



Overview plans for academic year 2025-2026

Subject: Emotionally Literacy

Year group/cohort: KS3

	Knowledge and Understanding	Knowledge and Understanding	Skills	Skills	Assessment	Subject specific literacy	Cross curricular links
	Components (Key concepts)	Composite (Bigger picture)	Components (Key concepts)	Composite (Bigger picture)	What is being assessed, how, and when?	Key Vocabulary	Including Personal Development and SMSC
Autumn 1	Skills to make a good impression	Making a good impression	What is a good impression? Your Appearance Your Attitude Asking appropriate questions.	Ensuring that pupils understand that they need to have a good impression in many social situations	Understanding that you are responsible for how you appear to others.	Skills Impression Social Situations	Making a good impression will help you to achieve your goals.
	Thinking about my behaviour	Our behaviour is another factor as to how others view us.	Ways to blend in Unusual behaviours Behaviours that you can't help Neutral behaviours	Thinking about your behaviour is it positive or negative. Do people see you are kind or do they see an angry person who causes trouble.		Behaviour Positive Negative Neutral	

	Expressing myself appropriately	Expressing myself in words. Waiting before responding. Understanding that there are public and private conversations.	There are many ways to communicate for example, phone calls, whatsapp messaging on social media and emails.	We need to be aware of the benefits of waiting before responding. Also, it is best to not join in groups of friends as this can cause chaos if people join to cause problems.		Understanding Communicate Conversation	
	Viewing Things Realistically	Making changes for the better: Habits and friends. Making changes for the better: Attitudes and Actions.	Having the ability to see ourselves as we are. Having the ability to see ourselves as we are and to know what we need to do to change our situations.	We all have visions of what we want as the perfect life and job but it is important to realise that hard times occur.		Attitudes Actions Habits	
	Standing up for myself	That's not right! What do you believe. Why do you think that?	Discussion on your beliefs and behaviours and how you respond	It is important to stand up for what you believe in and be able to discuss with people on why you have a certain belief.		Believe Discussion Certain	

	Making good decision	Think about what decisions you make and how you made the decision. How did you make your decision and was it a good process?	What strategies did you use to come to your decision? Could you have made a different decision using different methods.	How much does your interaction with people determine your decisions?		Interaction Decisions Methods	
Spring 1	Controlling my emotions	What are emotions and how do they impact on each of us. Can we control our emotions or do we have triggers?	Although we may sometimes feel extremely angry disappointed, hurt or another emotion it is not always in your best interest to show your emotions.	At times when you are emotional it can be a trigger to things you are trying to work through. It is best to stay calm if you feel emotional		Emotional Trigger Impact Angry Hurt	
	Making good friends	Are your friends' good friends or do they expect more from you? How can you tell if your friends are supportive of you?	Having friends is good for social development and social skills.	Having friends is good for social development and social skills. Friends are people you can rely upon.		Social Supportive Skills Development	
	Using common sense	What is common sense and how do we use it to help us every day?	Using common sense may seem to be an individual skill rather than a social skill.	Using your common sense can be a reaction to various situations.		Common Sense Situations Reaction	

	Having a good work ethic Knowing expectations	Someone with a good work ethics and understands that tasks need to be completed.	Having a good work ethic means that people can rely on you to get the work done.	Being able to complete a task allows others to see you how reliable you are		Ethics Reliable	
Spring 2	Skills for being around others and reading other people	Skills to be able to 'read' the room and understand the different behaviours.	Understanding what messages other pupils are showing and how to deal with this.	Facial expressions and body language are important as it helps to deal with different situations		Language Facial Expression	
	Knowing expectations	In society it is important to understand what people will expect from you.	When you are with other people, socially there are rules that you expect from yourself and other.	It is important to act appropriately in order to comply with the people around you.		Appropriately Society Comply	
	Negotiating or Compromising	Negotiation is a social skill and we need to understand that we cannot always have your own way.	In situations it is not always appropriate to negotiate as we all have to compromise in some situations.	Rarely in life do we get 100% of what we want. Especially dealing with others, we have to be able to give and take.		Negotiation Understand Situations Dealing	
	Understanding Another's' point of view	Everybody has a different point of view on various topics.	It is important to ensure that you consider the view points of other in order to	Understanding how someone else feels of what experience that person has can		Understanding View point Experience	

			understand the view point of peers.	affect how you relate to that person.			
Summer 1	Being flexible	Handling change can be difficult; however, it is important to accept change.	Be open to change can help you in the future as it is very rare that plans go to plan.	It is ok to change your mind and it is essential in society to be open to new things.		Handling Essential Society Difficult Authority	
	Respecting Authority	In every situation we all have to take instruction and respect the people who are directing us.	If you are in school, college or work we need to conform to things asked of us.	In society we all have written rules that we have to stick to and respect the Authorities that monitor our behaviours		Monitor Behaviours	
	Making others Feel Comfortable	Everyone has a right to be themselves and we must try to ensure that they feel safe.	At times each of us feel under pressure and upset and it helps to let others know that you understand.	Each of us have unique traits and at time it can feel strange, however, all of us should have the right to be ourselves.		Unique Traits Strange Pressure	
Summer 2	Working with others	Working together is an essential part of all our lives.	In all aspects of our lives we need to work together in school at home and if you have a job.	We need skills in order to ensure that we do work together.		Essential Peer Pressure Issues Together	
	Reacting appropriately to peer pressure	Peer pressure can be a difficult to avoid and hard to say no.	We have all been faced with issues when people pressure you to do	Although it is difficult to say no it is important that you do the right things for		Avoid	

			something you do not want to do.	yourselves and not what other want to pressure you to do.			
	Revealing yourself to others	It is always hard to show your real person to others.	In order to build good relationships, it helps to let other, see you as you are.	In any group of friends, it is hard to be yourself as you want to fit in but it will be beneficial in the future for you to be the person you want to be.		Beneficial Build	
	Using social skills at home	The main part of social skill at home is to be comfortable with your care givers.	As a family unit you need to be a part of the household and accept direction from those who care for you.	At times we will disagree with parents and care givers or siblings but it is essential to be fair with each other.		Sibling Essential Disagree	
	Using social skills at School	At school there are so many different situations that can de-stabilise you but we need to gain support and help to ensure that you achieve.	At school you will be faced with many issues that you might not like and you feel angry this is something you need to reflect on.	In school you will face many rules and people directing you to do things. We all need to react positively so that the school community is a secure place for you.		De-Stabilise Community	

Subject Information including exam board details:

Careers linked to this subject area:

Enrichment Opportunities: