b>Virtual Curriculum and Extension ideas</b></p> <ul style="list-style-type: none"> <li>• Explore different types of exercise which will be good for your mental health – which types do you enjoy? Is there a team sport you could get involved with? Any nice walks in the area to explore?</li> <li>• Print off some mindfulness colouring or create your own – take yourself off to a quiet place and relax</li> <li>• Explore different types of meditation</li> <li>• Create a menu for a healthy balanced lifestyle and trial it yourself.</li> <li>• Virtual curriculum units to complete – photography, food technology, child psychology and development, outdoor skills and well-being.</li> </ul>	
<p><b>Catholic Ethos</b></p> <p>Pupils will be Eloquent in their ability to talk about their emotions and ways that they can support their wellbeing, as well as the wellbeing of others. Pupils will be truthful with themselves in exploring their feelings and emotions in order to respond to their own needs.</p>		<p><b>SMSVC/ Personal Development</b></p> <p>The SMSVC outcomes are met through the learning objectives stated above.</p>
<p><b>Cross Curricular Links</b></p> <ul style="list-style-type: none"> <li>• Science: Understanding how the brain works. Understanding that a healthy diet (Y8Au2) contributes to wellbeing and importance of enough sleep.</li> <li>• Art: mindfulness colouring and using art skills as relaxation. in Task, pupils are encouraged to practice different drawing and colour skills learnt in Autumn term</li> <li>• Music: relaxing music and using music as a way of expression and relaxation. Also, a recap on breathing techniques covered within the Autumn term in music and how this can also be used for relaxation and to play an instrument (wellbeing)</li> <li>• PE: wellbeing and exercise, the impact of leading a healthy lifestyle and psychical exercise on the body.</li> </ul>	<p><b>British Values</b></p> <p>During this term pupils will be provided with accurate and relevant knowledge towards Mental Health Awareness. They will look at skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives. They will explore opportunities, clarify and if necessary, challenge, their own and others’ values, attitudes, beliefs, rights and responsibilities The sessions will enable pupils to develop their self-knowledge, self-esteem and self-confidence. In addition, we will encourage pupils to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely.</p>	<p><b>Careers</b></p> <ul style="list-style-type: none"> <li>• Mental health worker</li> <li>• Scientist</li> <li>• Nurse</li> <li>• Doctor</li> <li>• Therapist</li> <li>• Social worker</li> <li>• Teacher</li> <li>• Behavioural psychiatrist</li> </ul>