

Date	Lesson number	Learning outcomes
w/c 5 th September 2022 1 X PATHS lesson	1	Can I help create a set of rules?
w/c 12 th September 2022 1 X PATHS lesson	4	Can I understand what the Golden rule is? Can I use the Golden rule to solve problem?
w/c 19 th September 2022 1 X PATHS lesson	5	Can I show good listening skills in my group?
w/c 26 th September 2022 1 X RSHE lesson	Year 4, Lesson 5	Can I understand what marriage is and why this is something special between two people? Can I explore the reasons why some people choose not to get married? Can I know that marriage should always be a choice?
w/c 3rd October 2022 1 X PATHS lesson	7	Can I recognise anger in myself and others? Can I understand the difference between internal and external stress cues? Can I understand how to calm down?
w/c 10 th October 2022 1 X PATHS lesson	8	Can I understand the control signals poster? Can I explain the difference between the lights on the poster?

w/c 17 th October 2022 1 X RSHE lesson	Health and Safety week	NSPCC PANTS lesson (depending on time set) https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/
w/c 31 st October 2022 1 X RSHE lesson	Year 4 Lesson 6	Can I recognise situations that I will need help to manage, including peer pressure? Can I say who I can ask for help? Can I practice asking for help?
w/c 7 th November 2022 1 X PATHs lesson	10	Can I use a dictionary for emotion concepts? Can I review a strategy?
w/c 14 th November 2022 1 X PATHs lesson	11	Can I understand that feelings can differ in strength?
w/c 21 st November 2022 1 X PATHs lesson	13	Can I resolve conflict when rules are broken?
w/c 28 th November 2022 1 X PATHs lesson	15	Can I discuss what gossip is? Can I say how rumour affect relationships? Can I encourage others not to gossip?
w/c 5 th December 2022 1 X PATHs lesson	16	Can I identify characteristics in myself? Can I discuss differences between myself and my class mates? Can I introduce a friend using their qualities? Can I discuss a story? Can I persist? Can I find my own unique potential?

w/c 12 th December 2022 1 X PATHs lesson	17	Can I understand the concept of a friend? Can I understand what competition and co-operation are?
w/c 9 th January 2023 1 X PATHs lesson	18	Can I understand the concept of misinterpret? Can I explain what rules are?
w/c 16 th January 2023 1 X PATHs lesson	19	Can I understand self control and planning? Can I understand what a best friend is? Can I discuss competition and co-operation?
w/c 23 rd January 2023 1 X RSHE lesson	Year 4, lesson 4	Can I understand that everyone is both similar and different to other people? Can I consider how my family is unique to me? Can I celebrate my uniqueness , knowing it should be respected?
w/c 30 th January 2023 1 X PATHs lesson	20	Can I learn different ways to make up after a conflict with a friend? Can I role play a scenario?
w/c 6 th February 2023 1 X RSHE lesson	Think you know lesson plan, Session 1	Can I understand that there are risks when being online? Can I recognise some risks when being online, and know some ways to respond?
w/c 20 th February 2023 1 X PATHs lesson	21	Can I discuss peer pressure? Can I say how friendships can encourage harmful actions? Can I discuss strategies to resist peer pressure?

w/c 27 th February 2023 1 X RSHE lesson	Year 4, lesson 3	Can I recognise that some things are acceptable to do in public and some things should be private? Can I think about different types of touch within a range of relationships and how to respond? Can I think about different types of behaviours within a range of relationships and how to respond?
w/c 6 th March 2023 1 X RSHE lesson	Year 4, lesson 2	Can I understand how a baby develops? Can I understand how I have changed and developed, including how my body has changed so far, and how it might change in the future?
w/c 13 th March 2023 1 X PATHs lesson	22	Can I practise strategies to resist peer pressure?
w/c 20 th March 2023 1 X PATHs lesson	23	Can I discuss peer pressure? Can I understand the importance of independent decision making? Can I learn strategies to resist peer pressure?
w/c 27 th March 2023 1 X RSHE lesson	Year 4, lesson 1	Can I recognise a wide range of emotions, identifying factors that can affect emotions? Can I consider strategies to help manage my emotions? Can I think about ways to recognise and respond to other people's emotions?
w/c 24 th April 2023 1 X PATHs lesson	25	Can I understand why it is important to listen to adults? Can I discuss and define what being responsible is?
w/c 1 st May 2023 1 X PATHs lesson	29	Can I understand what it means to identify the problem?

w/c 8 th May 2023 1 X PATHs lesson	30	Can I understand the difference between smart and confused? Can I use confusion to help me solve problems?
w/c 15 th May 2023 1 X PATHs lesson	32	Can I understand possible causes of an event? Can I understand different points of view? Can I understand why something bad might happen?
w/c 22 nd May 2023 1 X PATHs lesson	34	Can I understand positive goal setting? Can I decide on a goal?
w/c 5 th June 2023 1 X RSHE lesson	Change for life, be food smart.	Can I understand that some food and drink is healthy for my body? Can I use data to work out healthy choices? Can I explain why it is important to make healthy choices?
w/c 12 th June 2023 1 X PATHs lesson	37	Can I think of different ways to solve a problem? Can I use alternative problem solving methods?
w/c 19 th June 2023 1 X PATHs lesson	39	Can I understand the concept that 'Thinking takes time?' Can I understand that the first solution is not always the best?
w/c 26 th June 2023 1 X RSHE lesson	Mentor Lesson 3	Can I understand that some people pretend to 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 3 rd July 2023 1 X PATHs lesson	40	Can I discuss situations which are out of one's control? Can I cope with situations that are difficult and uncontrollable?
w/c 10 th July 2023 1 X RSHE lesson	Year 3, lesson 2 (activity 3)	Can I say how to keep my body clean and hygienic?

Life Skills Long Term Plan
2022 – 2023
PATHS Folder – Year 4

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

I x RSHE lesson (can be moved if you do first aid at another time)	Basic first aid in school	Can I identify dangers by looking and listening? Can I decide if an area is safe? Can I help someone without risk to myself?
w/c 17 th July 2023	Spare week	