

Transition Unit- Key words

Transition	The process or a period of changing from one state or condition to another.
Organisation	The action of putting things in order.
Values	The regard that something is held to deserve; the importance, worth, or usefulness of something.
Growth Mindset	The belief that your skills and abilities are not set in stone.
Fixed mindset	A way of thinking about your own intelligence and abilities as fixed.
Identity	the fact of being who or what a person or thing is
character	the pattern of thoughts, acts, and feelings someone shows over time.
Working memory	A cognitive system with a limited capacity that can hold information temporarily

What Skills will I Develop in Heart for Life?

Each lesson will have opportunities to develop your skills through a variety of learning activities, ranging from:

- Thinking skills
- Enquiry and evaluation skills
- Research skills
- Debate and communication skills
- Active learning.
- Reflective learning skills.
- Personalised learning skills.
- Revision and recall.
- Independence
- Resilience

Careers Link

Benchmark 2: Learning from career and labour market information
 Benchmark 3: Addressing the needs of each pupil
 Benchmark 4: Linking curriculum learning to careers
 Benchmark 8: Personal Guidance
 Benchmark 5: Encounters with employers and employees

Key Topics	Summary	Focus
Managing Transition	Learn how to manage transitions and make informed choices about well-being, recognise personal strengths, and understand their impact on confidence to become resilient and more independent.	Develops HEART values, personal well-being and confidence, recognizing strengths and managing changes effectively. Encourages regular discussion and communication to build community.
Self-Evaluation	Understand how personal qualities, attitudes, skills, and achievements are evaluated by others and how this impacts self-esteem.	Promotes self-awareness and understanding of external evaluations' impact on self-esteem.
Responsibility in Learning	Importance of taking increased responsibility for personal learning and development including revision and home learning.	Encourages ownership of learning and personal growth, fostering independence.
Positive Relationships	Build qualities and behaviours for positive relationships within teams and class groups.	Strengthens interpersonal skills and positive interactions within groups. Models empathy and discusses feelings to build strong relationships.
Communication Skills	Develop skills in active listening, negotiation, offering and receiving constructive feedback, and assertiveness.	Enhances communication abilities for effective dialogue and feedback. Promotes ambitious norms for talk and purposeful discussions.
Setting SMART Goals	Set realistic and challenging personal targets and goals, especially for the transition into Key Stage 3.	Encourages goal-setting and achieving personal academic milestones.
Teamwork and Leadership	Develop teamwork, leadership skills, flexibility, and resilience.	Builds collaborative and leadership qualities, along with adaptability and resilience. Encourages speaking opportunities with varying formality.
Self-Improvement and Resilience	Focus on self-improvement, resilience, self-organisation, clarifying values, maintaining a healthy self-concept, empathy, and respect for others.	Fosters personal growth, resilience, and a balanced self-concept with empathy and respect. Encourages empathy through helping others and being thankful.
Growth Mindset	Understand and develop a growth mindset, recognising the value of learning from mistakes to progress personally and academically.	Promotes a mindset of continuous improvement and learning from mistakes.
UN Convention on the Rights of the Child	Learn about the rights of the child covering civil, political, economic, social, and cultural rights.	Educates on children's rights and their comprehensive protection under the law and how it impacts them and other children in their local and wider community.
Strategies for Showing Compassion/Car e	Model empathy, discuss feelings and emotions, help out at home/community/globally, express gratitude, and respect opposing ideas during discussions and link to HEART and ethos.	Encourages showing compassion and care through understanding others' feelings, openly discussing emotions, participating in community service, expressing gratitude, and listening respectfully to different ideas.
Oracy Focus	Ambitious norms for talk, purposeful discussions, inclusive communication, intonation, vocabulary, grammar, varied speaking opportunities, community building, and prioritizing oracy and literacy.	Enhances overall communication skills, ensuring equality of access to the curriculum through strong oracy and literacy skills. Builds a sense of community and ensures everyone participates in discussions.

Key Concepts

. Transitions, Relationships, Living in the Wider World and Health and Wellbeing. Developing a sense of identity through the HEART values and ethos of Madani School Federation ensures that every lesson incorporates Islamic principles, fostering a strong, confident, and compassionate character in each student

