



Link to school Value
Love, Hope, Trust and Peace

Golden Promise link/ Key concept Link:
Hope – through aspirations.

Link to
Heartsmart
**No Way Through
isn't True!**

Key Vocab & Definition

Risk – the possibility of suffering injury or loss; dangerous chance, ie The explorers faced many risks as they made their way across the ice.

Danger – exposure to harm or peril. ie Our parents tried their best to keep us out of danger.

Hazard – something that causes a danger or risk, ie Ice poses the greatest hazard for winter driving.

Aspirations – ambition, goal or aim

Goals – a result or end that are desires and works for; aims or purpose

Possible Key Text:

War Game – links with the range of conflicting emotions people can feel at the same time.

Possible Images:



Key Questions:

What am I good at?
How can I improve?
Who can help me?
What have I achieved?
How do I feel?

Time: 6 hours



Core Knowledge:

H5 – to learn to reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals

H6 – to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others

H7 – to learn to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these

H9 – to differentiate between the terms 'risk' , 'danger' and 'hazard'

Lesson 1:
Can I celebrate my achievements and strengths?

Lesson 2:
Can I set high aspirations for my future and note my areas of improvement?

Lesson 3:
Can I extend my range of vocabulary to explain my feelings towards others?

Lesson 4:
Can I recognise the feeling of conflicting emotions?

Lesson 5:
Can I overcome a range of conflicting emotions?

Lesson 6:
Can I understand the difference between a risk, a danger and a hazard?

Link to curriculum intent statement:

Strand 1 c i, ii

Strand 2 a i, ii b i, ii, iii, iv

Strand 3 a i, ii, iii

Strand 4 a i, ii, iii