

PATHS Year 5 Scheme of Work



The recommended implementation of the PATHS programme is a minimum of 2 x 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:	Lesson Objective	Parent Activity or Hand-out	Materials
1		Lesson 1: Formulating Classroom Rules Formulate classroom rules for your classroom Help children internalise the importance of having rules and structures and participate in the process of creating rules and structures	Home letter Home activity 1A	Rules in my class Pictures 1A 1B
		Lesson 2: PATHS Pupil of the Day (Complimenting) Introduce the concept of PATHS pupil of the day Review the concepts of calming down, recognising and verbalising feelings and using problems solving skills	All pupils Home notes Home handout PATHS pupil of the day Home letter	2 containers Strips of paper with all pupils Names written on Activity sheet 2A
2		Lesson 3: Co-operative Learning Skills To appreciate the need for specific roles within a small group structure To learn the responsibilities of each role and to practice them.		Activity sheet 3A Co-operative Learning Roles 4 posters Class rules from lesson 1
		Lesson 4: The Golden Rule The use of "The Golden Rule" as a guide for solving problems		Group activity sheets 4A - 4D Activity sheet 4E
3		Lesson 5: Introduction to Feelings Introduce the concepts of feelings and why its important to discuss feelings. (Some feelings are comfortable and others uncomfortable) Introduce the Feelings Poster		Feelings poster
4		Lesson 6: Recognising and Controlling Anger Help children to recognise anger in themselves and others Distinguish between internal and external cues for emotional states Provide alternative ways to calm down (3 Steps for Calming Down).		3 Steps for calming down poster
5		Lesson 7: Feelings Dictionary Introduce the idea of using a dictionary for emotion concepts Review a strategy for classifying emotion concepts		PATHS Pupil Feelings Dictionary for each pupil Activity sheet 7A PATHS reference Feelings Dictionary – 1 for the class

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6	<p>Lesson 8: My Own Feelings Story To practise making selection of feeling words To practise planning ahead To practise creative writing with feeling words</p>	PATHS Pupils Feelings Dictionaries from lesson 7 Activity sheet 8A
7	<p>Lesson 9: Treasure Hunt - Problem Solving Review Introduce and use the PATHS 11 step model of social problem solving Provide practice in co-operative learning</p>	Problem Solving Chart Treasure Map for each pupil Activity sheets 9A – 9C Group Activity sheets 9D – 9F
Half Term		
8	<p>Lesson 10: Making Good Decisions- My Choice Define and discuss peer pressure and how the power of friendships may encourage harmful actions</p>	Story Ann's Jewellers
9	<p>Lesson 11: Identifying Problems- Feelings, Goals and Solutions To provide individual practice in identifying problems (step 2), identifying feelings (step 3), identifying goals (step 4) and group practice in generating solutions (step 5)</p>	Problem Solving Chart Activity sheet 11A for each pupil Activity sheet 11B for each group Story Ann's Jewellers
10	<p>Lesson 12: Consequences - What Might Happen Next? To discuss the concepts of consequences To teach pupils consequential thinking To discuss step 6 of problem solving: Think about the consequences (what might happen).</p>	Problem Solving Chart Pupil handout – Thinking about consequences and choosing the best solution Consequences flowchart (optional)
11	<p>Lesson 13: Making a Good Plan Discuss step 8 in problem solving – Make a good plan To provide further practice in planning good solutions</p>	Problem Solving Chart Story Pete forgot to plan Activity sheet 13A for each group
12	<p>Lesson 14: Trying Your Plan and Evaluating What Happens To provide continued review and practice in using the problem solving steps learned up to now Discuss the idea of evaluation of the problem solving process</p>	Problem Solving Chart Group activity sheets from lesson 13 Activity sheet 14A
13	<p>Lesson 15: Trying Again- Obstacles</p>	Problem Solving Chart



		<p>To provide practice in identifying obstacles and determining why good solutions sometimes fail</p> <p>To discuss the concepts of obstacles and importance of anticipating them when making a plan</p> <p>To discuss step 11: If you need to – try again</p>		
14		<p>Lesson 16: Solving Problems- Dear Problem Solvers</p> <p>To provide structure for a child who has a problem he/she wants to think through and provide pupils with a structure for group problem solving</p> <p>To show pupils how to complete the problem solving worksheet</p>		<p>Problem Solving Chart</p> <p>A problem from the Dear Problem Solvers Ideas or own idea</p> <p>Activity sheet 16A</p> <p>Overhead projector?</p>
		Christmas Holidays		
15		<p>Lesson 17: Setting Goals and Reaching Your Goal- Biography of Harriet Tubman</p> <p>To encourage the development of positive goal setting</p> <p>To provide a relevant historical situation in which people worked hard to reach an important goal</p> <p>To focus on what one can say or do, to work towards a goal</p>		Biography of Harriet Tubman
16		<p>Lesson 18: Setting a Goal: A Class Project to Improve the School</p> <p>To set a goal to do something generous or giving to the school</p>		Poster paper
17		<p>Lesson 19: Setting a Goal and Making a Plan</p> <p>To help children identify short-term personal goals</p> <p>To help children identify the steps needed to reach a goal</p> <p>To anticipate obstacles in goal completion</p>		Activity sheet 19A
18		<p>Lesson 20: Overcoming Obstacles- Biography of Jim Abbott</p> <p>To discuss the idea of persistence</p> <p>To discuss finding our unique potential</p> <p>To discuss the story of Jim Abbott who overcame significant challenges and succeeded</p>		Biography of Jim Abbott
19		<p>Lesson 21: Making New Friends</p> <p>To introduce effective steps for making new friends</p> <p>To practice and reinforce open-ended questions and other conversational skills</p> <p>To discuss obstacles in friendship formation</p>		Pupil handout – How to talk to Another Person

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20		Lesson 22: Joining in with Others To introduce steps for initiating conversation in ongoing groups To role-play effective strategies for entering groups		Pupil handout – How to Join in with a Group
Half Term				
21		Lesson 23: The Eagles and the Championship Cup Final- Part 1 To illustrate how conflicts can quickly escalate To discuss how feelings such as sadness and disappointment can quickly change to anger and then lead to hurtful behaviours (blaming, group taking sides) in peer conflicts.		Part 1 of “The Eagles and the Championship Cup Final” Activity sheet 23A Model of completed version of Activity sheet 23A Pictures 23A – 23D
22		Lesson 24: The Eagles and the Championship Cup Final- Part 2 To discuss ways to manage feelings and behaviour after a conflict has escalated To discuss the issue of resolving conflict in order to reach a greater goal.		Part 2 of “The Eagles and the Championship Cup Final” Pictures 24A – 24C
23		Lesson 25: The Eagles and the Championship Cup Final- Part 3 To discuss ways to resolve peer conflict To introduce the “I feel” process for direct communication To provide practice at “I feel” statements		Part 3 of “The Eagles and the Championship Cup Final” Pictures 25A – 25C Pupil handout Activity sheet 25A
24		Lesson 26: Dealing with Teasing To explore one’s goals in teasing situations To provide practice using different responses to being teased		Activity sheet 26A
25		Lesson 27: Self Concept- Our feelings and Friendships To discuss how positive and negative self-talk impacts on one’s feelings and behaviours		
26		Lesson 28: Managing Our Feelings To discuss problems that are out of one’s control To encourage alternative solutions that provide relief from feelings of stress		Group activity 28A – 28E
Easter Holidays				

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27		<p>Lesson 29: Forgiving and Resentful To discuss the different conditions under which people are more or less likely to forgive another's actions To introduce the concepts of feeling Resentful, Bitter, Revengeful, Forgiving and Forgiveness</p>		
28		<p>Lesson 30: Dealing with Gossip To discuss criteria for identifying gossip To discuss how one can respond to gossip by others To discuss different feelings that motivate gossip</p>		
29		<p>Lesson 31: Rejected and Excluded To discuss the concepts of Rejected, Excluded and Inferior To assist children in thinking about future plans, especially employment To introduce the concept of Discrimination</p>		Story: A job for Jimmy
30		<p>Lesson 32: Stereotypes and Discrimination To discuss the concepts of Stereotypes and Discrimination To help children become aware of their own stereotypes regarding gender, ethnicity and age.</p>		Activity sheet 32A
31		<p>Lesson 33: Being Responsible and Creating Change- Biography of Dr Martin Luther King Jr To discuss the idea of persistence To discuss issues of the fair and equal treatment of others To discuss the story of Dr Martin Luther King Junior who made a plan to create an important change</p>		Biography of Dr Martin Luther King Jr
32		<p>Lesson 34: Caring for Others Dr Martin Luther King Jr Speech To introduce caring for others and being socially responsible</p>		Group Activity 35A – 35D
Half Term				
33		<p>Lesson 35: Authority 1 To define authority and to explore the responsibilities and difficulty of being an authority figure To illustrate that the power of authority figures has limitations</p>		Group Activity Sheets 35A – 35D

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		To illustrate the concept that an authority figure may be acting fairly or in a caring way even when you do not personally like what they are doing at that time.		
34		Lesson 36: Authority 2 To illustrate the way authority figures act can be in response to how they are treated by those they are in charge of To explore the short and long term consequences of different attitudes towards authority		Group Activity Sheets 36A – 36 C
35		Lesson 37: Commemorating Others - The Titanic To increase awareness about communication and loss To focus on ways to honour other people and important events		Information on the Titanic prior to the lesson http://www.irelandseye.com/titanic/3.htm
36		Lesson 38: Honouring Others – Biography of Ray Davey To focus on ways to honour other people and important events To provide a biographical story in which a person works hard to reach a goal		Biography of Ray Davey
37		Lesson 39: Being Responsible: A class project of Commemoration To increase children’s awareness of important events and people in their school and community To conduct a co-operative group project		Problem Solving Chart Poster paper
38		Lesson 40: PATHS Reactions and Review To encourage children to reflect on their memories of PATHS To share what is important to them with one another To review concepts learned. To help children think about the concepts of transitions and endings To practice skills in being interviewed and being recorded		Camcorder and DVD player
39		Lesson 41: Planning for a PATHS party To develop a plan for an end of year PATHS celebration To practice applying problem solving skills to a realistic fun problem situation		Award certificates – created prior to the lesson

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Optional Lessons			
	<p>Lesson 1: Control Signals Poster 1 To revise the process for self-control</p>	<p>Home letter Home Handout The Control Signals Poster</p>	<p>Control Signals Poster 3 Steps for Calming Down Poster Control Signals Teachers manual</p>
	<p>Lesson : Control Signals Poster 2 To continue practicing solving problems using the Control Signals Poster</p>		<p>Control Signals Poster 3 Steps for Calming Down Poster Activity sheet 2A – 2D</p>