

# Wellbeing

## Long-term plan

Standard

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Our curriculum plan for EYFS, KS1 and KS2.

This document is updated regularly to reflect changes to our content. This version was updated on 29.06.23.

You can find the most up-to-date version [here](#).

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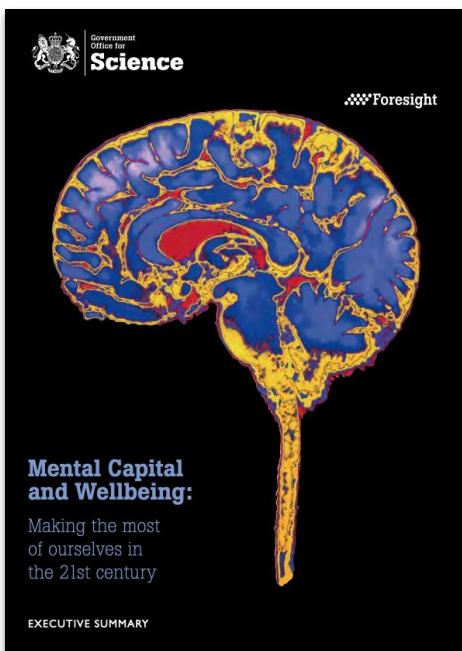
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# How does Kapow Primary help our school to develop pupils' Wellbeing?

In 2008 the Government Office for Science published the findings of their Foresight Mental Capital and Wellbeing Project (2008) which 'considered the factors that influence an individual's mental development and wellbeing' (Final project report, Executive summary).

The project commissioned work to identify the wellbeing equivalent of "five fruit and veg a day" in order to promote positive mental health and wellbeing in a more accessible way.. From reviewing the evidence they came up with the following suggestions for individual action to improve wellbeing, known as the 'Five ways to wellbeing':



- 1. Connect...** With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
- 2. Be active...** Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.
- 3. Take notice...** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
- 4. Keep learning...** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.
- 5. Give ...** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Kapow Primary's wellbeing scheme aims to promote positive mental health amongst primary age pupils, familiarising them with these five ways to wellbeing by revisiting them each year.

Pupils have the opportunity to develop these skills explicitly in lessons and to embed them over time at school and at home by completing our optional 'During the week' activities.

# How does Kapow Primary help our school to meet statutory guidance around Wellbeing?

This scheme has not been developed in order to give full coverage of any statutory guidance. It is an extra-curricular offering to promote and support wellbeing amongst pupils.

However, it is useful for schools to know that following this scheme will help them to meet many of the 'mental health' objectives from the RSE and Health Education Statutory guidance (pictured right) and that relevant objectives are referenced in our wellbeing lessons and also on our [Wellbeing: Statutory guidance coverage](#) document.

If you are looking for full coverage of the statutory guidance, this can be achieved by following the Kapow Primary RSE & PSHE scheme (available to subscribers only).



**Relationships Education, Relationships and Sex Education (RSE) and Health Education**

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

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The Ofsted school inspection handbook (2022) explains that 'The curriculum provided by schools should extend beyond the academic, technical or vocational' and the personal development judgement was added to the inspection process to reflect the importance of this. Please see our [Wellbeing: Statutory guidance coverage](#) document for more information about how our Wellbeing content can help with this.

Following the Kapow Primary Wellbeing scheme of work will support schools in demonstrating that they:

Develop pupils' confidence, resilience and knowledge so that they can keep themselves mentally healthy.

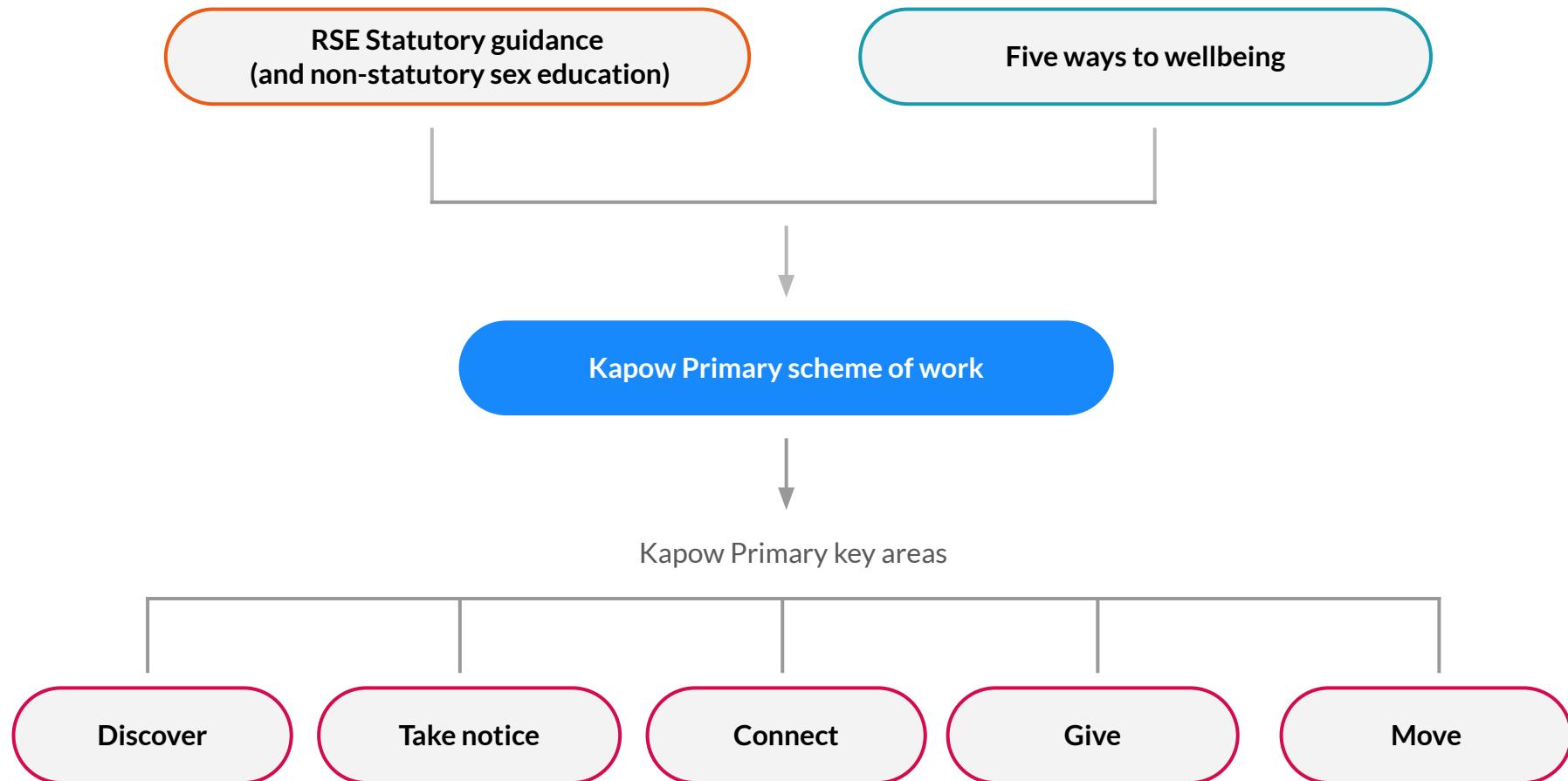
Develop pupils' understanding of how to keep physically healthy, eat healthily and maintain an active lifestyle, including giving ample opportunities for pupils to be active during the school day and through extra-curricular activities.

Enable pupils to recognise online and offline risks to their well-being and making them aware of the support available to them.

Develop pupils' age-appropriate understanding of healthy relationships through appropriate relationships and sex education.

Develops pupils to become responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults.

# How is the Wellbeing scheme of work organised?



# Key areas

We have categorised our lessons into the five key areas below, which we return to in each year group, making pupil's prior and future learning clear and shows how what you are teaching fits into their wider learning journey.

## Discover

Learning to try something new and how to cope with the emotions that new experiences bring.

## Take notice

Learning to pay attention to the present and be more aware of what is going on around them and within them.

## Connect

Learning how to develop existing friendships, understand the importance of others' thoughts and feelings and build new relationships.

## Give

Learning to give and be kind while thinking of others and appreciating the gift of giving.

## Move

Learning about the importance of being physically active and different ways of doing so.



# A spiral curriculum

Kapow Primary's Wellbeing scheme of work has been designed as a spiral curriculum with the following key principles in mind:

- ✓ **Cyclical:** Pupils revisit the five key areas throughout primary school.
- ✓ **Increasing depth:** Each time a key area is revisited, it is covered with greater depth and increasing maturity.
- ✓ **Prior knowledge:** Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again.



## Is there any flexibility in the Kapow Primary Wellbeing scheme?

Our wellbeing scheme of work is organised into five lessons per year group entitled: Discover, Take notice, Connect, Give and Move.

These five lessons can be taught in any order and at any time within the year.

You may choose to teach the five lessons at different points throughout the year or to have a wellbeing day or a wellbeing week where you teach all five lessons.

If you choose to teach the lessons at different times throughout the year you may wish to have a whole school focus on the relevant key area, perhaps creating a display, sharing information with parents or having whole school assemblies to introduce the theme and celebrate achievements around it.

## Suggested long-term plan - Overview of lessons

|                    | Discover                                | Take notice                         | Connect                                      | Give                                   | Move                             |
|--------------------|---|-------------------------------------|--|--|----------------------------------|
| EYFS:<br>Reception | <a href="#">Trying something new</a>    | <a href="#">My surroundings</a>     | <a href="#">Similarities and differences</a> | <a href="#">Kind words</a>             | <a href="#">Being animals</a>    |
| Year 1             | <a href="#">Making mistakes</a>         | <a href="#">Sound</a>               | <a href="#">Understanding others</a>         | <a href="#">Sharing</a>                | <a href="#">Gardening</a>        |
| Year 2             | <a href="#">Perseverance</a>            | <a href="#">Colour expression</a>   | <a href="#">Compliments</a>                  | <a href="#">Generosity</a>             | <a href="#">Nature walk</a>      |
| Year 3             | <a href="#">Practice makes progress</a> | <a href="#">Making a difference</a> | <a href="#">Shared interests</a>             | <a href="#">Appreciation</a>           | <a href="#">Motion detection</a> |
| Year 4             | <a href="#">Resilience</a>              | <a href="#">My thoughts</a>         | <a href="#">Pen pals</a>                     | <a href="#">Giving to my community</a> | <a href="#">Making a beat</a>    |
| Year 5             | <a href="#">Growth mindset</a>          | <a href="#">Others around me</a>    | <a href="#">Working together</a>             | <a href="#">Pay it forward</a>         | <a href="#">Adaptive sports</a>  |
| Year 6             | <a href="#">Goal setting</a>            | <a href="#">Myself</a>              | <a href="#">Community</a>                    | <a href="#">Apologising</a>            | <a href="#">Brain breaks</a>     |

This page shows recent updates that have been made to this document.

| Date     | Update                      |
|----------|-----------------------------|
| 09.05.23 | Links added to lessons p.8. |
| 22.06.23 | Move lessons added p.8.     |
| 29.06.23 | Links added to Move units.  |