

Wales Primary School  
Curriculum Design 2023/2024 (updated)





## Curriculum Intent

### Our vision for learning (Quoted from Teaching and Learning policy)

The vision for our school is to provide our children with the best possible start in life through the provision of a vibrant, engaging and relevant curriculum where children are challenged and inspired to excel. We strive to develop a community of life-long learners who are ready to succeed in the 21<sup>st</sup> century.

### Wales Primary School Ethos & values

At Wales Primary School we believe our school will nurture all individuals in their journey to achieve their full and unique potential. We are committed to developing an inclusive, welcoming, safe and stimulating learning environment that will enable all our pupils to be happy and become responsible citizens and lifelong learners. Throughout their journey at Wales Primary School children will adopt the Wales Code and will strive to use this throughout their learning and further into the community. We believe that our Wales code encourages children to strive to become confident independent individuals who are resilient and ready to bounce back from a challenge and maintain a positive outlook on life.

### Wales code

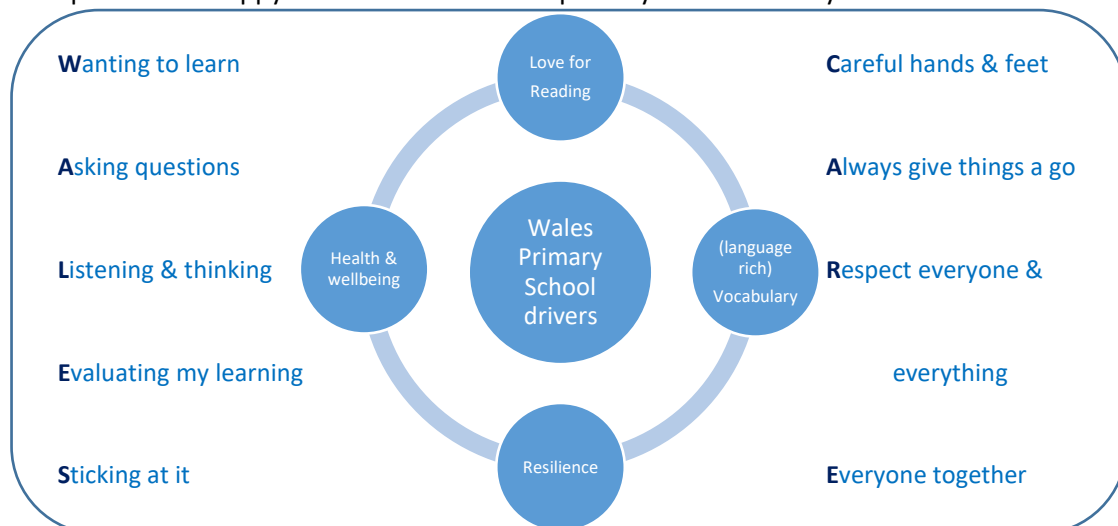
- Wanting to learn**
- Asking questions**
- Listening and thinking**
- Evaluating my learning**
- Sticking at it.**

At Wales Primary School we are aware that our pupils bring different experiences, interests and strengths, which will influence the way they learn and develop their independence. We endeavour to promote positive mental health so that every child has a sense of belonging and are able to reach their potential. We offer a community of support, and will ensure that we

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships.
- promote self-esteem and ensure children know that they count.
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks

### Curriculum drivers

At Wales Primary School children learn through a well-planned curriculum but we also embed our curriculum drivers within that to help them live happy and successful lives at primary school and beyond.





## Curriculum Implementation

At Wales Primary School our yearly curriculum is ‘theme’ led. Our themes support the teaching and learning and enable us to offer inspirational and relevant learning which equips the children with the tools to go on to have a successful future in the ever changing world. Our themed curriculum focuses on History & Geography as well as our whole school strands: *Identity and Diversity* and *Clean Green World* (Sustainability).

Reading texts are carefully selected to help engage children and develop language rich learners as well as being a focus for writing. It is our belief that this synergy creates a greater depth of knowledge which results in better quality writing. Our themes are supported by high quality texts to bring them to life; with reading, oracy and practical learning being key to the children at Wales Primary School being resilient and reaching their potential.

Each area of the curriculum is taught sequentially and is linked to our curriculum themes when appropriate. We ensure that the WALES code and CARE guide are embedded throughout the curriculum and are taught, modelled and celebrated consistently.

Our yearly topic overview can be found below. Here you will be able to see how our school strands have been carefully embedded into the curriculum.



### WALES PRIMARY SCHOOL LONG-TERM CURRICULUM PLANNING – Updated September 2023



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>FS2</b>	<b>Me and My Family</b> Focus: Our Own identity. Recognising uniqueness and valuing every person.	<b>Celebrations</b> Focus: Celebrating special occasions (Birthdays, Bonfire night, Christmas)	<b>All around us</b> Focus: Geography Where do we live in the UK and world? How does the weather around us change?	<b>Journeys</b> Focus: Geography Looking wider than where we live. Recognise environments and countries are different to the ones they live and compare similarities and differences.	<b>Growing</b> Focus: Understand the effects of changing seasons on the natural world around them. Planting seeds & spring walk	<b>Animals</b> Focus: Science - Make observations and draw pictures of animals. Life cycles Taking care of animals
<b>Year 1</b>	<b>Walking with dinosaurs</b> Focus: History	<b>Let's Celebrate!</b> Focus: Looking at festivals of light across different faiths (Hanukah, Diwali)	<b>My Superhero</b> Focus: Looking at heroes from the community (Fire fighters, Police officers, paramedics etc)	<b>Rumble in the jungle</b> Focus: NC Science: Plants	<b>Enchanted Forest</b> Focus: How to look after our plants and trees NC Science: Plants	<b>Paws, claws and whiskers</b> Focus: Geography RS: Unit 3 (Animals & their habitats) NC Science: Animals inc humans
<b>Year 2</b>	<b>Castles</b> Focus: History	<b>Toys</b> Focus: History	<b>Me and my world</b> Focus: Geography RS Unit 3: our wonderful world	<b>Food glorious food</b> Focus: Geography RS Unit 2 : Journeys - food Science: Animals including humans	<b>Under the sea</b> Focus: What a load of rubbish – pollution in the sea	<b>Traditional Tales</b> Focus: Standing up for what is right and wrong (democracy) linking to the moral of the story English – greater writing opportunities (vocabulary)
<b>Year 3</b>	<b>Natural Disasters</b> Focus: Geography RS: Unit 1 – Climate and weather	<b>Healthy me</b> Focus: Being confident in my own body. How to have a healthy body. NC Science: Animals including humans	<b>Stone Age – Iron Age</b> Focus: History	<b>Ancient Egypt</b> Focus: History	<b>GREAT Great Britain</b> Focus: Keeping Britain clean – recycling/ caring for our local area	<b>Scream Machine</b> Focus: NC Science: Forces and magnets
<b>Year 4</b>	<b>The Americas</b> Focus: Geography RS Unit 1: The Americas	<b>Ancient Greece</b> Focus: Learning about where democracy began. Ancient Greece is famous and has helped shape many systems of democracy around the world today.	<b>Roman Britain</b> Focus: History	<b>Rivers and Water Cycle</b> Focus: How Global warming has created extreme weather e.g. flooding NC Science – States of matter	<b>Earthquakes and Volcanoes</b> Focus: Geography RS Unit 3: Earthquakes and Volcanoes	<b>Anglo-Saxons / Vikings</b> Focus: History
<b>Year 5</b>	<b>To infinity and beyond</b> Focus: NC Science: Earth & Space	<b>Pole to Pole</b> Focus: How Global warming has melted ice caps	<b>Tudor Britain</b> Focus: History	<b>Victorian Britain</b> Focus: History	<b>Chocolate</b> Focus: Geography RS Unit 3: Journeys: Trade	<b>Farm to Fork</b> Focus: How different countries grow different crops to help provide for the world.
<b>Year 6</b>	<b>Water Water Everywhere</b> Focus: The global plastic crisis	<b>World War 1</b> Focus: History	<b>World War 2</b> Focus: History	<b>Hola Mexico (Mayans)</b> Focus: Geography RS Unit: America & The Amazon	<b>Beneath the surface (Local area – mining)</b> Focus: History	<b>Ever changing me</b> Focus: We all matter: Exploring differences between people

Identity & Diversity	Clean Green World – Sustainability	History	Geography
----------------------	------------------------------------	---------	-----------



## Curriculum Impact

The impact of the school's curriculum can be seen in the books/ work they produce, through discussions with the children and through the learning that the children receive. Everything we do is with the child at mind, and strong relationships are built between pupils and staff which create an atmosphere for learning which is conducive to success.

Pupils at Wales Primary School are expected to make good or better progress in all subjects and the children's progress is tracked and reported to parents and carers at parent consultation evenings and on the end of year report.

Pupils' progress in reading, writing, SPAG & maths is measured through ongoing assessment and through three key assessment points during the year – this is completed through a combination of written assessments and teacher judgement. For other areas of the curriculum assessment is completed at the end of the school year where children are assessed against the learning objectives set out on the progression of skills document for each curriculum area. Work is planned to address misconceptions and gaps in learning are identified to ensure that the curriculum effectively meets the needs of all pupils.

Enjoyment of the curriculum promotes achievement, confidence and good behaviour. Children feel safe to try new things. The pupils will be able to work collaboratively with their peers and independently as inquisitive learners who are motivated to excel and who have a thirst for learning. The pupils will have a strong desire to embrace challenge and to be resilient learners.

Our curriculum will also enable our pupils to become good citizens and demonstrate an appreciation for each other, the school community and the world. Our pupils will be respectful and will show tolerance and acceptance to those from different faiths and backgrounds.

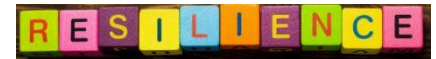
The impact of our curriculum can also be seen through;

- 🌍 children following the WALES code and CARE rules,
- 🌍 being responsible for their own learning and demonstrating resilience,
- 🌍 having a rich and diverse vocabulary
- 🌍 showing a love for reading
- 🌍 having a good understanding of theirs and others emotional health and wellbeing

The impact of our curriculum is continually been monitored and adapted to ensure that it is effective and gives the children the tools to succeed.

We monitor the impact in a variety of ways:

- 🌍 pupil achievement data
- 🌍 attendance percentages
- 🌍 behaviour
- 🌍 pupil questionnaires
- 🌍 pupil voice
- 🌍 parent / carer questionnaires
- 🌍 lesson observations / monitoring of teaching and learning
- 🌍 staff meetings
- 🌍 CPD opportunities



# Wellbeing Wednesday

## What is Wellbeing Wednesday?

At Wales Primary School we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships.
- promote self-esteem and ensure children know that they count.
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks

We know that screen time and being in continued formal lessons is not always conducive to good mental health, and it is really important to give children opportunities to take time out and enjoy different learning activities which might help with developing mindfulness, relaxation, resilience or talking time. All of these things are good for children's mental health- particularly post lockdown. 'Wellbeing Wednesday' means that children will have **a day every term** away from more formal learning to enjoy various wellbeing activities. These 'Wellbeing Wednesdays' will be carefully planned with a clear focus for the day.

This academic year (2023/2024) the Wellbeing Wednesdays will be:

- Autumn 1 – Resilience (linking to our school driver)
- Spring 1 – Linking to Children's mental health week (5-11 February 2024)
- Summer 2 – During Healthy Lifestyles week

As well as our 3 whole school Wellbeing Wednesdays teachers will also offer more informal wellbeing sessions throughout the year when deemed necessary by the class teacher. These sessions may be a proactive session where the teacher can pre-empt an unusual event/ situation that some children may find challenging or they will be a reactive session to respond to the needs of the child / class.

### Example situations when a proactive Wellbeing Wednesday is needed

- Children are going to have a significant change soon and need some coaching on how to respond and adapt to new situations (E.g. moving classes, classrooms, school trips to an unknown place)
- New member of the class (adult or child)
- Testing (SATs)

### Example situations when a reactive Wellbeing Wednesday is needed

- Children are finding unstructured times in school a challenge (playtimes, lunchtimes)

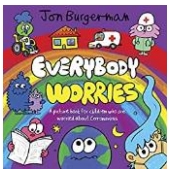
- Children are finding working as a team a challenge
- Children are unable to respect others emotions
- Children are finding concentrating for a sustained period of time difficult
- Incident of racism within the class

### ACTIVITIES to support children's wellbeing

- Booklet that encourages wellness activities outdoors  
<https://cdn.naturalresources.wales/media/691058/activities-and-games-health-and-well-being.pdf>
- Write a letter to a friend, telling them about things that have been going well for you recently. Could you include some photos or draw a picture for them?
- Think of a gift that you could give to somebody. Can you draw or make something that will make them smile?
- Get some slips of paper and write something nice about a friend and then give it to them. Could you make similar 'compliment slips' for everyone in your family or your class?
- Make a friendship bracelet using some string, wool, beads and other small items.
- Make a certificate for a friend to celebrate one of their special qualities or an achievement.
- Complete a 'random act of kindness' by doing something nice for a friend or a stranger anonymously (if possible).
- Write a thank you letter to somebody to show your appreciation for a gift or something that the recipient has done for you.
- Drink some water. Keep a record of how much water you are drinking each day.
- Keep a sleep diary over the course of a week to check if you have been getting enough sleep each day.
- Think about times when you have been brave. How did you overcome your fears?
- Think about something that might be worrying you at the moment. Make a comic strip in which you overcome those worries. How did you do it?
- Give a person (or a tree) a hug! How does it make you feel?
- Make a 'Fab File' to collect work and pictures that you are proud of, certificates that celebrate your achievements and cards from people that you care about. You could then look at it whenever you might be feeling low.
- Make a list of all of the things that you are grateful for. Could you show these on the petals of a flower drawing or the coloured stripes of a rainbow painting?
- Keep a food diary to review the food and drink that you consume each day. Which parts of your diet are the most healthy?
- Learn how to bake or cook something. Could you make a healthy treat or a new meal?
- Try cloud gazing. Look outside at look at the clouds. Can you see any pictures or patterns with them?
- Make a dream catcher and add small pictures or slips of paper that show your hopes for the future.
- Find out about a charity that is important to you and think of ways that you could help.
- Listen to some relaxing sounds (e.g. rainfall, beach sounds, rainforest soundtracks). How do they make you feel? This Youtube channel has lots of examples.
- Play a game with a friend or family member. This might be a favourite card / board game or a new game that you have never played before. Could you make up your own game too?
- Try some exercise. You could go for a walk, follow a workout or yoga video or play an active game with your friends. **COSMIC YOGA** <https://www.youtube.com/user/cosmickidsyoga>

- Get outside. Go for a walk and try to look for different plants and animals. Could you make a note of which ones you see or draw a picture of some of them?
- Grow some seeds and monitor their progress each day. Could you work with others to create a small garden?
- Dance! Put on your favourite song and dance along. You might be able to follow a dance-along version of the video on Youtube too.
- Put on some calming music and colour in some colouring pages.
- Lie down somewhere quiet and feel your pulse. Can you count the number of beats?
- Wellbeing Bingo - <https://www.youngminds.org.uk/media/cl3je1wu/wellbeing-bingo.pdf>
- Primary School self-care pack (Has lots of different activities – suitable for all ages)  
<https://primarysite-prod-sorted.s3.amazonaws.com/berryhill/UploadedDocument/8003e9217ade4bfa8528a30474af07ee/final-selfcaresummer-primary.pdf>

## BOOKS to support children's wellbeing



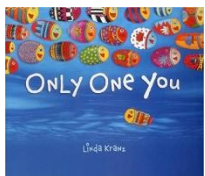
**Everybody worries by John Burgerman** – Read the online version here:

<https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx>



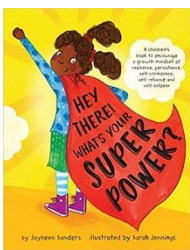
**Shine by Sarah Asuquo**

*Kai is excited to go back to school after the summer holiday, but soon finds himself being mocked by his peers for being different. Kai's confidence is lowered and he begins to wish that he is normal like everyone else.*



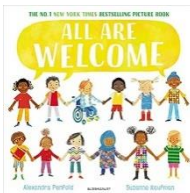
**Only one you by Linda Krantz**

*There's only one you in this great big world. Make it a better place. Adri's mama and papa share some of the wisdom they have gained through the years with their eager son. Their words, simple and powerful, are meant to comfort and guide him as he goes about exploring the world.*



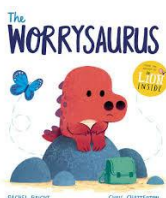
**Hey there! What's your super power? By Jayneen Sanders**

*Follow Becky's journey as she tries lots of exciting new things to find her amazing superpowers! This engaging and interactive children's book provides a number of simple and very achievable 'tasks' to help kids to develop a growth mindset of resilience, persistence, self-confidence, self-reliance and self-esteem.*



**All are welcome by Alexandra Penfold**

*Follow a group of children through a day in their school, where everyone is welcome. A school where children in patkas, hijabs, baseball caps and yarmulkes play side by side. A school where students grow and learn from each other's traditions. A school where diversity is a strength.*



**The Worrysaurus by Rachel Bright**

*A fun and reassuring tale about dealing with worries*

## **WEBSITES to support children's wellbeing**

Teacher pet – Have good ideas around Wellbeing Monsters & Mental Health Heroes

<https://tpet.co.uk/wellbeing-wednesday/>

Place 2 Be – Has some really good resources and links to videos

<https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/>

Young minds

<https://www.youngminds.org.uk/professional/resources>