

St Anselm's Year 6 Rainbow Curriculum

Theme	Objective
Self-appreciation	Recognise that many things affect the way we feel about ourselves and understand that there is no such thing as perfection.
Mutual Respect	Identify why people's rights are sometimes not met in the UK and in places across the world. Understand that human rights are universal, and it is not acceptable to take actions which are against people's rights. Identify things we can do to respect and protect the rights of others.
Communication	Accept that people have different opinions and know that we can politely disagree with others and offer our own opinion.
Collaboration	Know how to compromise to take on board the views of others. Collaborate to achieve a shared goal. Explain the importance of compromise and collaboration in a team.
Initiative	Use knowledge of a familiar context to suggest activities to enhance an environment.
Independence	Explore dreams and aspirations and learn to independently take control of setting personal goals.

Theme	Objective
Resilience and Adaptability Growth Mindset	Identify a fixed mindset and know how to switch this attitude to a growth mindset. Know how to use knowledge of mindset to create positive life changes.
Resilience and Adaptability Resilience	Learn about others who have successfully overcome challenges. Identify learning strategies that can help us to succeed. Consider our life journey and explain why it is important to have good down time in life to develop our character.
Resilience and Adaptability Managing Feelings	Understand and prepare coping mechanisms and strategies for difficult situations. Establish effective ways to calm down when feeling overwhelmed. Discuss and describe a range of thoughts, feelings and behaviours. Discuss the impact negative thoughts can have on ourselves and others. Know how to turn negative thoughts into positive thoughts. Understand impulsivity and self-control of our thoughts, feelings and behaviour through exploring Chimp Management.

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Organisation	Understand the need for and be able to break down an activity into achievable steps in order to develop and implement a planned activity.
Self-discipline	Understand the importance of focusing on our mental and physical health. Identify techniques which will help us focus.
Leadership	Willingly offer opinions and listen to those of others in both the planning and implementation stages of a team activity.
Confidence	Explain what self-esteem is and where it comes from. Talk about how self-esteem can affect us. Think about how we can help others with low self-esteem.

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