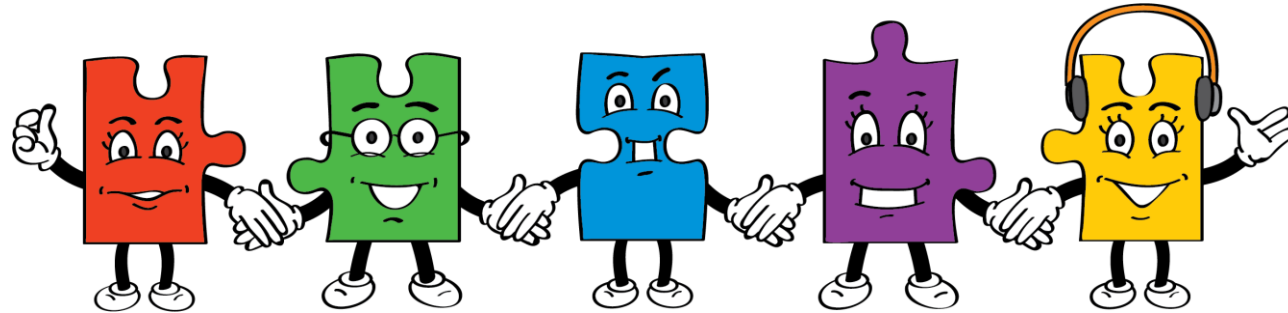


Explaining the QuickStart Road Maps

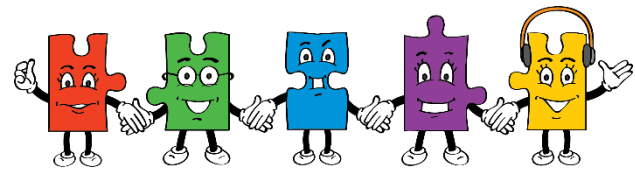


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August 2019

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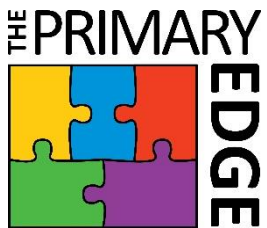
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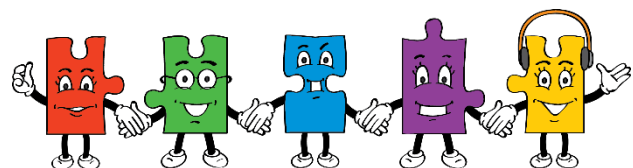


OUR SCHOOL ROAD MAP

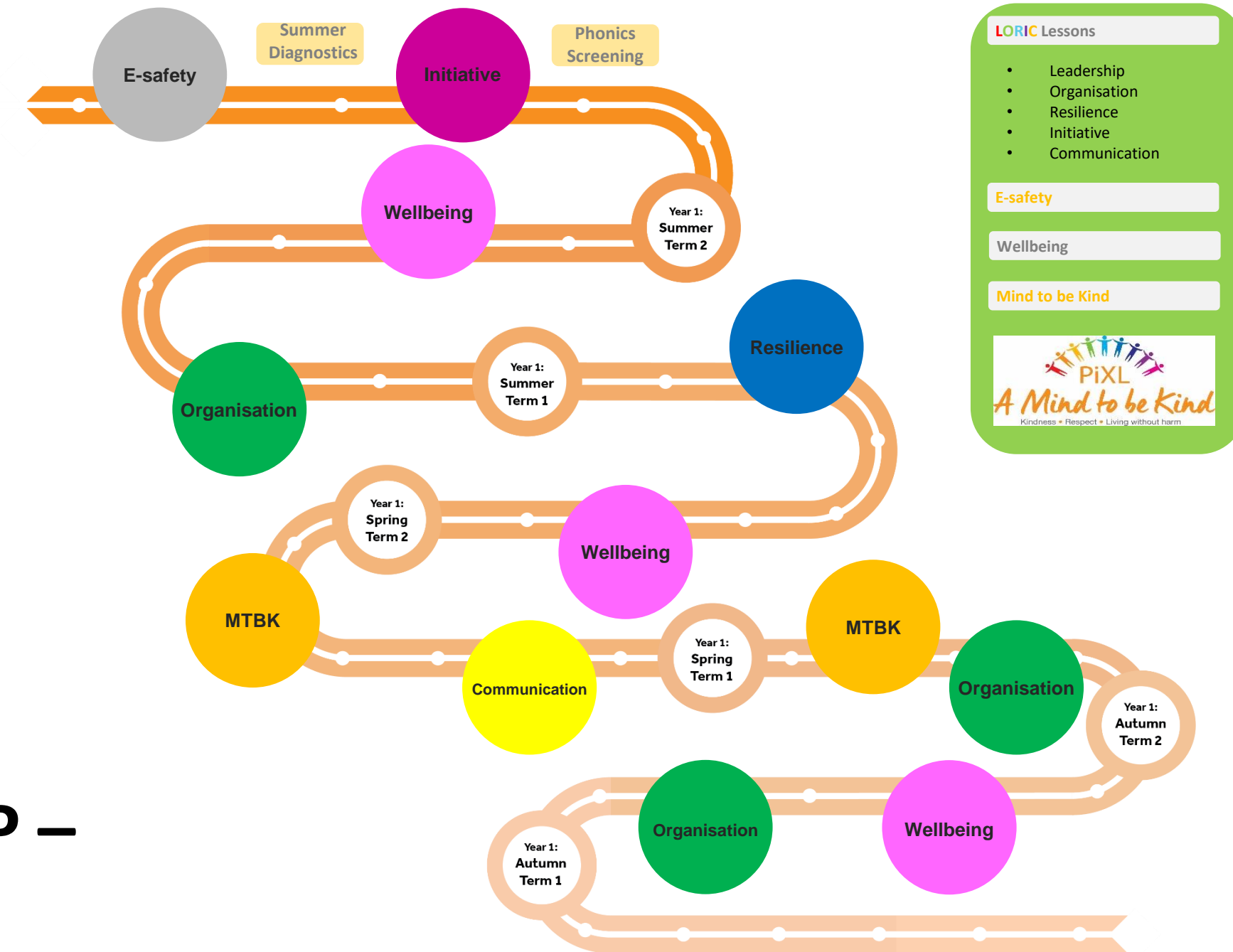




QuickStart



OUR ROAD MAP – Year 1



Year 1 Overview

- Smoothing transition (e.g. less space & outdoor access, less child initiated more directed by adults...)
- Understanding new expectations – how I fit in, how do I express myself?
- Emerging independence and being part of different groups

**Autumn Term:
Confident
changes**

**Spring Term:
Settling in**

**Summer Term:
Stepping
forward**

Year 1 Autumn Term

- Pupils learn about personal organisation and how to remain positive and open to changes.

Autumn Term:
Confident
changes

Organisation

QuickStart Organisation sessions 1 - 3

Wellbeing

My Mind - Session 10: Being positive
My Life – Session 3: Impressions

- Pupils understand what is meant by kindness.

Organisation

QuickStart Organisation sessions 4 - 6

Mind to be Kind

Kindness Units – Challenger Unit
One: Week 1 – 2

Year 1 Spring Term

- Pupils can learn how to be effective communicators.

Communication

QuickStart Communication sessions 1 - 4

Mind to be Kind

Living Without Harming Others –
Challenger Unit One: Week 7

- Pupils develop an awareness of themselves and being part of a group. Pupils begin to see positive impact of resilience/determination.

Wellbeing

My Mind – Session 8: Self-awareness

Resilience

QuickStart Resilience sessions 1 - 4

Spring Term:
Settling in

Year 1 Summer Term

- Pupils can reflect on their organisation, how it helped them achieve goals and how success feels.

Organisation

QuickStart Organisation sessions 7 - 10

Wellbeing

My Mind – Session 4: Happiness
My Health – Session 8: Keeping Healthy

- Pupils learn about what it means to take the initiative to take the next step.
- Being prepared for keeping safe online.

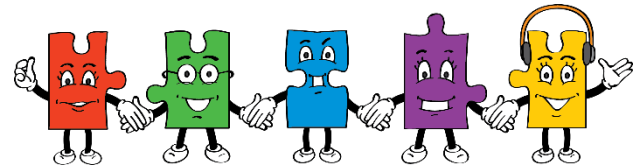
Initiative

QuickStart Initiative sessions 1 - 4

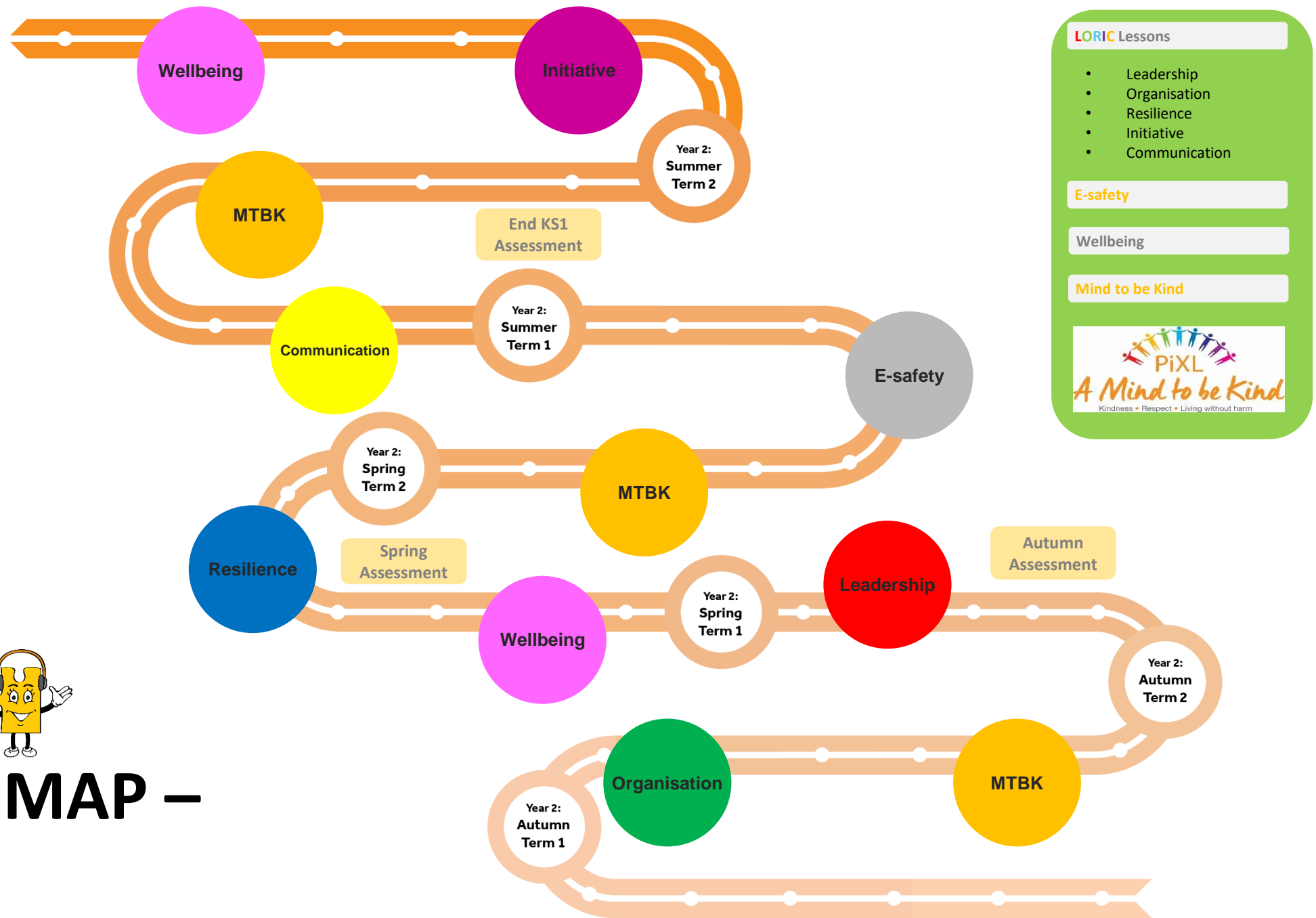
E-safety

E-Safety – Session 6: Games & apps
E-Safety – Session 7: Being careful

Summer Term:
Stepping
forward



OUR ROAD MAP – Year 2



Year 2 Overview

- Thinking ahead, setting goals and working with others
- Responsibility as role models and understanding the importance of resilience
- Building on foundations and stepping up to a new journey

**Autumn Term:
Making plans**

**Spring Term:
Getting there**

**Summer Term:
Stepping up**

Year 2 Autumn Term

- Pupils learn how to plan and set goals.
- Pupils learn how to appreciate and handle differences effectively without causing harm.

Organisation

QuickStart Organisation sessions 1 - 6

Mind to be Kind

Living Without Harming Others –
Challenger Unit One: Week 7

- Pupils recognise the responsibility of being a role model.

Leadership

QuickStart Leadership sessions 1 - 6

Autumn Term:
Making plans

Year 2 Spring Term

Spring Term:
Getting there

- Pupils embrace challenge as a means to achieving goals.

Resilience

QuickStart Resilience sessions 1 - 6

Wellbeing

My Mind – Session 7: Determination
My Life – Session 4: Being Proud

- Pupils understand the power of kindness and organise acts of kindness.
- Pupils learn how to communicate safely online.

Mind to be Kind

Kindness Units – Challenger Unit
One: Weeks 6 – 7

E-safety

E-Safety – Session 9: Online rules
E-Safety – Session 10: Staying safe online

Year 2 Summer Term

- Pupils recognise various ways to engage with different groups to promote clear communication and understanding of feelings.

Communication

QuickStart Communication sessions 1 - 6

Mind to be Kind

Respect Units – Challenger Unit One:
weeks 2 & 3

- Pupils recognise importance of stepping up for personal development.
- Pupils use strategies to build on their foundations more independently, whilst recognising when support is needed.

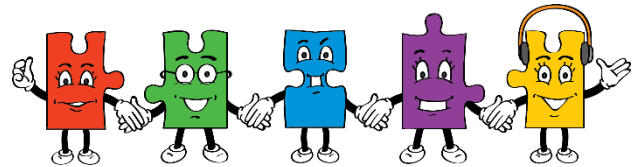
Initiative

QuickStart Initiative sessions 1 - 6

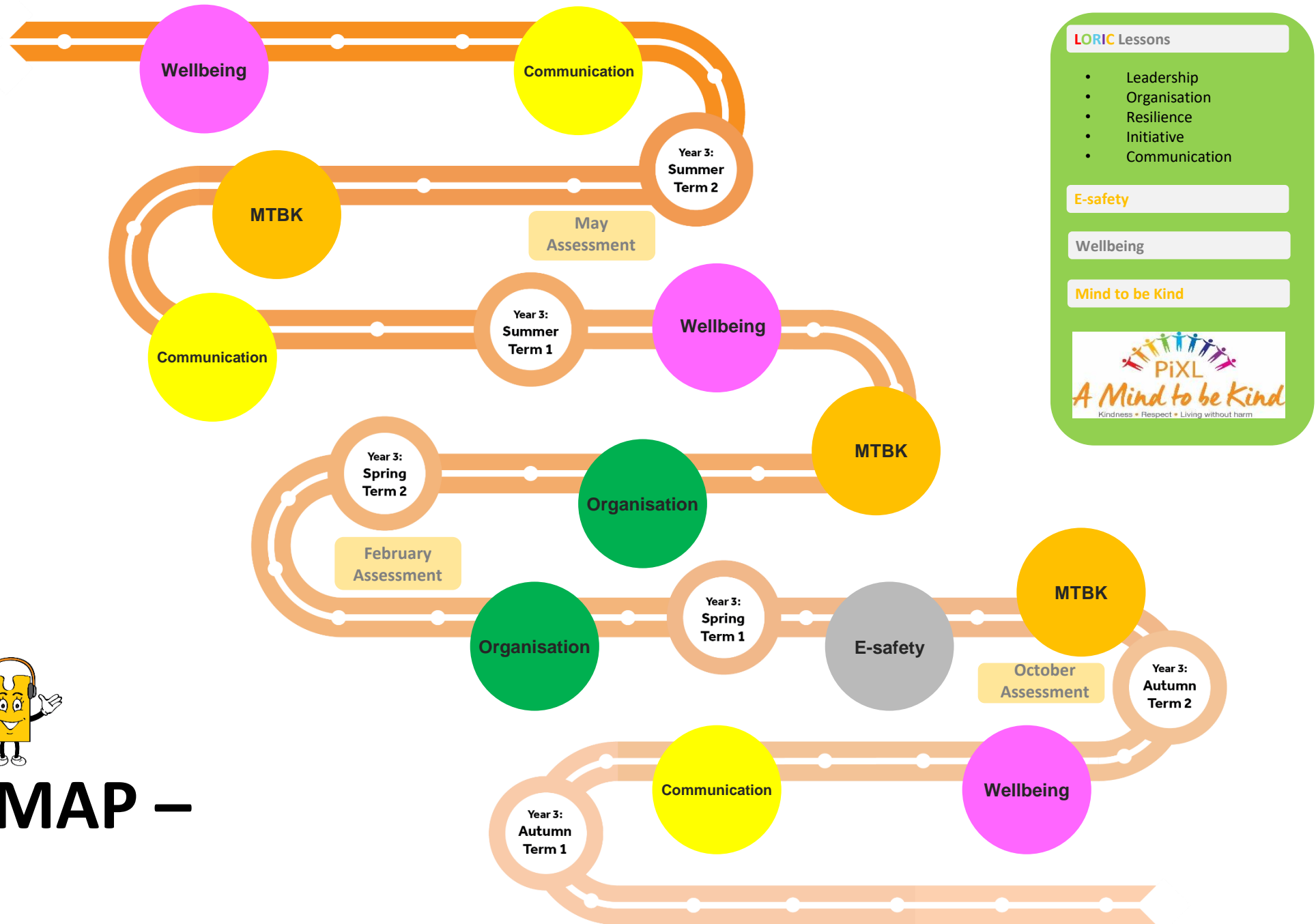
Wellbeing

My Mind – Session 3: Support Network
My Health – Session 4: Press Pause

Summer Term:
Stepping up



OUR ROAD MAP – Year 3



LORIC Lessons

- Leadership
- Organisation
- Resilience
- Initiative
- Communication

E-safety

Wellbeing

Mind to be Kind



Year 3 Overview

- Deeper personal discovery/awareness
- Extending their boundaries with more independence
- Presenting their feelings and views to others whilst accepting that they can be different

Autumn Term:
Am I ready?

Spring Term:
Exploring
what's around
me

Summer Term:
Discovering
my voice

Year 3 Autumn Term

- Pupils discover more about themselves and can establish how they fit in different groups/scenarios.

Communication

QuickStart Communication sessions 1 - 4

Wellbeing

My Mind – Session 7: Feelings
My Life – Session 10: Connections

Autumn Term:
Am I ready?

- Pupils extend their boundaries with more independence, including online.

E-safety

E-Safety – Session 1: Basics
E-Safety – Session 2: Exploring online
E-Safety – Session 5: Personal information

Mind to be Kind

Living Without Harming
Others – Contender Unit
One: Week 4

Year 3 Spring Term

- Pupils can identify organisational techniques that work for them and how it contributes to success.

Organisation

QuickStart Organisation sessions 1 - 10

Spring Term:
Exploring
what's around
me

- Pupils extend their boundaries with more independence.

Mind to be Kind

Kindness Units – Contender Unit One:
weeks 6,7 & 8

Wellbeing

My Health – Session 3: Healthy routines
My Health – session 4: Recharge

Year 3 Summer Term

- Pupils are able to present their feelings and views with sensitivity to the feelings and views of others.

Communication

QuickStart Communication sessions 5 - 10

Mind to be Kind

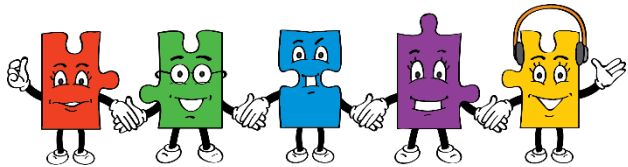
Respect Units – Contender Unit One:
weeks 2 & 5

Summer Term:
Discovering
my voice

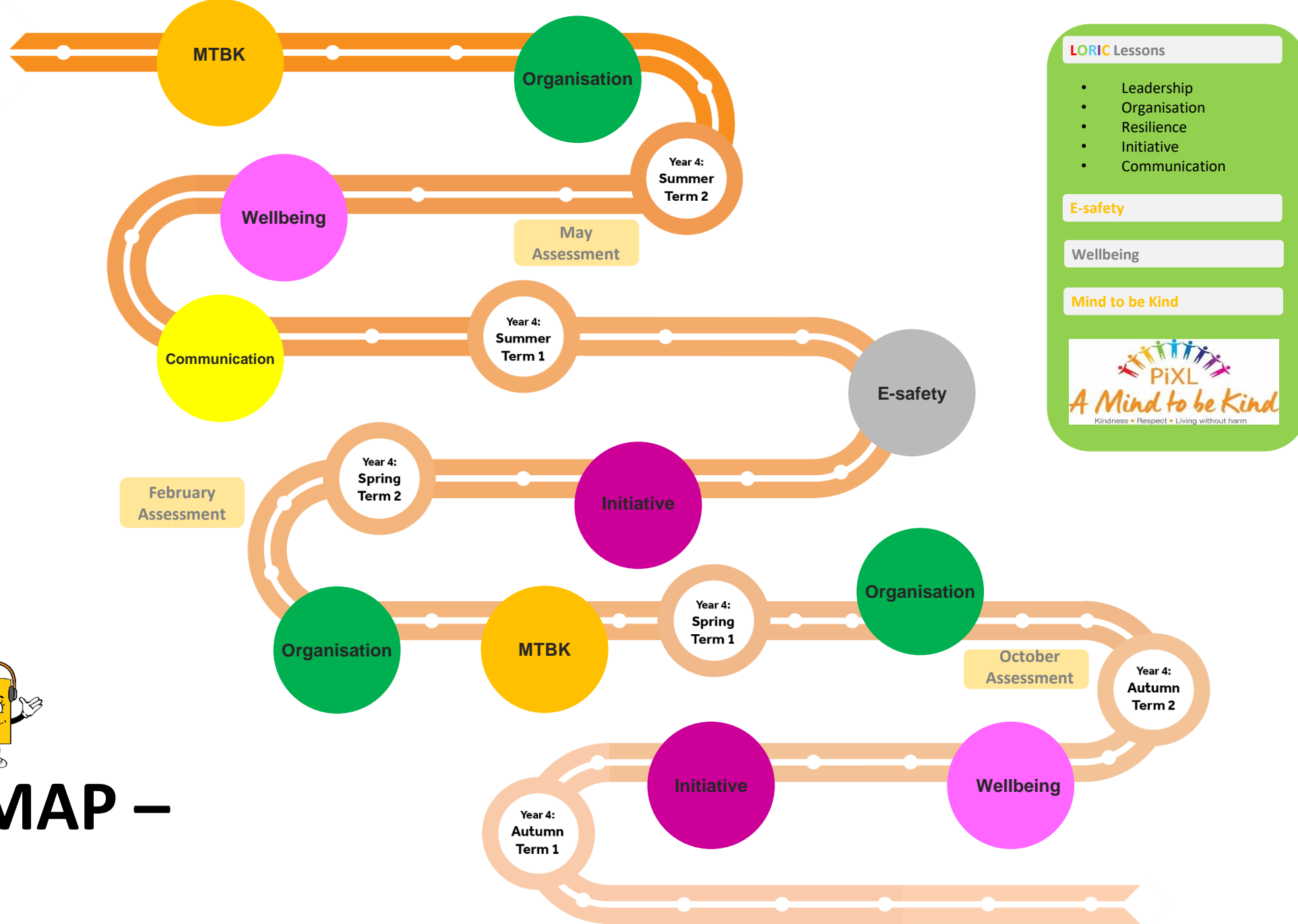
- Pupils reflect on what they have learnt about themselves.

Wellbeing

My Mind – Session 11: Self-awareness
My Life – Session 3: Confidence



OUR ROAD MAP – Year 4



LORIC Lessons

- Leadership
- Organisation
- Resilience
- Initiative
- Communication

E-safety

Wellbeing

Mind to be Kind



Year 4 Overview

- Beginning to establish independence
- Beginning to recognise higher expectations
- Realising that you are not an island

Autumn Term:
Building
confidence

Spring Term:
Interacting
with others

Summer Term:
Using my voice

Year 4 Autumn Term

- Pupils use greater sense of self to build confidence

Wellbeing

My Mind – Session 4: Mind training
My Life – Session 4: Pride

Initiative

QuickStart Initiative sessions 1 - 6

Autumn Term:
Building
confidence

- Pupils develop strategies to help them meet the higher expectations that others will have of them.

Organisation

QuickStart Organisation sessions 1 - 6

Year 4 Spring Term

- Pupils begin to appreciate that it helps to get along with those around them.

Mind to be Kind

Kindness Units – Contender Unit
One: weeks 1,2 & 4

Organisation

QuickStart Organisation sessions 7 - 8

- Pupils begin to develop safer and more cooperative ways of interacting with others.

Initiative

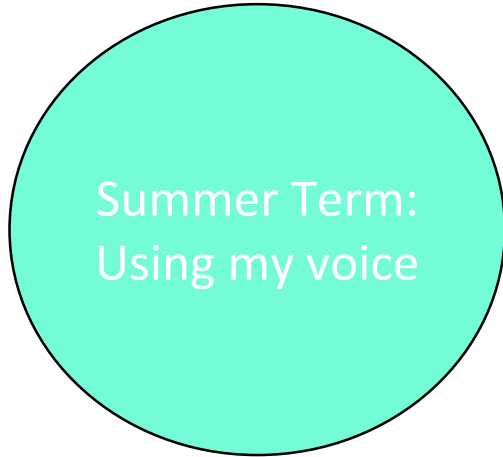
QuickStart Initiative sessions 6 - 10

E-safety

E-Safety – Session 4:
Communicating online
E-Safety – Session 7: Cyberbullying

Spring Term:
Interacting
with others

Year 4 Summer Term



- Pupils begin to develop ways of interacting that can help both themselves and those around them.

Wellbeing

My Health – Session 2: Being active
My Mind – Session 9: Mental Health
My Mind – Session 10: Positivity

Communication

QuickStart Communication sessions 1 - 4

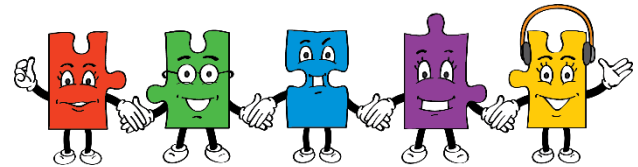
- Pupils develop greater understanding of how to make their interactions more effective.

Organisation

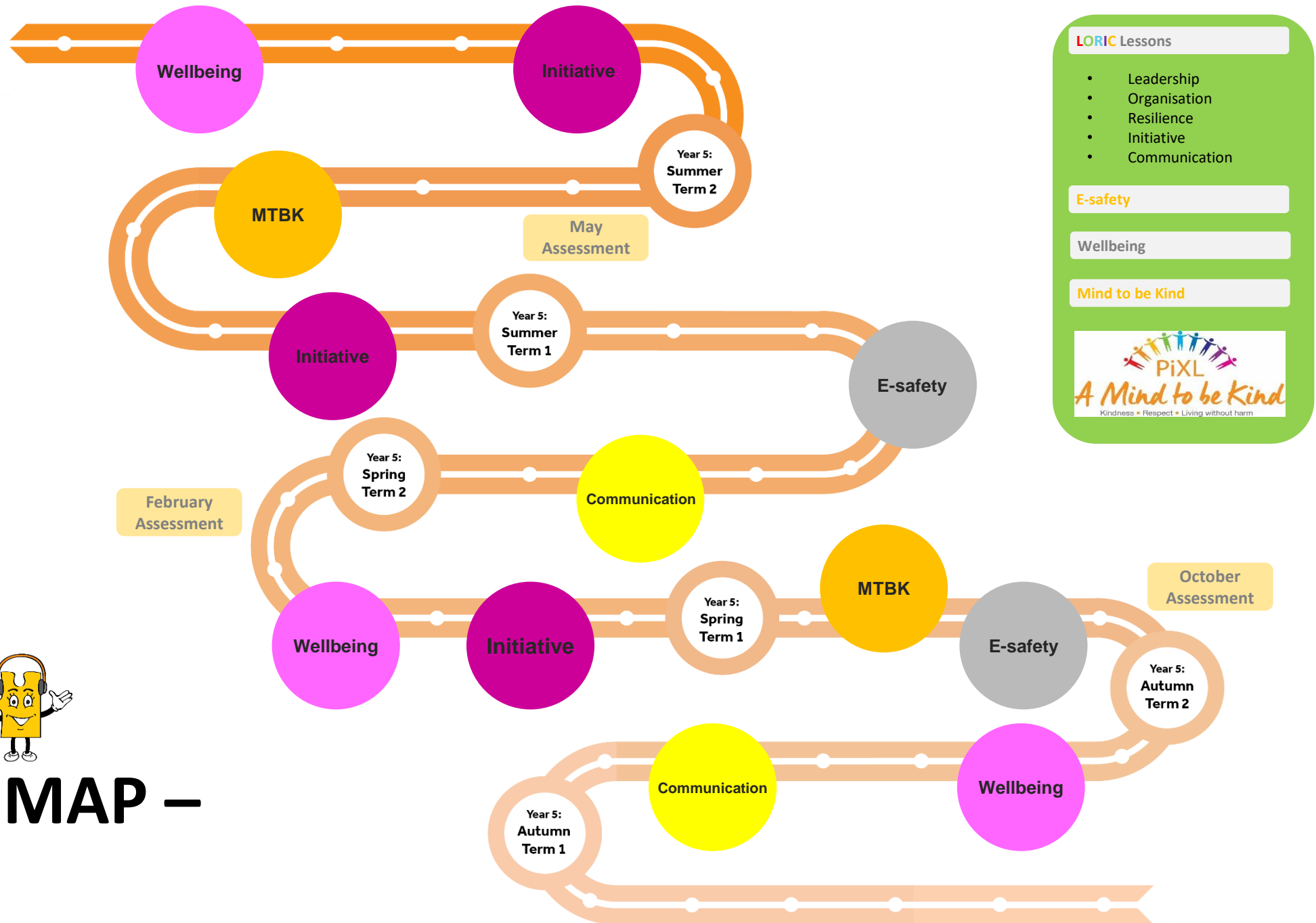
QuickStart Organisation sessions 9 - 10

Mind to be Kind

Respect Units – Contender Unit One:
weeks 2,3 & 6



OUR ROAD MAP – Year 5



Year 5 Overview

- Developing a clearer sense of identity
- Changes might be starting
- Nearly top of the school (but not quite)
- Calm before the storm

Autumn Term:
What makes
me?

Spring Term:
Where I fit in

Summer Term:
Planning to
succeed

Year 5 Autumn Term

Autumn Term:
What makes
me?

- Pupils build on their growing self-awareness to assess how they can prepare to meet the increasing expectations on them.

Wellbeing

My Mind – Session 4: Self management
My Life – Session 9: Responsibility

Communication

QuickStart Communication sessions 1 - 6

- Pupils start to become aware of changes in themselves and how that might affect their sense of self.

E-safety

E-Safety – Session 2: Social Media
E-Safety – Session 3: Cyberbullying

Mind to be Kind

Kindness Units – Champion Unit
One: Weeks 4

Year 5 Spring Term

- Pupils start demonstrating their developing maturity through independence and initiative.

Initiative

QuickStart Initiative sessions 1 - 4

Wellbeing

My Mind – Session 6: Focus
My Health – Session 6: Energy levels

- Pupils consider others in their communication style.

Communication

QuickStart Communication sessions 1 - 10

E-safety

E-Safety – Session 5: Digital footprint
E-Safety – Session 9: Online
behaviour

Spring Term:
Where I fit in

Year 5 Summer Term

Summer Term:
Planning to
succeed

- Pupils can identify characteristics that will help them achieve their goals next year.

Initiative

QuickStart Initiative sessions 5 - 7

Mind to be Kind

Living Without Harming Others –
Champion Unit One: Week 3 & 4

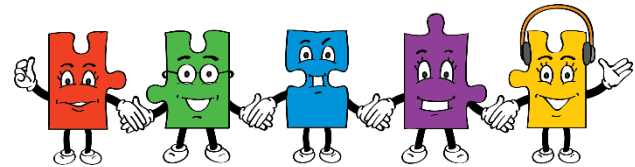
- Pupils can identify aspects of their character that would be useful to improve ready for next year.

Initiative

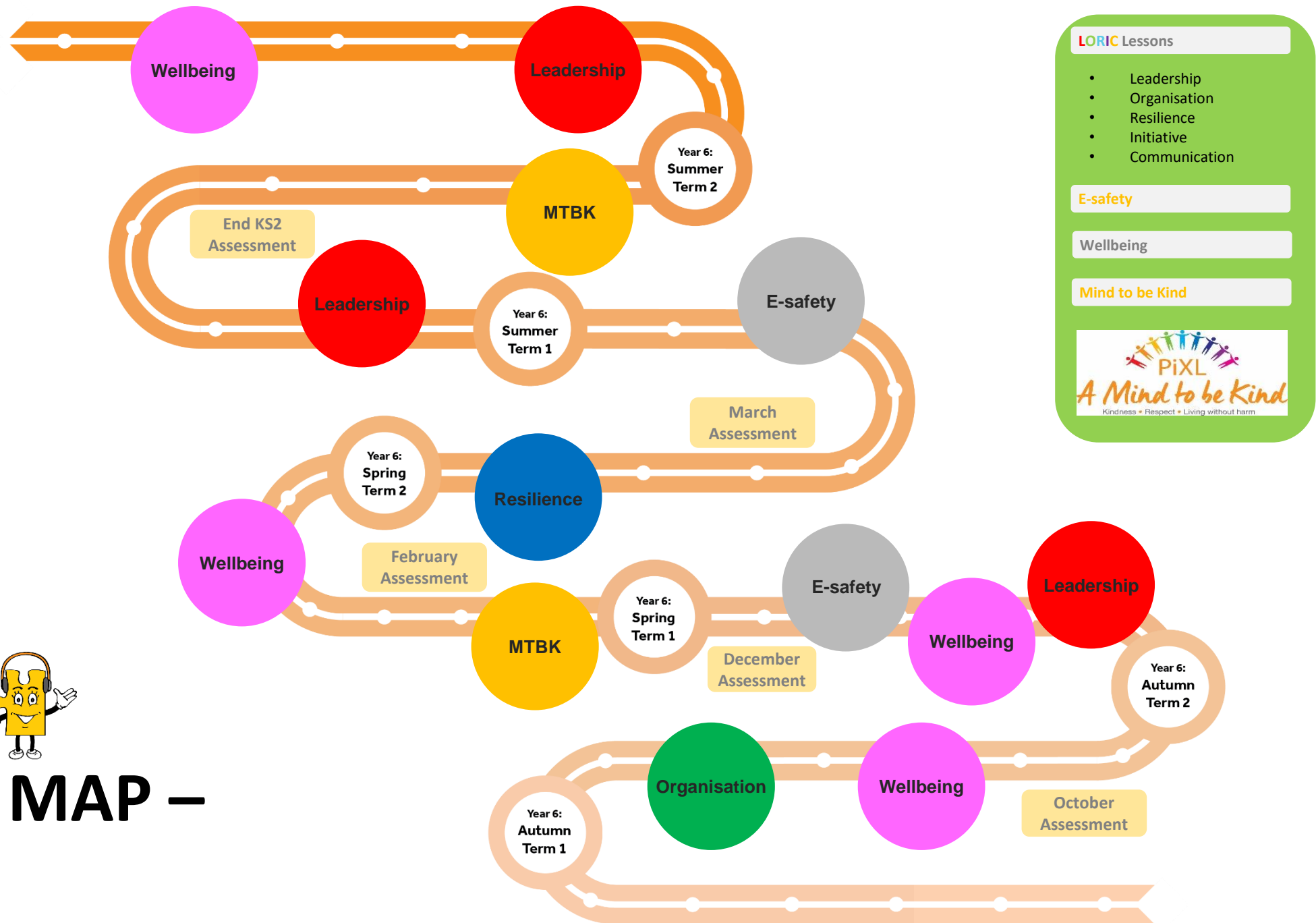
QuickStart Initiative sessions 8 - 10

Wellbeing

My Mind – Session 2: Game plan
My Life – Session 7: Habits



OUR ROAD MAP – Year 6



Year 6 Overview

- Dealing with pressure
- Having belief in themselves
- Having a positive ending

**Autumn Term:
Charting my
journey**

**Spring Term:
Overcoming
obstacles**

**Summer Term:
Equipping for
the next
journey**

Year 6 Autumn Term

Autumn Term:
Charting my
journey

- Pupils have a clear idea of what they are aiming for.

Wellbeing

My Mind – Session 7: Aspirations
My Life – Session 3: Personal growth

Organisation

QuickStart Organisation sessions 1 - 5

- Pupils have a good idea of where to get help when they need it.

Wellbeing

My Life – Session 1:
Life connections
My Mind – Session 5: Support
networks

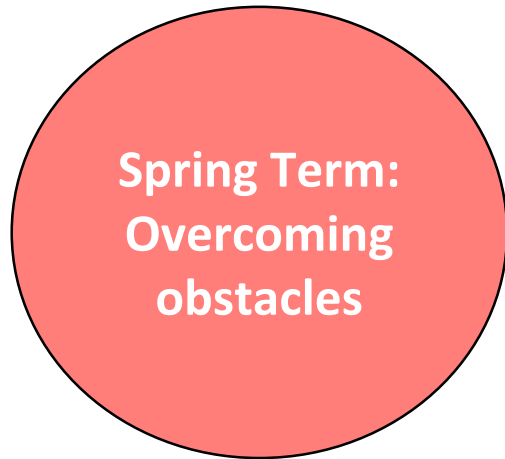
Leadership

QuickStart Leadership
sessions 1 - 2

E-safety

E-Safety – Session 8:
Being online and
wellbeing
E-Safety – Session 10:
Staying safe online

Year 6 Spring Term



- Pupils are aware of their feelings and how they might be affected by them.

Mind to be Kind

Living Without Harming Others –
Champion Unit One: Weeks 5 & 6

Wellbeing

My Mind – Session 3: Self control
My Health – Session 7: Food habits

- Pupils develop the resilience to carry them through.

Resilience

QuickStart Resilience sessions 1 - 6

E-safety

E-Safety – Session 6: Online scams
E-Safety – Session 7: Online chatting

Year 6 Summer Term

The understanding is that the first half of this term will have such a strong academic focus that these objectives will really be constrained to the second half term.

- Finishing with a flourish.

Mind to be Kind

Respect Units – Champion Unit One:
weeks 3,4 & 7

Leadership

QuickStart Leadership sessions 3 - 6

- Reflecting on how far they've come to show them how far they can now go.

Wellbeing

My Mind – Session 8: Life journey
My Mind – Session 10: Motivation
My Life – Session 8: Pride

Leadership

QuickStart Leadership sessions 7 - 10

Summer Term:
Equipping for
the next
journey