

Date	Lesson number	Learning outcomes
w/c 5 <sup>th</sup> September 2022 2 X PATHS lessons	1	Can I understand what rules are? Can I participate in a class set of rules?
	2	Can I understand what the child of the day is? Can I compliment someone? Can I receive a compliment?
w/c 12 <sup>th</sup> September 2022 2 X PATHS lessons	3	Can I understand PATHS resources? Can I understand a feeling face? Can I understand feeling words?
	4	Can I understand the concepts of Excited, Fine and Tired? Can I participate in activities for different feelings?
w/c 19 <sup>th</sup> September 2022 1 X PATHS lesson	5	Can I understand the concepts of Scared/Afraid and Safe?
w/c 26 <sup>th</sup> September 2022 1 X RSHE lesson	RSHE solution pack, Year 3, Lesson 3	Can I recognise the different types of family relationships people enjoy? Can I identify the different types of family relationships I am in? Can I consider the ways people show they care for each other within a respectful relationship?

w/c 3rd October 2022 2 X PATHs lessons	6	Can I understand the Cross/Angry feeling? Can in explore what to do when I am cross? Can I think before I act? Can I think about feelings and behaviours?
w/c 10 <sup>th</sup> October 2022 2 X PATHs lessons	7	Can I understand when I am angry? Can I understand internal and external cues in someone? Can I understand about hiding feelings?
	8	Can I understand the feelings Calm/Relaxed and Worried or Tense? Can I identify physical signs of feeling worried or tense?
w/c 17 <sup>th</sup> October 2022 1 X RSHE lesson	Health and Safety week	NSPCC PANTS lesson (depending on time set) <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/</a>
w/c 31 <sup>st</sup> October 2022 1 X RSHE lesson	Women's Aid, Expect respect.	Can I talk about my opinions and explain my views? Can I resolve differences by looking at alternatives?
w/c 7 <sup>th</sup> November 2022 2 X PATHs lessons	10	Can I understand how to calm down? Can I discuss the Red light? (stop and calm down)
	11	Can I understand that I can use thinking to control my behaviour? Can I be a helper to teach self-control?

w/c 14 <sup>th</sup> November 2022 2 X PATHs lessons	12	Can I discuss the lights on the Control Signals Poster? Can I think of different solutions for calming down?
	15	Can I listen and attend to others? Can I understand how decision making can lead to errors? Can I understand the importance of gathering information before taking action?
w/c 21 <sup>st</sup> November 2022 1 X PATHs lesson	16	Can I solve a problem? Can I use the control signals poster to solve problems? Can I understand the post-box?
w/c 28 <sup>th</sup> November 2022 1 X PATHs lesson	18	Can I listen to others? Can I understand this is important to get along with others? Can I talk about my ideas with my peers before I act on them?
w/c 5 <sup>th</sup> December 2022 1 X PATHs lesson	20	Can I understand how to be polite? Can I understand what rude means? Can I understand different behaviours as good or bad manners? Can I identify the different tones in voice and body postures? Can I encourage good manners in my friends?
w/c 12 <sup>th</sup> December 2022 2 X PATHs lessons	21	Can I differentiate feelings of shyness and loneliness? Can I overcome anxiety relating to emotions? Can I think of ideas how to handle these emotions?
	22	Can I listen to a story about feelings and behaviours to making friends? Can I understand different friendship skills?

w/c 9 <sup>th</sup> January 2023 1 X PATHs lesson	23	Can I understand the feeling frustrated? Can I discuss appropriate and inappropriate behaviours?
w/c 16 <sup>th</sup> January 2023 1 X PATHs lesson	24	Can I learn ways to be a good winner or loser? Can I understand different perspectives?
w/c 23 <sup>rd</sup> January 2023 1 X RSHE lesson	RSHE solution pack, Year 3, Lesson 4	Can I recognise that there are ways in which some people believe that boys and girls should behave? Can I recognise that everyone has similarities and differences, irrespective of gender? Can I follow any aspiration I have for myself?
w/c 30 <sup>th</sup> January 2023 2 X PATHs lessons	25	Can I understand how to problem solve? Can I use the control signals poster to problem solve? Can I use the fair play rules?
	26	Can I understand the feelings of jealous, content and satisfied?
w/c 6 <sup>th</sup> February 2023 1 X RSHE lesson	RSHE solution pack, Year 3, Lesson 6	Can I identify the difference between secrets and surprises? Can I understand that it is OK to keep a surprise and important to share some secrets? Can I consider ways to appropriately share secrets I am asked to keep, including when online?
w/c 20 <sup>th</sup> February 2023 2 X PATHs lessons	27	Can I understand the feelings of like, dislike, love and hate? Can I discuss change or lessen strong feelings? Can I discuss how to change feelings?
	28	Can I show that there is more than one way to see a situation?

w/c 27 <sup>th</sup> February 2023 1 X RSHE lesson	RSHE solution pack, Year 3, Lesson 5	Can I understand that it is my right to decide who can touch my body? Can I think about the reasons why someone may need to touch my body? Can I say how to respond if someone makes me feel uncomfortable, unsafe or bad?
w/c 6 <sup>th</sup> March 2023 1 X RSHE lesson	RSHE solution pack, Year 3, Lesson 2 (activity 1 & 2)	Can I understand how my body might change as I grow and develop?
w/c 13 <sup>th</sup> March 2023 2 X PATHs lessons	29	Can I understand the concept of the feeling guilty?
	30	Can I understand the feeling of proud? Can I learn about the feeling ashamed? Can I learn about situations when people feel proud or ashamed?
w/c 20 <sup>th</sup> March 2023 2 X PATHs lessons	32	Can I listen to a story about fair play and being a sore loser? Can I explore the feelings frustrated and guilty? Can I understand how feelings affect friendships?
	33	Can I generate solutions for making up with friends? Can I practise different ways of making up?

w/c 27 <sup>th</sup> March 2023 1 X RSHE lesson	RSHE solution pack, Year 3, Lesson 1	Can I understand what is meant by self-esteem and how this helps me to be happy? Can I recognise some of my strengths? Can I set an aspirational goal for myself?
w/c 24 <sup>th</sup> April 2023 2 X PATHS lessons	34	Can I understand the concepts of Greedy, Selfish and Generous? Can I identify common situations when people could feel these emotions?
	35	Can I understand the concepts of Surprised and expectation? Can I understand the feelings of surprised and disgusted? Can I remember the difference between thoughts and feelings?
w/c 1 <sup>st</sup> May 2023 2 X PATHS lessons	36	Can I understand when something has been done by accident? Can I understand when something has been done on purpose?
	37	Can I understand the feelings of disappointed, hopeful and hope? Can I discuss OK and NOT OK behaviours?
w/c 8 <sup>th</sup> May 2023 2 X PATHS lessons	38	Can I begin to understand fairness and justice? Can I label feelings associated with fairness and justice?
	39	Can I understand the feelings of curious/interested and bored? Can I learn the feelings confused and confident?
w/c 15 <sup>th</sup> May 2023 1 X PATHS lesson	40	Can I understand success and failure? Can I keep trying despite experiencing uncomfortable feelings? Can I persevere despite facing a problem?
w/c 22 <sup>nd</sup> May 2023 1 X PATHS lesson	41	Can I understand the feelings of malicious and kind? Can I understand what a random act of kindness is?

w/c 5 <sup>th</sup> June 2023 2 X RSHE lessons	Change for life	Can I understand it is important to be physically active? Can I identify a type of physical activity that I enjoy?
	Mentor session 2	Can I understand that some people pretend to do things that are illegal? Can I understand that taking illegal drugs is against the law? Can I resist pressure to do something that makes me feel uncomfortable?
w/c 12 <sup>th</sup> June 2023 1 X PATHS lesson	42	Can I understand the feelings of belonging, included, rejected and excluded?
w/c 19 <sup>th</sup> June 2023 1 X PATHS lesson	43	Can I understand why it is important to calm down and think? Can I discuss teasing and its repercussions? Can I understand what escalation means? Can I practise strategies for self-control, hiding feelings and apologising?
w/c 26 <sup>th</sup> June 2023 1 X RSHE lesson	Sun safe summer activity pack	Can I understand that overexposure to the sun can be unhealthy? Can I suggest ways to be safe in the sun?
w/c 3 <sup>rd</sup> July 2023 1 X PATHS lesson	44	Can I identify bullying? Can I identify feelings in response to being bullied? Can I know where to go if I am being bullied? Can I think about alternatives to bullying someone?
w/c 10 <sup>th</sup> July 2023	Spare lesson (catch up)	

Life Skills Long Term Plan  
2022 – 2023  
PATHS Folder – Year 3

38 X PATHS sessions, 11 X RSHE sessions + NSPCC Pants day (Health and Safety Week)

1 x RSHE lesson (can be moved if you do first aid at another time)	British Red Cross	Can I understand that first aid can help me with everyday accidents?
w/c 17 <sup>th</sup> July 2023	Spare lesson (catch up/transition)	