



# St Ursula's Catholic Primary School – Bounce Back Curriculum



	Autumn 1		Autumn 2		Spring 1		Spring 2	Summer 1		Summer 2	
	Unit 1 Core Values (Wk 1 – 3)	Unit 2 Social Values (Wk 4 – 5)	Unit 3 People Bouncing Back (Wk 1 – 4)	Unit 4 Courage (Wk 5 – 7)	Unit 5 Looking on the Bright Side (Wk 1 – 3)	Unit 6 Emotions (Wk 4 – 7)	Unit 7 Relationships (Wk 1 – 6)	Unit 8 Humour (Wk 1 – 4)	Unit 9 Being Safe (Wk 5 – 6)	Unit 9 Being Safe (Wk 1 – 2)	Unit 10 Success (Wk 3 – 7)
Rec	Being honest	Being kind  Our family is kind and supports us	Everyone can bounce back  Bouncing Back from being sick  Good food and sleep help us to bounce back	Everyone has fears, even grown ups	Looking on the bright side  Being thankful and grateful	Giving the right names to feelings  Keeping safe: Hands are not for hitting, feet are not for kicking, words are not for hurting  Be the boss of your sad feelings  Be the boss of your worried or scared feelings	Dealing with feeling shy  Dealing with feeling lonely  Getting to know others	Humour can help you feel better	What is bullying?  How does it feel to be bullied?	What can you do if you are bullied?	You feel great when you achieve a goal  Stick with it and don't give up  Remember to try hard and work hard

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Y1	Being fair  Being responsible	Our teachers are kind and support us  We care for and support animals.  It's important to cooperate	Change happens: Starting School or moving  Family Changes  Losing someone you love  Nobody is perfect	We don't all get frightened by the same things  What is courage?  People in different jobs are brave  Helping yourself to feel brave  Being brave about doctors/dentists	One unhappy thing doesn't have to spoil everything  Things always get better – seasons and weather	Everyone has pleasant and unpleasant feelings  Mixed feelings  Be the boss of your feelings  Be the boss of your jealous feelings	Getting along well with others  Being a good winner or loser  Being a good listener  Good and bad ways to disagree  Saying sorry and being friends again	What makes you laugh?  Nonsense can make us laugh  Clowns can make us laugh	Put-downs are not okay  Bullying is everyone's problem	Think for yourself: Don't take part in bullying	What are you good at?  What are your ability strengths?  What are your character strengths?  Happy to be me  Some things I can do now  Using your strengths to help others.  Be the boss of yourself: Be organised
Y2	It's okay to be different	Being kind to people we don't know very well  Being friendly – it's important to be friendly  Including others  Showing respect	Other people can help if you talk to them  Unhelpful thinking makes you feel more upset  Everyone has unhappy times sometimes	Being brave to help someone else  The courage to be yourself  Don't be foolish	Be a positive tracker  Happy memories help us bounce back  Being hopeful	What does anger feel like?  Being mindful to be the boss of your angry feelings  Check your facts - did they really mean it?  Use good thinking to be the boss of your angry feelings  Empathy: How are others feeling?	Being a good friend  Sharing friends and including others  Making new friends  Friends can be different  Being a loyal friend  Being a thoughtful friend  Sometimes friendships can change.	Being a class clown can get you in trouble  Use humour to help, not to hurt	Why do some children bully others?  What is cyberbullying?	How to help someone who is being bullied or cyberbullied	Believe in yourself and have a go  Make a plan to make something happen  Mistakes help you learn  Just like our bodies our brains need exercise too  Solving problems

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<b>Y3</b>	Being honest  Being responsible	It's important to be kind  It's important to cooperate	Life has ups and downs  Animals and plants can bounce back too  Losing someone or a pet you love  Concentrate on the good  Blame fairly  Accept what can't be changed	Everyone feels frightened  Everyone feels anxious sometimes  The courage to be yourself  How to become braver	Bad times don't last  Bright side versus downside thinking  Being hopeful	Describing and understanding feelings  Boosting positive feelings  You can change a bad mood  When do you feel angry?  Developing empathy	Getting along well with others	Everyone has a different sense of humour  Humour is enjoyable and is good for your health  Humour helps us cope better and feel more hopeful	What is bullying?  Bullying causes great harm  If someone gets bullied, it is not their fault	Why do some children bully others?  What can someone do if they are being bullied or cyberbullied?	Train your brain for success  Challenge yourself, set a goal and make a plan  Always look for and use your strengths  Managing time and being organised
<b>Y4</b>	Being fair  It's okay to be different	It's important to be friendly  It's important to respect others  Self-respect is important too	Other people can help  Unhelpful thinking makes you feel worse  Nobody is perfect  Everybody has setbacks  Catastrophising exaggerates your worries  Keep perspective	We don't all get frightened by the same things  What is courage?  There are different kinds of courage  Being foolish and showing off is not being brave	Being a positive tracker  Being thankful and grateful  Making your own good luck	Helpful thinking  Dealing with disappointment  Dealing with jealousy  Dealing with embarrassment  Dealing with feeling lonely  Dealing with sadness  Dealing with worries	Making and keeping friends	You can use humour to cheer someone up  Humour can help friendships grow stronger  Humour can be hurtful if it makes fun of others	What is cyberbullying?  Bullying is not okay in our school and is everyone's problem  Put-downs are not okay in our school	Think for yourself – don't just follow others  How can we all help with the problem of bullying?	Have a go, take a risk, and believe in yourself  Mistakes help you learn – don't be afraid to make them  Use grit: persist, work hard, and don't give up

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Y5	Being honest  Being responsible	Kindness and supporting others  Cooperation is important  Cooperating to protect our environment	Life has ups and downs  Other people can help if you talk to them  Concentrate on the positives  Blame fairly  Accept what can't be changed	What is courage?  People feel frightened and brave about different things  Who's a hero?	Using bright side not gloomy thinking  Being hopeful	All feelings are necessary  Boosting positive and enjoyable feelings  You can change a bad mood into a good mood  Managing anger  Developing empathy	Getting along well with others  Developing conversational skills  Being a good winner and a good loser  How to negotiate well  Being an effective leader	What is humour? What makes people laugh?  The social skill of telling a joke well  Humour is healthy and enjoyable	What is bullying?  Spreading Rumours is a form of bullying  Put-downs are part of bullying	Bullying in Sport  Bullying and the Law  Why do some people bully and why are some people targeted?	Train your brain for success  Being 'in the zone'  Smart goal setting  No effort, No results - Challenge yourself  Being organised and managing yourself  Removing distractions  Believe in yourself
Y6	Being fair  It's okay to be different	Friendliness and including others  It's important to treat others with respect  It's important to have self-respect	Bad times don't last  Unhelpful thinking makes you feel more upset  Nobody is perfect  Everybody experiences setbacks  Catastrophising exaggerates your worries  Keep things in perspective	The courage to do what's right  Finding your own courage  Brave, stupid or thrill-seeking?	Using positive tracking  Being thankful and showing gratitude  Making your own good luck	What is that feeling?  Identifying mixed feelings  Practising mindfulness  Managing being nervous or worried and stressed  Managing sadness  Managing other unpleasant feelings like jealousy and disappointment	Making and keeping friends  Dealing with friendship problems	Humour helps us to cope better  Put-down humour is not okay	How to self-protect from being bullied  How can we work together to stop bullying in our school?	Be an upstander, not just a bystander  Don't give in to peer pressure	What are your strengths? - Ability strengths  Character strengths  Using your ability and character strengths to help others  Interesting mistakes will happen  Don't give up – persist and use grit  Ethics and honesty must be the rule – or it's not worth it

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