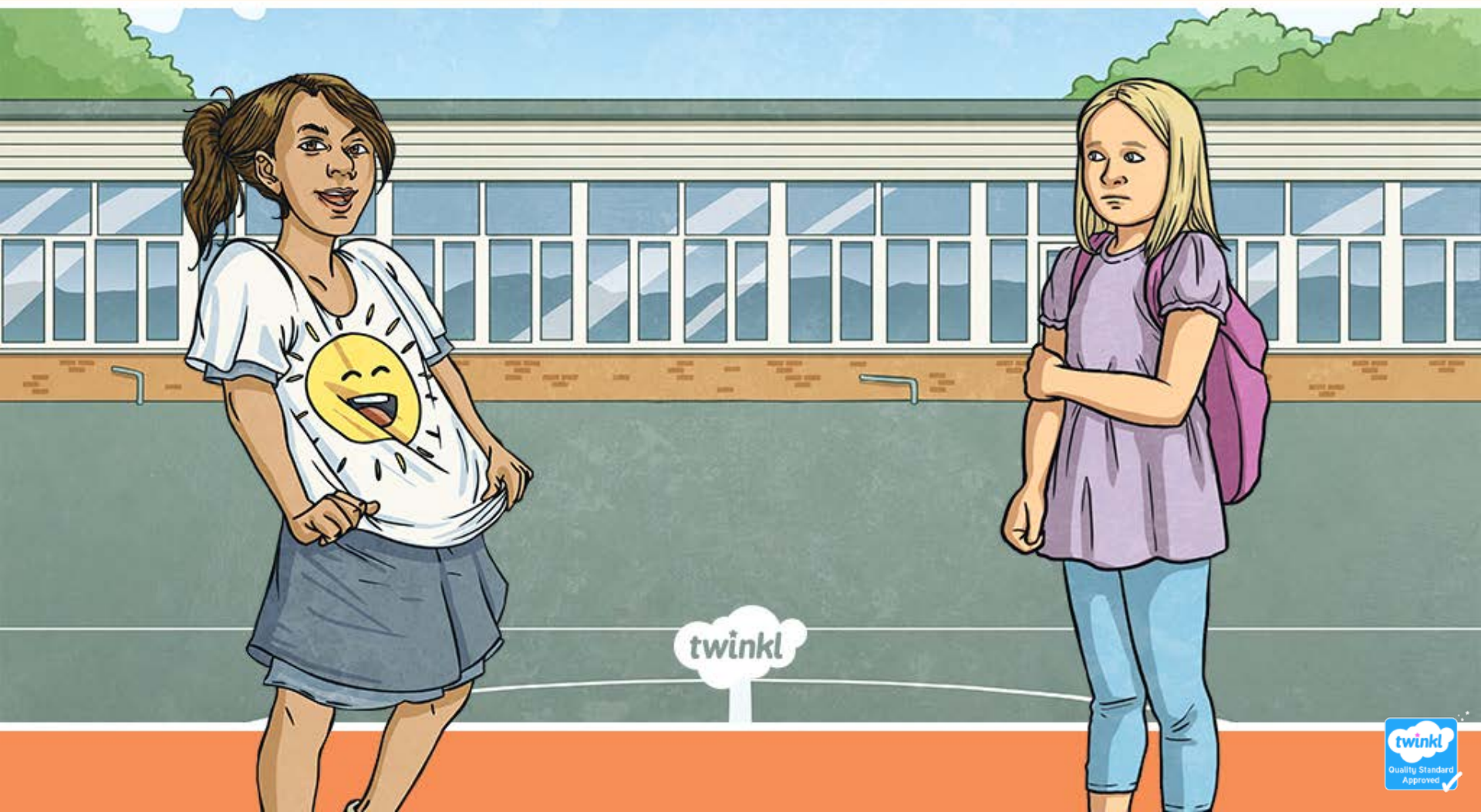




# PSHE and Citizenship

Health and Wellbeing | Transition to Secondary School

# Challenges and Opportunities



# Tuesday 16<sup>th</sup> June 2020

Learning Intention: To know what I can do to prepare for the transition to secondary school.


## Success Criteria

- I have considered the challenges that I might face when starting secondary school.
- I can turn challenges into opportunities.
- I can apply positive thinking techniques when it comes to thinking about the transition to secondary school.

# The Big Questions



# The Big Questions

An illustration of two students, a young man and a young woman, standing in front of a colorful school building. The young man on the left is wearing a purple t-shirt and has his hand on his chin, looking thoughtful. The young woman on the right is wearing a teal t-shirt and also has her hand on her chin, looking thoughtful. The school building behind them has a facade made of large, colorful rectangular blocks in shades of blue, green, yellow, and red. There are trees and a small garden area in the foreground. Two thought bubbles are present: one above the young man and one above the young woman.

What challenges might the transition to secondary school bring?

What opportunities might secondary school provide?

# Reconnecting

# Thinking Ahead



On your own, think about any challenges you might face when starting secondary school.

Next, think about any opportunities that starting secondary school might bring.

<b>Challenges and Opportunities</b>	
Can you think of any challenges and opportunities that might come your way when you start secondary school? Jot your ideas down in the two columns.	
Challenges	Opportunities

This resource is fully aligned with the Learning Outcomes and Outcomes of Learning for PSHE and Citizenship in Year 6. It is also aligned with the PSHE Association's [PSHE Association's Curriculum Framework](https://www.psehe.org.uk/).

twinkl.com PSHE and Citizenship | Year 6 | Health and Wellbeing | Transition to Secondary School | Challenges and Opportunities | Lesson 2

twinkl.com

Record your ideas on your **Challenges and Opportunities Activity Sheet** and then we can share them as a class.

# Challenges and Opportunities

Can you think of any challenges and opportunities that might come your way when you start secondary school?

Jot your ideas down in the two columns.

Challenges	Opportunities



# Thinking Ahead



When you recorded your ideas, did you think of the challenges as problems and the opportunities as something positive?

Starting secondary school will bring many challenges and opportunities but we can view both as positive things.

Shifting our mindset can help us to face challenges, solve problems, learn new skills, try new activities and grow in confidence.



# Exploring

# Everything Changes



What do you think will be different about secondary school, compared with primary school?

See if you can create a list of things that will change and be different.

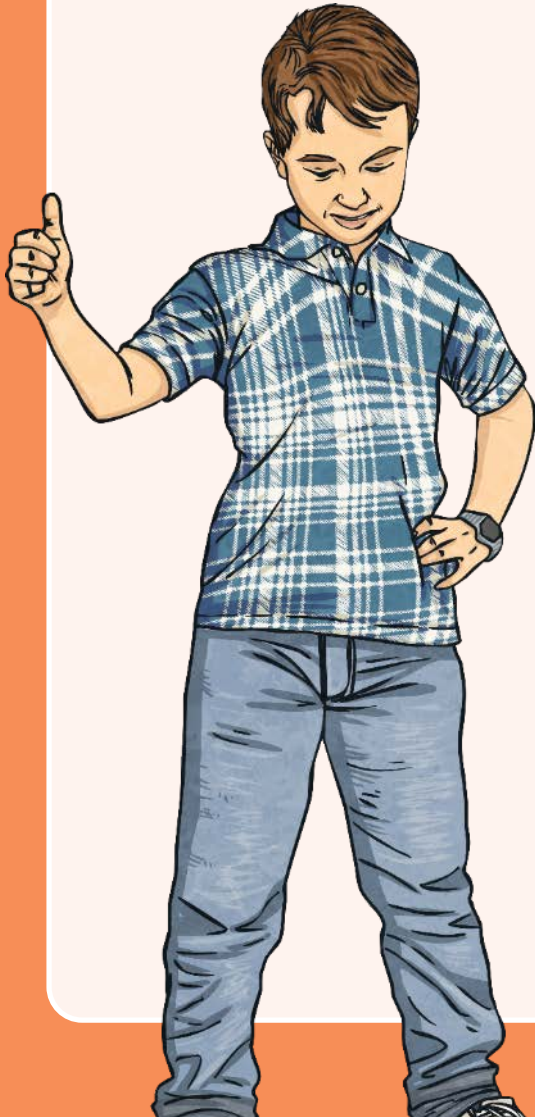
However, change can be challenging so it's very common to feel nervous and worried about change.

# Everything Changes



But challenge doesn't have to be a bad thing. Healthy challenges are what make life interesting. We learn new things, grow in confidence, have new and exciting experiences and make new friends along the way.

# Opportunity Knocks



Turning potential problems, that seem like a challenge, into an opportunity can take practice.

With a positive, calm mindset, we can usually find a way to solve problems.

This might involve asking for help, being more prepared or taking action ourselves to put something right.

Even if we can't actually resolve the issue, we can learn from our mistake and try not to let it happen again.



# Opportunity Knocks



## Turning Problems into Opportunities

Look at the 'problems' below. See if you can think positively and turn them into an 'opportunity' – a chance to learn something new or have a positive experience.

 <p>When you get on the school bus, there's only one empty seat next to a child in the year above you.</p>	 <p>The lunchtime club you signed up to is full this term so you don't get a place.</p>
 <p>In your tutor group, the teacher asks you all to stand up and say a few things about yourself.</p>	 <p>At breaktime, you can't see the one person you know from your primary school.</p>
 <p>In art class, you sit next to someone who is a lot better than you at drawing.</p>	 <p>On your first day, you are told that you are in the group learning German even though you put Spanish as your preference.</p>
 <p>In maths, you realise you have forgotten your ruler.</p>	 <p>You and a few other children from your year miss the bus after school so you have to wait half an hour for the next one.</p>

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study

Look at the Turning Problems into Opportunities Activity Sheet and see if you can think of something positive about each situation.

# Practise and Prepare



As well as shifting our mindset so we view challenges as opportunities, there are lots of practical things you can do to prepare for secondary school.

For example, you can take on some of the challenges before starting at your new school, rather than leaving all the challenges to that first day.

Practising certain things before you start might help. The more we practise things, the more confident we become.

Once something doesn't feel new or different anymore, we stop feeling worried or anxious about it.

Let's take a look at some examples of things you can practise to prepare for starting secondary school.





# Practise and Prepare

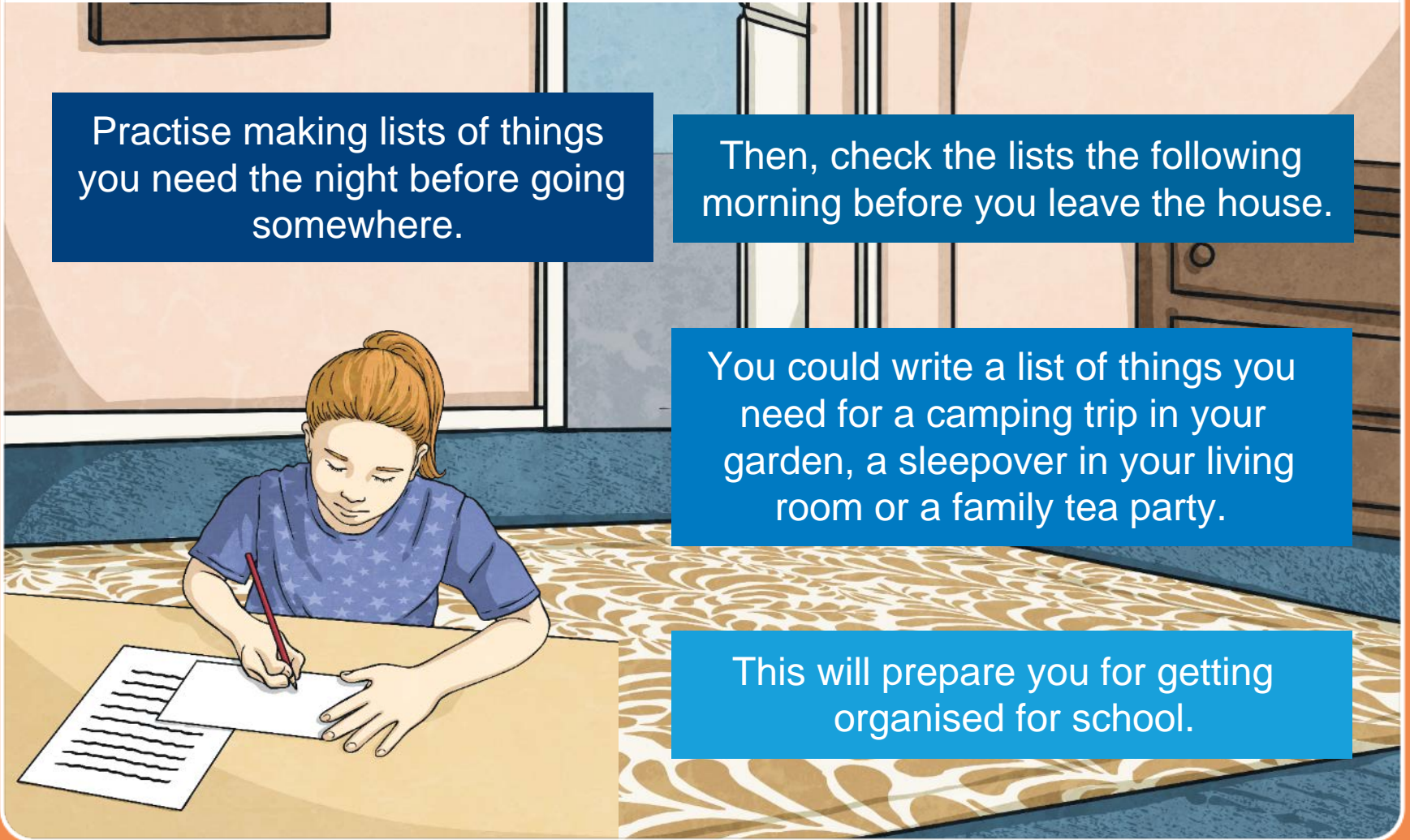


Practise making lists of things you need the night before going somewhere.

Then, check the lists the following morning before you leave the house.

You could write a list of things you need for a camping trip in your garden, a sleepover in your living room or a family tea party.

This will prepare you for getting organised for school.



# Practise and Prepare



Practise packing any equipment you need in your bag the night before.

This could be making sure you have your homework in your school bag or making sure you have packed your football kit for training on Sunday morning.



# Practise and Prepare



Practise using a calendar or diary.

This could be a paper one, one on a laptop or tablet or one on your mobile phone.

Put in important dates that are coming up and remember to check your calendar regularly.

This is good practice for when you have to check a timetable and which lessons or clubs you have.



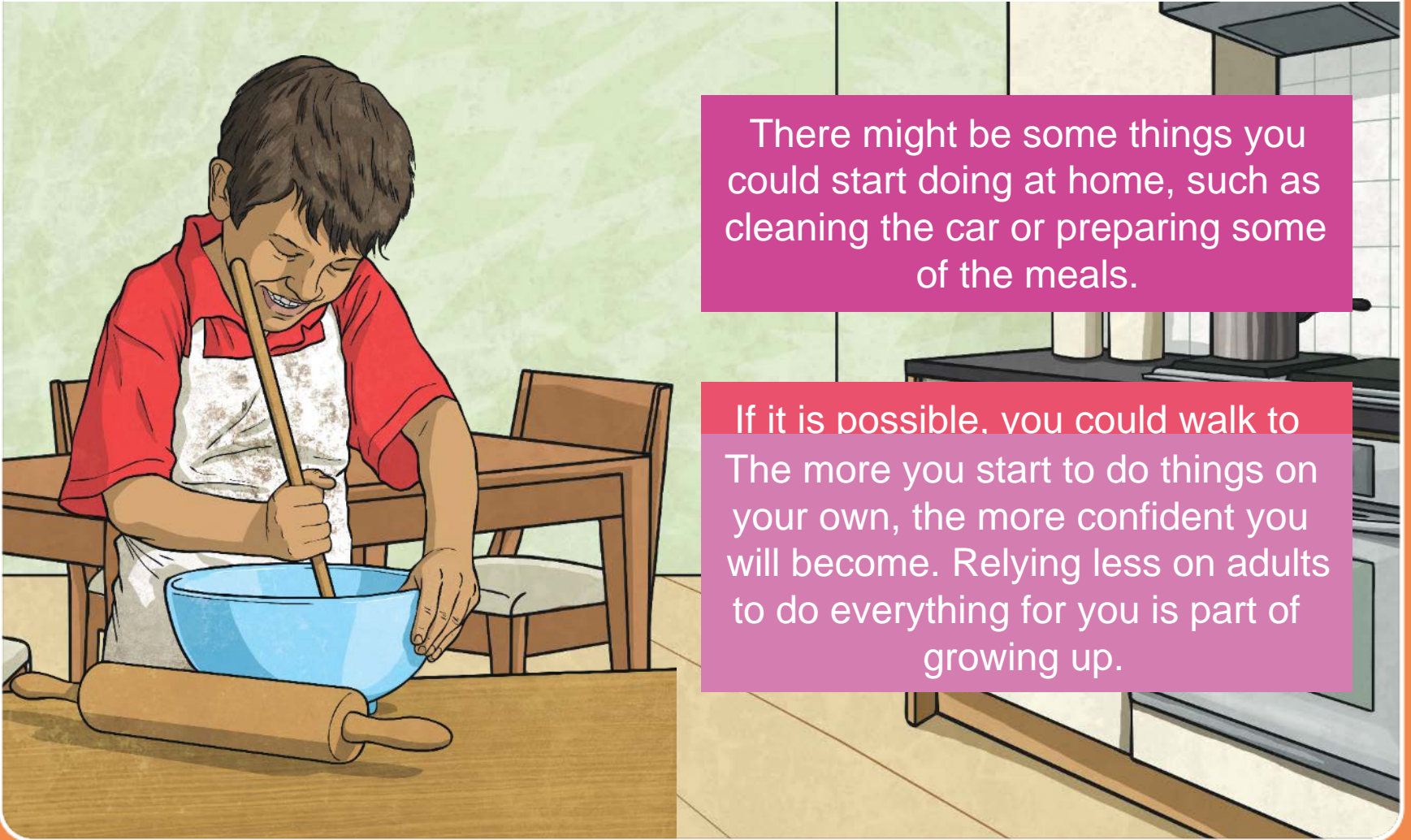


# Practise and Prepare



There might be some things you could start doing at home, such as cleaning the car or preparing some of the meals.

If it is possible, you could walk to  
The more you start to do things on your own, the more confident you will become. Relying less on adults to do everything for you is part of growing up.



# Practise and Prepare



Practise using public transport on your own.

This includes buying your ticket or paying your fare and completing the journey on your own.

You can time it to see how long the journey takes and make sure you know where to get on and off.

# Practise and Prepare



Practise meeting new people.

could organise a chance for you to have a conversation with people they know that you might not have spoken to before.

with your family at home when you feel confident.

When you are talking to someone new, you could jot down a few ideas of things you might like to talk about. This could be what you like to go to, what interests you have, or your favourite book or film.





# Practise and Prepare



Visit the website of your new school and take a look at their newsletters and their gallery of photos.

You will be able to become more familiar with what the school has to offer and you might be able to view the staff on the website.



# Practise and Prepare



If it is possible and the opportunity arises, take part in: remote induction briefings; other types of sessions, e.g. meeting form tutors, heads of year, other key staff; a virtual tour of the school.

This is a great chance to meet some of the staff. You can also get a feel for the building.



# Practise and Prepare



Chat to relatives or friends you know that are already at secondary school or have recently been to secondary school.

They can answer some questions and let you know what their first day was like.

It might have some good things and you will be able to reassess what you think. It will all be OK.







**Consolidating**

**Reflecting**

# Consolidating

# You Will Survive!



As we have learnt today, with a little courage and a bit of preparation it's easy to survive the transition to secondary school!

## Top Tips for Surviving Secondary School

Create a poster containing some of your top tips for surviving the transition to secondary school. You can use words and pictures. Try to make it colourful and informative.

Create a poster to share some of your top tips for surviving the transition.

You can include lots of the ideas we have mentioned today about practising certain things in order to prepare for the changes that come with starting a new school.

# Reflecting

# Unfortunately... Fortunately...



To finish today's lesson, we are going to play a game.

As a whole class, you will take turns to continue the 'story' about a child's first day at school.

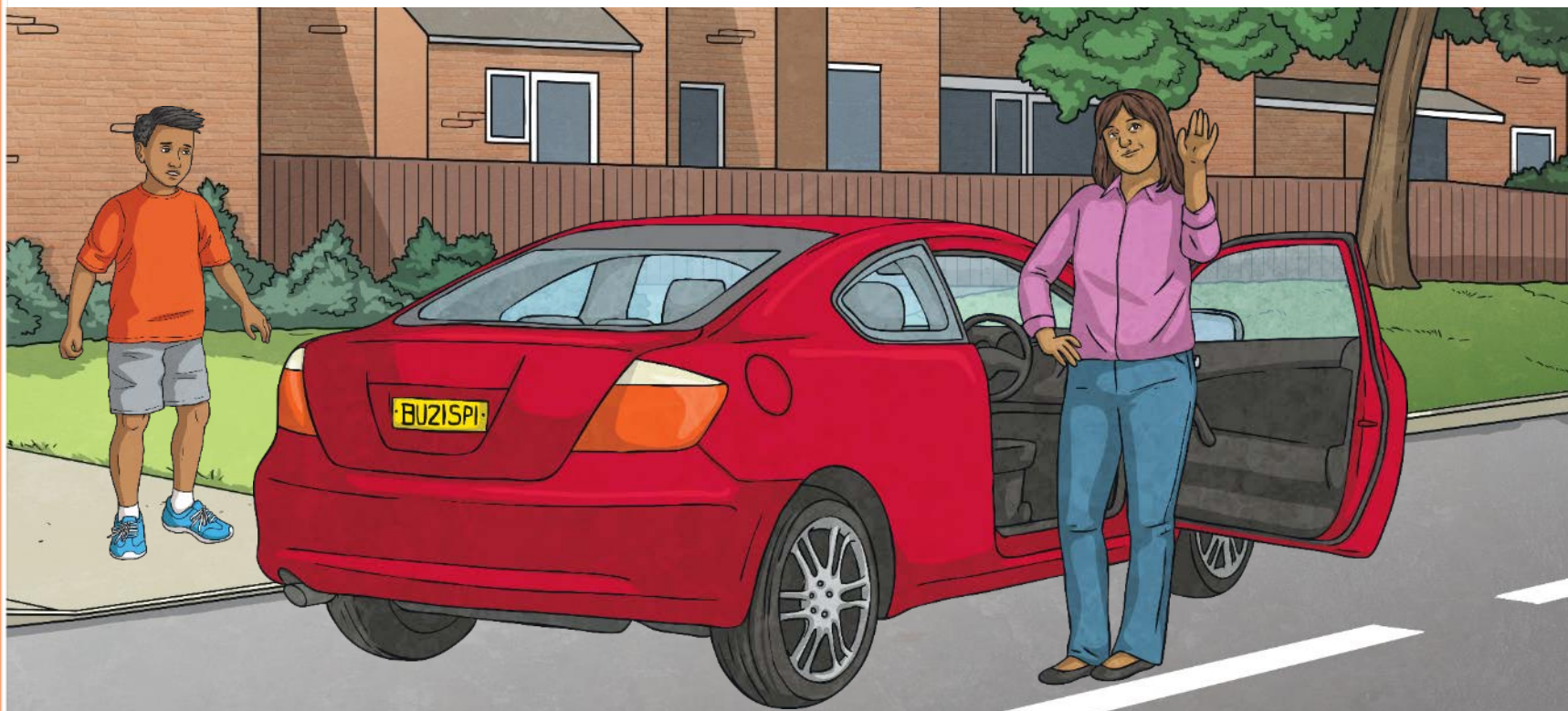
Unfortunate things will keep happening but each time they do, the problem will get resolved or something positive will come out of the situation.

To start you off, here is an example...





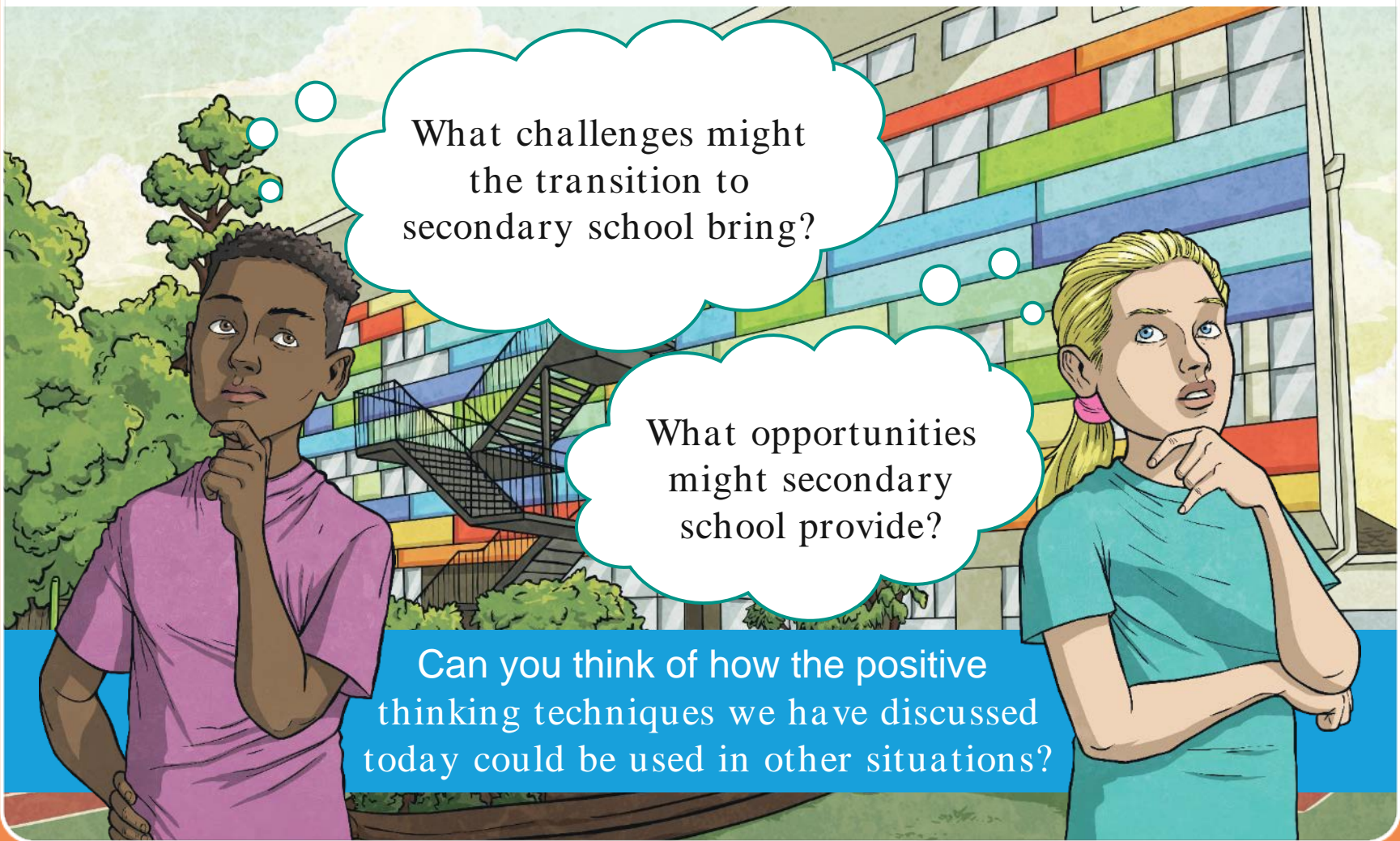
# Unfortunately... Fortunately...



Let's see if we can get through a whole school day!

# The Big Questions

# The Big Questions

An illustration of two students, a young man and a young woman, standing in front of a colorful school building. The young man on the left is wearing a purple t-shirt and has his hand on his chin, looking thoughtful. The young woman on the right is wearing a teal t-shirt and also has her hand on her chin, looking thoughtful. The school building behind them has colorful horizontal stripes in red, orange, yellow, green, and blue. There are green trees to the left of the building. Two thought bubbles are present: one above the young man containing the text 'What challenges might the transition to secondary school bring?' and one above the young woman containing the text 'What opportunities might secondary school provide?'.

What challenges might the transition to secondary school bring?

What opportunities might secondary school provide?

Can you think of how the positive thinking techniques we have discussed today could be used in other situations?