

BOYS GROUP AT OAK TREE

SPRING 1

Teamwork & Communication

Develop teamwork skills through group sports activities
Improve verbal and non-verbal communication
Encourage cooperation and mutual support among peers
Build confidence in participating as part of a team

SPRING 2

Consent & Relationships

Understand the concept of consent and personal boundaries
Recognise the characteristics of healthy and unhealthy relationships
Develop respect for others' feelings, choices, and boundaries
Build skills in clear and respectful communication

SUMMER 1

Friendships

Identify the qualities of positive and supportive friendships
Develop skills to build and maintain healthy friendships
Learn strategies to manage conflict and resolve disagreements
Understand the impact of peer pressure and how to respond to it

SUMMER 2

Peer Pressure & Conflict

Recognising positive vs negative peer pressure
Practising how to say no confidently
Making independent decisions
Understanding that conflict is normal
Simple strategies to resolve disagreements
Knowing when to walk away or ask for help