

Medway Primary PSHE Home Learning

(KS2) ages 9-11



**A BETTER
MEDWAY**
Easier ways to be healthy





We are learning about:

Transition to secondary school



I can identify the differences between primary and secondary school



I can describe how it might feel to move to secondary school



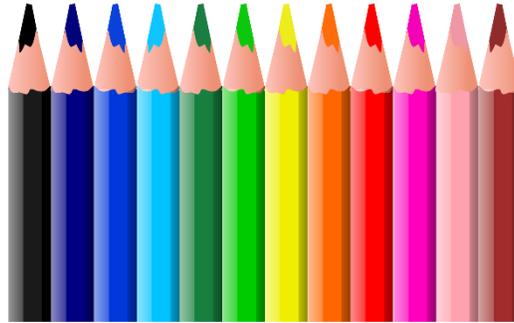
I can explain different ways of managing change



You will need:



A pen or pencil
and some paper



A few colour pens
or pencils



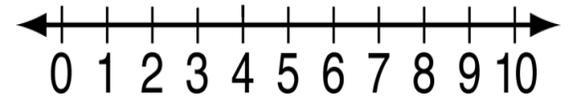
Let's talk about
Change' video



Transition to secondary school: What's our starting point?

Rate how confident you feel about the following...

(0 = not confident, 10 = extremely confident):



- a) I can identify the differences between primary and secondary school.
- b) I can describe how it might feel to move to secondary school.
- c) I can explain some ways to manage this change.



Activity 1: Making the move

Watch the first part of the Let's talk about Change! video
(00:00-00:45)



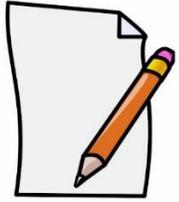
Click
[Here](#)

Questions for discussion:

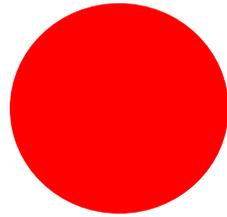
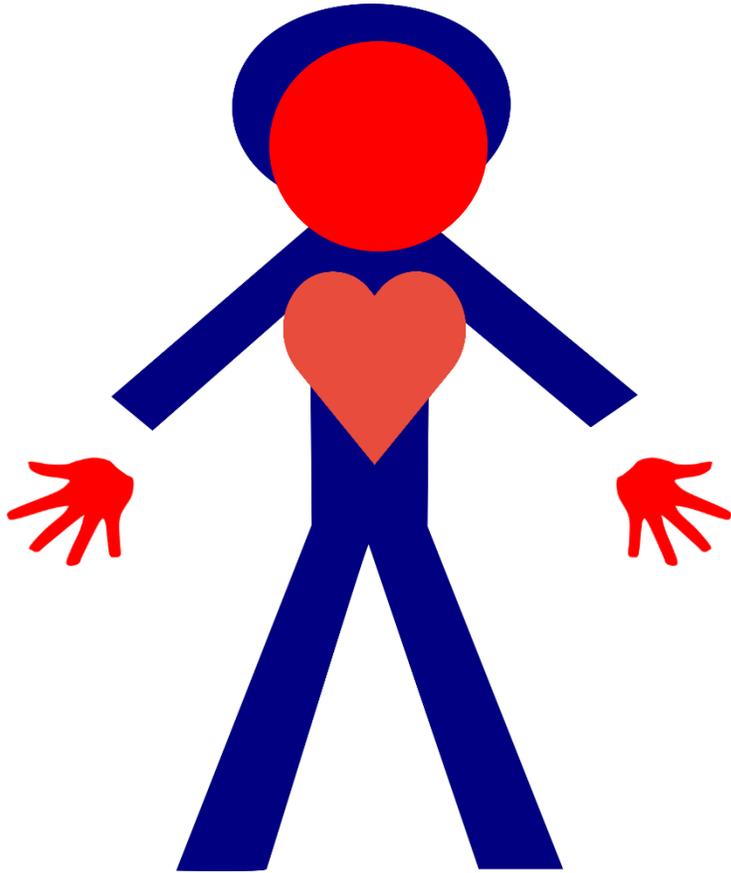


- What will the similarities be between primary school and secondary school?
- What will the differences be between primary school and secondary school?
- What are the most important things a Year 6 pupil needs to know about secondary school? (e.g. structure of the day, how many teachers they will have, how many people in a class, etc.)





Take a sheet of paper and draw a stick person with a head, heart and hands.



What might a new pupil starting secondary school be thinking?

Write down thoughts near the head showing what new Year 7 students might be thinking on their first day.



How might it feel to start a new school?

Add to the heart feelings that pupils might have about starting secondary school



Activity 2: Changes

Watch the second part of the Let's talk about Change! video (1:20-3:05)



Click
Here



Questions for discussion:

- What do you think are the most exciting things about starting secondary school?
- What do you think someone might be nervous about when starting secondary school?
- How do you think a person's feelings might change over the first year at secondary school?



MATCH - Strategies to help manage the move to secondary school.

Scenarios

- 'I can't wait to join the clubs. I love sports!'
- 'Sometimes I think I could do better in school. I'm looking forward to a new start'
- 'My new school will be a bus ride away. I hope I don't get lost.'
- 'I've heard you have lots of teachers and the work is much harder.'
- 'I'm going to a different school than most of my friends but my sister loves her new friends from secondary school, so maybe this will be the same for me.'

Strategies

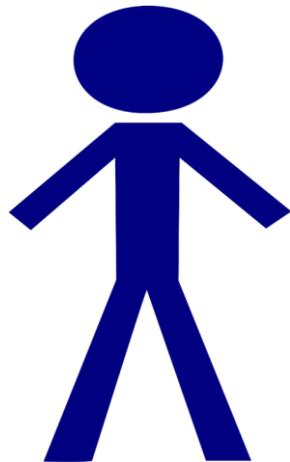
1. Learn your route to school
2. Find out who you can speak to in school if you're finding it difficult
3. Writes the names of your teachers on your timetable
4. Take your time getting to know people
5. Ask teachers for help if you are finding the work difficult
6. Keep a school map in your pocket
7. Learn the school rules
8. Ask someone you trust to do the journey to school with you before doing it alone
9. Talk to an adult at home about your worries
10. Make a homework timetable
11. Make a photo album of all your friends at primary school, remember what you are good at
12. Find out where and when school clubs run
13. Think positively (I can do this!)



Activity 3: Handy Advice



HANDS - What actions can pupils take to manage the changes in secondary school?



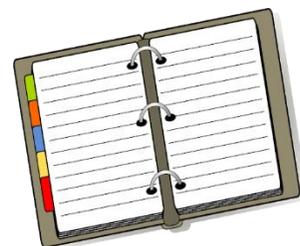
Go back to their sheets with the stick person and add information to the hands of the body.

What ACTIONS or STRATEGIES a pupil could take to manage changes when moving to secondary school.

Plenary: What to take on the first day

What could a pupil pack on their first day of secondary school to help them manage the change ahead?

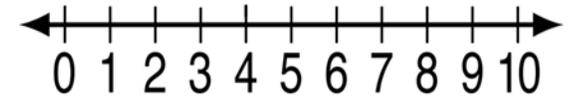
They can be real or imaginary things.



Transition to secondary school: Where are we now?

Think back to the confidence line you completed at the start of the session and consider:

- a) I can identify the differences between primary and secondary school.
- b) I can describe how it might feel to move to secondary school.
- c) I can explain some ways to manage this change.



Consider why your scores may have changed and give an example of something new you have learned or thought about

Remember...

It is really normal to experience different feelings during times of change. If things become difficult, they should speak to a trusted adult in school, at home or contact Childline.



Childline: www.childline.org.uk
Contact number: 0800 1111

