

## Norwich Road Academy – Long term subject plan for Life Skills

At Norwich Road Academy, we follow the Kapow! scheme of work for most of our Life Skills units and the Norfolk RSE solution for our RSE week in the Summer 2 term. With varying term lengths from one academic year to the next, some units will span more than one half term. As such, some new units will not start in week 1 of a half term. We also recognise that there will be occasions when we will need to step away from the long-term plan to react to a specific need in our school. This could, for example, be an online safety incident or friendship issues within the classroom as well as national events like Children’s Mental Health Week, Anti-Bullying Week and Safer Internet Day.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	Through a range of adult-led and independent activities: <ul style="list-style-type: none"> <li>• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</li> <li>• Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>• Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> </ul>					
<b>Reception</b>	<ul style="list-style-type: none"> <li>• Self Regulation:</li> <li>• My Feelings</li> </ul>	<ul style="list-style-type: none"> <li>• Building Relationships: Special Relationships</li> <li>• Anti-Bullying Week</li> </ul>	<ul style="list-style-type: none"> <li>• Managing self:</li> <li>• Taking on challenges</li> <li>• Safer Internet Day</li> <li>• Children’s Mental Health Week</li> </ul>	<ul style="list-style-type: none"> <li>• Self-regulation:</li> <li>• Listening and following instructions</li> </ul>	<ul style="list-style-type: none"> <li>• Building relationships:</li> <li>• My family and friends</li> </ul>	<ul style="list-style-type: none"> <li>• Managing self:</li> <li>• My wellbeing</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>• Introduction lesson Family and relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Family and relationships</li> <li>• Health and wellbeing</li> <li>• Anti-Bullying Week</li> </ul>	<ul style="list-style-type: none"> <li>• Health and wellbeing</li> <li>• Safety (teach all lessons)</li> <li>• Safer Internet Day</li> <li>• Children’s Mental Health Week</li> </ul>	<ul style="list-style-type: none"> <li>• Safety (teach all lessons)</li> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Educator Solutions RSE</li> <li>• Transition to next year</li> <li>• Economic Wellbeing</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>• Introduction lesson Family and relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Family and relationships</li> <li>• Health and wellbeing</li> <li>• Anti-Bullying Week</li> </ul>	<ul style="list-style-type: none"> <li>• Health and wellbeing</li> <li>• Safety (not lessons 4 and 5)</li> <li>• Safer Internet Day</li> <li>• Children’s Mental Health Week</li> </ul>	<ul style="list-style-type: none"> <li>• Safety (not lessons 4 and 5)</li> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Educator Solutions RSE</li> <li>• Transition to next year</li> <li>• Economic Wellbeing</li> </ul>

<b>Year 3</b>	<ul style="list-style-type: none"> <li>• Introduction lesson Family and relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Family and relationships Health and wellbeing</li> <li>• Anti-Bullying Week</li> </ul>	<ul style="list-style-type: none"> <li>• Health and wellbeing</li> <li>• Safety (teach all lessons)</li> <li>• Safer Internet Day</li> <li>• Children's Mental Health Week</li> </ul>	<ul style="list-style-type: none"> <li>• Safety (teach all lessons)</li> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Educator Solutions RSE</li> <li>• Transition to next year</li> <li>• Economic Wellbeing</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>• Introduction lesson Family and relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Family and relationships Health and wellbeing</li> <li>• Anti-Bullying Week</li> </ul>	<ul style="list-style-type: none"> <li>• Health and wellbeing</li> <li>• Safety (not lessons 6 and 7)</li> <li>• Safer Internet Day</li> <li>• Children's Mental Health Week</li> </ul>	<ul style="list-style-type: none"> <li>• Safety (not lessons 6 and 7)</li> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Educator Solutions RSE</li> <li>• Transition to next year</li> <li>• Economic Wellbeing</li> </ul>
<b>Year 5/6 2025/26</b>	<ul style="list-style-type: none"> <li>• Introduction lesson Family and relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Family and relationships Health and wellbeing</li> <li>• Anti-Bullying Week</li> </ul>	<ul style="list-style-type: none"> <li>• Health and wellbeing</li> <li>• Safety (not lessons 3,4 and 5)</li> <li>• Safer Internet Day</li> <li>• Children's Mental Health Week</li> </ul>	<ul style="list-style-type: none"> <li>• Safety (not lessons 3,4 and 5)</li> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Educator Solutions RSE</li> <li>• Transition to next year</li> <li>• Economic Wellbeing</li> </ul>
<b>Year 5/6 2024/25</b>	<ul style="list-style-type: none"> <li>• Introduction lesson Family and relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Family and relationships Health and wellbeing</li> <li>• Anti-Bullying Week</li> </ul>	<ul style="list-style-type: none"> <li>• Health and wellbeing</li> <li>• Safety (not lessons 4, 5 and 6)</li> <li>• Safer Internet Day</li> <li>• Children's Mental Health Week</li> </ul>	<ul style="list-style-type: none"> <li>• Safety (not lessons 4, 5 and 6)</li> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Citizenship</li> </ul>	<ul style="list-style-type: none"> <li>• Educator Solutions RSE</li> <li>• Transition to next year</li> <li>• Economic Wellbeing</li> </ul>

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