

MOVE

RESOURCE GUIDE FOR TEACHERS

MOVE is a free resource to help children progress from Primary to Secondary School. Over three short films join Sarah, Mark and Darren as they help us think about this exciting next step through the key themes, **emotions, foundations and growth**. Covering a range of RME and Health and wellbeing curriculum elements, this programme can be delivered with minimal preparation by the class teacher or a community partner.

The MOVE video episodes are accompanied by supporting resources which encourage the children to discuss and reflect on the resource themes. Each video is accompanied by an **icebreaker activity** to introduce the theme and **discussion questions** to encourage class participation. Following episode three, there is also an additional **reflection sheet** to allow the children to reflect on all episodes and express their own thoughts. The resource can be taught as one lesson or split into three sessions.

All videos and resources can be found on our website at www.suscotland.org.uk/move. If you are having trouble accessing our website, YouTube episode links and a Zip File of supporting resources is also available on request by contacting info@suscotland.org.uk. This guide provides guidance for delivering MOVE including the following;

1. Resource Overview
2. Step-by-Step Lesson Guide
3. Episode Summaries

1. Resource Overview (see next page for detailed notes for lesson delivery)

	Item	Content	Format	Timing*	Experiences and Outcomes
Part 1	Video 1	Episode 1: Emotions	Video	6 mins	RME 2-01a, 2-01b, 2-09d HWB 2-02a, 2-06a, 2-07a, 2-44b
	Icebreaker Activity	Play a game of 'Would you Rather'	PowerPoint for teacher led delivery - notes in Lesson Guide below	5 mins	LIT 2-02a, 2-09a
	Discussion Questions	Explore theme of 'emotions' through a series of group discussion questions	PowerPoint for teacher led delivery - notes in Lesson Guide below	15 mins	RME 2-01b HWB 2-01a, 2-02a, 2-05a, 2-44b LIT 2-02a, 2-07a, 2-09a
Part 2	Video 2	Episode 2: Foundations	Video	6 mins	RME 2-01a, 2-01b, 2-02a, 2-09d HWB 2-07a 2-44b, 3-19a
	Icebreaker Activity	Draw how you will look when you leave Secondary School OR write three words to describe yourself	PowerPoint for teacher led delivery - notes in Lesson Guide below	5 mins	LIT 2-02a, 2-09a EXA 2-05a
	Discussion Questions	Explore theme of 'foundations' through a series of group discussion questions	PowerPoint for teacher led delivery, notes in Lesson Guide below	15 mins	HWB 2-01a, 2-02a, 2-07a, 2-44b, 3-19a LIT 2-02a, 2-09a
Part 3	Video 3	Episode 3: Growth	Video	6 mins	RME 2-01a HWB 2-06a, 2-07a
	Icebreaker Activity	Play a game of 'Never Have I Ever'	PowerPoint for teacher led delivery - notes in Lesson Guide below	5 mins	LIT 2-02a, 2-09a
	Discussion Questions	Explore theme of 'growth' through a series of group discussion questions	PowerPoint for teacher led delivery, notes in Lesson Guide below	15 mins	LIT 2-02a, 2-07a, 2-09a HWB: 2-01a, 2-44b
	Reflection Sheet**	Explores themes across all episodes. Encourages pupils to respond in their own words.	PDF	20 mins	EXA 2-05a LIT 2-26a, 2-28a

* Suggested activity timings are just a guide - you may wish to spend longer or shorter on some sections.

** The relevant section of the all-episode reflection sheet can be filled in after each discussion time OR completed in one sitting at the end of part 3

2. Step-by-Step Lesson Guide

To deliver MOVE lessons in school, you will need:

A laptop and projector or smart board
Print outs of reflection sheets
Plain paper, colouring pens/pencils etc for drawing activities

Episode 1 - Emotions

Watch episode 1: The focus of this episode is emotions and who we can look to for help when we need it.

The following activities support pupils in exploring and discussing their feelings about the move to secondary school.

Icebreaker: PowerPoint

Ask the class a series of “Would You Rather..?” questions. You may want to have a show of hands to see how many would choose each option and then ask one or two pupils to explain their choice.

1. Would you rather have fingernails for teeth, or teeth for fingernails?
2. Would you rather eat your favourite food for every meal every day, or never eat it again?
3. Would you rather move to secondary school or stay in P7 forever?

Discussion Questions: PowerPoint

Lead a class discussion using the following questions

1. What are you feeling about moving to secondary school?
2. What things are you excited or nervous about?
3. In the story, the disciples turned to Jesus when they were afraid. Who do you feel you can turn to for support?

The discussion will hopefully show that there is lots to be excited about and also that many people are feeling a bit nervous, and that's OK! You may take the opportunity to name and highlight specific people the pupils can look to for support in your context.

Episode 2 - Foundations

Watch episode 2: This episode focuses on the decisions we make and what influences our choices.

Icebreaker: PowerPoint

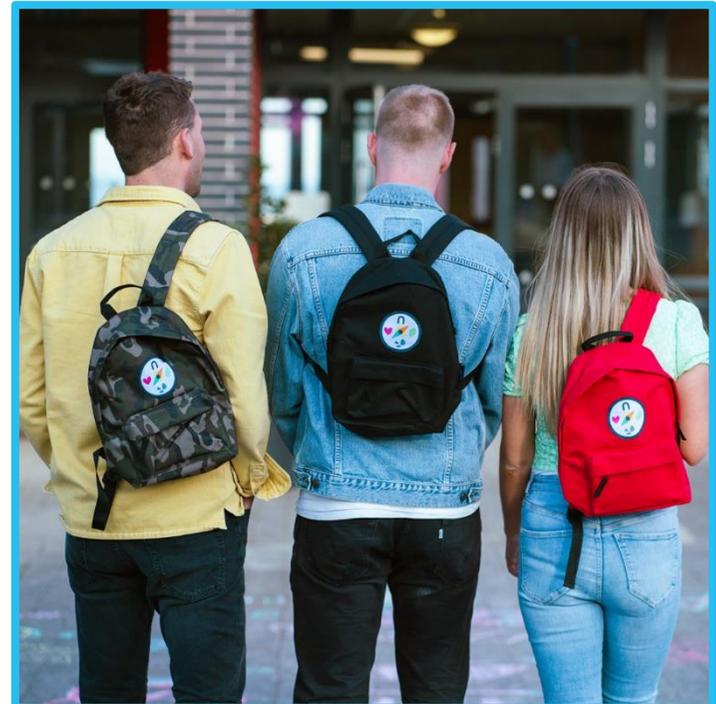
- Option 1: Draw a picture of how you think you will look when you finish secondary school. Show it to your partner and talk about how you think you will have changed.
- Option 2: Pick three words which describe the kind of person you are. Share with your partner and ask if they think your words describe you accurately. What influences who you are?
Here are a list of suggestions to start you off. You don't have to pick any of these – they are just there to give you some ideas: *Encouraging, helpful, nasty, trustworthy, modest, boastful, kind, arrogant, considerate, wise, happy, beautiful, young, strong, nervous, amazing, funny*

Discussion Questions: PowerPoint

Lead a class discussion using the following questions

The video said that we make around 35,000 decisions each day.

1. What decisions do you find hardest to make?
2. What or who influences the choices you make?
3. The choices we make have consequences. How can we be sure to make choices that will give us a good foundation for our life?



Episode 3 - Growth

Watch episode 3: This episode encourages pupils to think of the opportunities associated with their move to secondary school.

Icebreaker: PowerPoint

Play a game of 'Never Have I Ever'. Everyone has three 'lives'. Go around a few pupils, taking turns to say something they haven't done. For example, 'Never have I ever eaten squid' or 'Never have I ever been to France'. If other players have not done this thing either, they lives remain intact. If someone has done it, they lose a life. See who can stay in the game the longest. *Hint – the trick is to pick things you haven't done but think others will have!*

Discussion Questions: PowerPoint

Lead a class discussion using the following questions

The video talks about the new opportunities that come with the move to secondary school.

1. What is one thing you are looking forward to doing in secondary school?
2. What might get in the way, or stop you taking the opportunities in front of you?

Sometimes you have to persevere and not allow others to put you off! See if you can guess who received these discouraging comments:

- a. 1889 - a schoolteacher to a ten-year-old boy – “You will never amount to much.”
- b. 1954 – a music manager to a young singer – “You ought to go back to driving a truck.”
- c. 1962 – a record company to a group of singers – “We don't like your sound. Groups with guitars are definitely on their way out.”
- d. 1876 – President of a Telegraph Company – “That invention is practically worthless. It will never amount to anything.”

Answers: a. Albert Einstein, b. Elvis Presley, c. The Beatles, d. Alexander Graham Bell – invention was the telephone

3. What or who might give you courage to persevere?

Reflection Sheet: Encourage the children to reflect and respond to the themes raised in all three episodes.

3. Episode Summaries with Curriculum for Excellence Experiences and Outcomes

Episode One: Emotions

Life is full of new experiences - some are exciting, and others we feel a bit nervous about. No matter how you are feeling about the move to secondary school, you are not alone. There are others in the same boat, and people you can turn to for help and support as you process all your feelings about the big move.

This episode explores different feelings about the coming move from primary to secondary school and reminds pupils that their emotions are valid. The presenters share stories about challenging experiences and encourage pupils to reflect on who they could ask for support when needed. It includes:

- Account of Jesus calming a Storm (RME 2-01a)
- Theme that Jesus cared for the disciples (RME 2-01b)
- Christian belief that Jesus is God (RME 2-01b)
- Presenters' care and concern for audience is as a result of their beliefs (RME 2-09d)
- Understanding that talking about worries and asking for help is important to managing feelings (HWB 2-02a, 2-06a, 2-44b)

Episode Two: Foundations

Moving on to secondary school will present lots of new opportunities, which also means lots of decisions! What clubs will you go to? Where will you go for lunch? Friends, family, teachers and social media are all telling us different things about what we should do. Who can you rely on as you go through these changes?

This episode explores the influences pupils have around them as they make decisions about their future. The presenters discuss the foundations to their identity and how the love of friends and family helped them when they faced pressure to conform. It includes:

- Exploring the parable of the two builders (RME 2-01a, 2-09d)

- Theme that God loves people (RME 2-01b)
- Theme that Christian lives and choices are directed by what God says in the Bible (RME 2-02a)
- Identifying positive influences and relationships that shape our actions (HWB 2-07a, 2-44b)
- Making choices now that form foundations for future life and learning (HWB 3-19a)

Episode Three: Growth

A new school can be scary, but it can also be really exciting as you embrace adventures you never even imagined! You'll learn about yourself as you take on new challenges, and you will grow as a person throughout these years. You may end up with life-long friends, or a job you haven't even heard of yet!

This episode explores the wealth of exciting opportunities that the move to secondary school will offer and how these can shape pupils' lives for years to come. It includes:

- Overview of the events and situations the disciples experienced (RME 2-01a)
- Opportunity to develop friendships which will last beyond school years (HWB 2-06a)
- Developing a positive mind set to change (HWB 2-07a)
- Making choices now that form foundations for future life and learning (HWB 3-19a)