Year 6 Transition Package: Overview

The Year 6 Transition Package has been developed to support children as they prepare for the move from primary to secondary school. The transition from Year 6 to Year 7 is an important milestone and can bring a range of emotions, including excitement, anticipation and anxiety. This package is designed to help children explore these feelings, build confidence and develop the skills needed to manage change successfully.

The materials provide a structured programme of activities that can be delivered during the summer term of Year 6. Sessions focus on key aspects of transition, including developing self-awareness, building and maintaining friendships, managing worries, understanding growth mindset, increasing independence, navigating a new school environment and setting aspirations for the future.

Schools can use the package flexibly to meet the needs of their children. The activities may be delivered as a complete programme over a number of weeks, incorporated into PSHE lessons, delivered through small group interventions, or adapted for individual children who may require additional support with transition. Schools may also choose to revisit specific activities following transition visits or during the final weeks of the summer term.

The package is particularly beneficial for children who may feel anxious about change, although the sessions are intended for all children and promote a positive and inclusive approach to transition. Activities encourage discussion, reflection and problem-solving, helping children recognise their strengths and identify strategies they can use when faced with challenges.

By using this package, schools can support children to:

- Develop confidence and resilience when facing change.
- Explore and manage worries about moving to secondary school.
- Build positive relationships and understand the qualities of good friendships.
- Increase independence and organisational skills.
- Develop a growth mindset and positive attitude towards challenges.
- Become familiar with aspects of secondary school life.
- Set goals and aspirations for the future.

The overall aim of the package is to ensure that children leave primary school feeling positive, prepared and ready to embrace the opportunities and challenges that secondary education will bring.