



LEARNING JOURNEY OVERVIEW

WHERE EVERY CHILD COUNTS

OUR CORE VALUES

We want all of our children to BE **P.I.C.K.H.U.R.S.T**

Proud

Inquisitive

Confident

Kind

Healthy

Understanding

Respectful

Successful

Trustworthy

Pickhurst Academy is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

WELLBEING						
	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	1	2	1	2	1	2
YEAR 3: GETTING TO KNOW ME	Wonderful me! Who am I? <i>Children explore their identity by considering the groups and communities that they are a part of and what they like, before using this to write a kenning style poem about themselves.</i>	People around me: Communication <i>Children reflect on different ways of communicating and investigate what makes a good listener and why this is important.</i>	Meaning and purpose: My superpowers <i>By thinking about real and fictional superheroes, children identify and celebrate their strengths as well as consider ways that they can help other people.</i>	Resilience: Breaking down barriers <i>Following the example of a well-known book character, pupils look at how they can break problems down into small, achievable goals.</i>	Healthy body, healthy brain: My healthy diary <i>Reflecting on the importance of diet, exercise and rest on the body, children create their own healthy diary for the week.</i>	Relaxation: Stretches <i>By imitating the shapes of animals, children explore different stretches to help to ease tension in the body and aid relaxation.</i>
	Wonderful me! My happiness <i>Children begin to take responsibility for their own happiness by identifying what's important to them and setting achievable goals.</i>	People around me: A positive difference <i>Considering their impact on the world around them, pupils explore how to help make other people happy and the results of doing this.</i>	Meaning and purpose: My role <i>By examining personal strengths and passions, children decide on the perfect job within the school and the skills needed to carry it out.</i>	Resilience: Celebrating mistakes <i>Adopting a growth mindset is explored to develop a more positive perspective on making mistakes, seeing them as learning opportunities rather than barriers.</i>	Healthy body, healthy brain: Diet and dental health <i>Explore the importance of a healthy, balanced diet, looking at what each food group does for the body and how this can impact mood.</i>	Relaxation: Visualisation <i>Within a calming, visualisation activity, children are talked through a relaxing environment before creating their own version.</i>

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YEAR 5: BEING RESPONSIBLE	Wonderful me: Taking responsibility for my feelings <i>Investigate the different ways of responding to situations with a consideration of the possible outcomes by exploring the 'Choose your destiny' story approach.</i>	People around me: Good friends <i>Reflecting on the qualities that make a good friend in preparation to create a set of instructions for building positive friendships.</i>	Meaning and purpose: Going for goals <i>Explore looking into the future and setting personal specific, achievable goals for the short-term, medium-term and long-term.</i>	Resilience: Embracing failure <i>Focus on trial-and-error maths problems to think about the positive side of failure, as well as learning about the achievements of some inspirational individuals whose failures led them to great successes.</i>	Healthy body, healthy brain: Importance of rest <i>Consider the factors that affect sleep to help create a comedy video guide on how to get the best night's sleep possible.</i>	Relaxation: Yoga <i>After going through a relaxing yoga session, consider when, where and how to use relaxation techniques within our daily lives.</i>
YEAR 6: LOOKING FORWARD	Wonderful me! Our social media selves <i>Learn and consider why people may present their life in a different way on social media and the impact this can have on other people.</i>	People around me: Resolving conflict and compromising <i>Learn about how conflict can arise and the steps that can be taken to resolve it or prevent it by creating a resolution guide.</i>	Meaning and purpose: What can I be? <i>By pondering the different meanings of the question 'What do I want to be when I grow up?', focus on what is important to make this possible.</i>	Resilience: Resilience toolbox <i>Reflecting on the different resilience strategies that stem from past experiences to help create a resilience toolbox to help prepare for any challenges in the future.</i>	Healthy body, healthy brain: Taking responsibility for my health <i>Consider how to look after an individual's physical and emotional well-being, along with the other aspects that need to be maintained to stay healthy.</i>	Relaxation: Mindfulness <i>Understand how different relaxation strategies can be used in differing situations by completing a mindfulness activity that involved creating a booklet with useful tips and advice.</i>