

	<b>ACTIVE – Keeping active and playing safely</b>	<b>LEARN – Doing your best to learn</b>	<b>INTERACT – Interacting kindly and thoughtfully</b>	<b>VOLUNTEER – Being a friend to everyone</b>	<b>EMOTIONS – Understanding your emotions and those of others</b>
Rec	Moving around is good for my body, brain and well-being	It is good to learn and it helps our well-being	We only touch and talk to each other in a nice way and this helps our well-being	It is good to help other people and this helps our well-being	We all have feelings and some are good and some are bad and knowing this helps our well-being
Y1	To play safely and nicely	To listen and take part in lessons	To be polite and use our manners	Being kind and helpful to people close to us helps our well-being	Recognise when you are happy or sad
Y2	To be able to do independent physical activity	To follow instructions and do my work	To build positive friendships	Being a positive member of our class helps our well-being	To tell people how you are feeling
Y3	To play as part of a group	To work as part of a team	To listen and talk to others with respect	Being a positive member of our school helps our well-being	Understand feelings effect behaviour
Y4	To try lots of different physical activities	To solve learning problems	To learn to show tolerance in our interactions with others	Being a positive member of our parish helps our well-being	Be able to recognise how others are feeling and offer support
Y5	To have a physical activity that you enjoy and makes you feel good	To come up with my own ideas	To be thoughtful towards all we interact with	Being a positive member of our city and country helps our well-being	Be able to understand how you are feeling and be able to use your resilience network
Y6	Understand the importance of physical health and how it helps well-being	To be a resilient and motivated learner and understand that this helps my well-being	To treat all people with respect and understand that positive relationships help well-being	Understand that being part of the wider world community helps self-growth and well-being	Understanding that well-being is improved by recognising your emotions and controlling your behaviour and empathise with others
<b>Rights and Responsibilities</b>	<b>To play and play safely and nicely</b>	<b>To learn and allow others to learn</b>	<b>To be heard and respected and to listen and respect</b>	<b>To be part of my community and respect my community</b>	<b>To be loved and love others</b>

