

PATHS Year 3/4/5/6 Scheme of Work



The recommended implementation of the PATHS programme is a minimum of 2 x 20/30 mins a week.

- PATHS Pupil of the Day daily (5 minutes).
- PATHS Lessons as outlined below
- Reinforce learned PATHS concepts during teachable moments throughout the school day

Wk	Week of:	Year A		Year B	
		Year 3/4	Years 5/6	Year 3/4	Years 5/6
1		Y3 Lesson 1 Class Rules Y3 Lesson 2 PATHS pupil of the day		Y4 Lesson 1 Classroom Rules Y4 Lesson 2 PATHS Pupil of the day	
2		Y3 Lesson 3 Introduction to feelings Happy/Sad/ Private Y3 Lesson 4 Fine/Excited/Tired	Yr 5 Lesson 5 Introduction to feelings Yr 5 Lesson 7 Feelings Dictionary	Y3 Lesson 3 Introduction to feelings Happy/Sad/Private Y3 Lesson 4 Fine/Excited/Tired	Y6 Lesson 2 All about us
3		Y3 Lesson 5 Scared/Afraid/ Safe	Yr 5 Lesson 8 My own feelings story	Y3 Lesson 5 Scared/Afraid/Safe	Y6 Lesson 4 Learning a way to calm down
4		Y3 Lesson 6 Cross/Angry 1 Y3 Lesson 8 Calm/Relaxed/ Worried	Yr 5 Lesson 27 Self-concept Yr 5 Lesson 28 Managing our feelings	Y3 Lesson 6 Cross/Angry 1 Y3 Lesson 8 Calm/Relaxed/ Worried	Y6 Lesson 5 More ways to calm down and handle stress
5		Y3 Lesson 7 Recognising Anger Y5 Lesson 6 Recognising and controlling anger		Y4 Lesson 7 Recognising and controlling anger	Y6 Lesson 6 Making good decisions
6		Y3 Lesson 9 PATHS Review lesson1	Yr 5 Lesson 29 Forgiving and resentful	Y4 Lesson 5 Listening to others	Y6 Lesson 7 Getting help from others
7		Y5 Lesson 3 Co-operative learning skills Y5 Lesson 4 The Golden Rule		Y4 Lesson 3 Co-operative learning skills Y4 Lesson 4 The Golden Rule	
8		Half Term			
9		Y3 Lesson 10 Self Control 1 Steps for calming down	Yr 5 Lesson 30 Dealing with gossip	Y4 Lesson 13 Playing by the rules	Y6 Lesson 8 Study skills Part 1

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		Y3 Lesson 11 Self Control 2 Learning self control	Yr 5 Lesson 31 Rejected and excluded	Y4 Lesson 14 Solving an important problem	
10		Y3 Lesson 12 Control Signals 1 Anger Management Y5 Optional Lesson 1 Control Signal Poster		Y4 Lesson 8 Control signals Poster 1 Y5 Optional Lesson 1 Control Signal Poster	
11		Y3 Lesson 13 Control Signals 2 Y5 Optional Lesson 2 Control Signal Poster		Y4 Lesson 9 Control signals Poster 2 Y5 Optional Lesson 2 Control Signal Poster	
12		Lesson 14 Y3 Cross/Angry 3 Baxter and his temper	Yr 5 Lesson 32 Stereotypes and discrimination	Y4 Lesson 15 Avoiding gossip	Y6 Lesson 9 Study skills Part 2 HEY
13		Lesson 15 Y3 Making good choices	Yr 5 Lesson 34 Being responsible and creating change	Y3 Lesson 16 Fair Play Rules	Y6 Lesson 10 Study skills Good listening skills
14		Y3 Lesson 16 Problem Solving meeting 2		Y3 Lesson 16 Problem Solving meeting 1	Y6 Lesson 11 Study skills Story TripleT
		Y3 Lesson 17 Y3 Problem Solving meeting 2		Y3 Lesson 17 Problem Solving meeting 2	Y6 Lesson 12 Study skills SET
15		Christmas Holiday			
16		Y3 Lesson 18 Listening to others Y3 Lesson 19 Fair Play Rules	Y5 Lesson 21 Making new friends Y5 Lesson 22 Joining in with others	Y3 Lesson 21 Shy and Lonely Y3 Lesson 23 Frustrated	Y6 Lesson 13 Study skills Being organised
17		Y3 Lesson 20 Introduction to Manners	Y5 Lesson 23 The Eagles Pt 1	Y4 Lesson 17 Best friends Part 1	Y6 Lesson 14 Study skills Planning ahead
18		Y3 Lesson 21 Shy and Lonely	Y5 Lesson 24 The Eagles Pt 2	Y4 Lesson 18 Best friends Part 2	Y6 Lesson 15 What is conflict?
19		Y3 Lesson 22 Making friends – Baxter makes a new friend	Y5 Lesson 25 The Eagles Pt 3	Y4 Lesson 19 Best friends Part 3	Y6 Lesson 16 Conflict on the court

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20		Y3 Lesson 23 Frustrated Y3 Lesson 24 Being a good winner/loser	Y5 Lesson 26 Dealing with teasing	Y4 Lesson 20 Best friends Part 4	Y6 Lesson 17 Conflict resolution
Half Term					
21		Y3 Lesson 25 Problem Solving Meeting 3		Y3 Lesson 25 Problem Solving Meeting 3	
22		Y3 Lesson 26 Jealous/Content/Satisfied	Y5 Lesson 9 Treasure hunt	Y3 Lesson 26 Jealous/Content/Satisfied Y3 Lesson 27 Like/Love/Dislike/Hate / Tolerance	Y6 Lesson 18 Resolving conflict
23		Y3 Lesson 27 Like/Love/ Dislike/Hate / Tolerance	Y5 Lesson 10 Making good decisions	Y3 Lesson 29 Guilty Y3 Lesson 30 Proud and Ashamed	Y6 Lesson 19 Stating the problem
24		Y3 Lesson 28 Different points of view Y3 Lesson 29 Guilty	Y5 Lesson 11 Identifying problems	Y3 Lesson 34 Greedy/Selfish/Generous Y3 Lesson 35 Surprised/Delighted/ Disgusted	Y4 Lesson 33 Identifying individual goals
25		Y3 Lesson 30 Proud and Ashamed Y3 Lesson 31 Feelings review 2	Y5 Lesson 12 Consequences Y5 Lesson 13 Making a good plan	Y3 Lesson 37 Disappointment/ Hopeful Y3 Lesson 39 Curious/Interested/Bored/Confused/ Confident	Y4 Lesson 34 Setting positive goals
26		Y3 Lesson 32 Keeping a friend – Baxter’s challenge	Y5 Lesson 14 Trying your plan and evaluating what happens	Y3 Lesson 41 Malicious/Kind Y3 Lesson 42 Rejected/Included	Y4 Lesson 35 Reaching a goal Replacement Biography – Maggie Aderin Pocock
Easter Holiday					
27		Y3 Lesson 33 Making up with friends	Y5 Lesson 15 Trying again obstacles	Y4 Lesson 21 Making good decisions 1 Deressa’s Choice	Y4 Lesson 36 Reaching his goal – Homework

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28		Y3 Lesson 34 Greedy/Selfish/ Generous	Y5 Lesson 16 Solving problems Dear problem solvers	Y4 Lesson 22 Making good decisions 2 Refusal skills	Y4 Lesson 37 Generating solutions 1
29		Y3 Lesson 35 Surprised/ Delighted/ Disgusted	Y5 Lesson 17 Setting goals and reaching your goal	Y4 Lesson 23 Making good decisions 3 Loni's Challenge	Y4 Lesson 38 Generating solutions 2
30		Y3 Lesson 36 By accident and on purpose	Y5 Lesson 18 Setting a goal	Y4 Lesson 24 Making good decisions 4 Thinking ahead	Y4 Lesson 39 Thinking takes time
31		Y3 Lesson 37 Disappointment/ Hopeful	Y5 Lesson 19 Setting a goal and making a plan	Y4 Lesson 25 Making good decisions 5 Alfie learns a lesson	Y4 Lesson 40 Coping with difficult problems
32		Y3 Lesson 38 Fair and not fair	Y5 Lesson 20 Overcoming obstacles – Biog Jim Abbott	Y4 Lesson 16 We are all unique	Y4 Lesson 26 Being responsible
		Y3 Lesson 39 Curious/Interested/ Bored/Confused/ Confident	Y5 Lesson 35 Authority 1	Y4 Lesson 29 Identifying a problem	Y4 Lesson 27 Being responsible and creating change
33		Half Term			
34		Y3 Lesson 40 Trying harder/ attributions of success/ obstacles	Y5 Lesson 36 Authority 2	Y4 Lesson 30 Smart vs confused	Y4 Lesson 28 Social responsibility - a class project
35		Y3 Lesson 41 Malicious/Kind Y3 Lesson 42 Rejected/Included	Y5 Lesson 37 Commemorating others	Y4 Lesson 31 Different points of view	Y4 Lesson 28 Social responsibility - a class project
36		Y3 Lesson 43 Teasing	Y5 Lesson 38 Honouring others	Y4 Lesson 32 Why things happen	Y6 Lesson 28 Looking back Looking forward
37		Y3 Lesson 44 Problem solving meeting 2 Bullying	Y5 Lesson 39 Being responsible class project	Y3 Lesson 44 Problem solving meeting 2 Bullying	Y6 Lesson 29 Wall of worries
38		Y3 Lesson 45 PATHS Review 2 Y5 Lesson 40 PATHS Reactions and review		Y4 Lesson 41 PATHS Review 2 Y6 Lesson 30 PATHS Reactions and review	

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39		Y3 Lesson 46 Planning a PATHS party Y5 Lesson 41 Planning a PATHS party		Y4 Lesson 42 Planning a PATHS party Y6 Lesson 31 Planning a PATHS party	