

SUMO4Schools *Primary*

What is it? SUMO4*Primary* is part of the SUMO4Schools programme which provides a series of resources and training that facilitate well-being, promote positive behaviour and develop creativity, thinking and learning skills in schools. It is an innovative and important programme that can be delivered within a cross curricular context, but most importantly it is fun!

Who is it for? SUMO4*Primary* is aimed at pupils and teachers in the primary sector. It is intended to be used by schools seeking to enhance their provision of well-being lessons and social and emotional aspects of learning. It is designed for schools who acknowledge that a range of factors affect pupil development and achievement including self esteem, motivation, collaboration, co-operative learning, resilience against setbacks and confidence. It is also intended as a support resource for schools working within the Healthy Schools remit and schools working towards implementing the new statutory framework for PSHE.



How has it been developed? Based on the best-selling book *SUMO – Shut Up Move On The straight talking guide to creating and enjoying a brilliant life* by Paul McGee, the SUMO programme originated as a personal development and wellbeing programme for industry. SUMO4*Primary* grew out of a pilot project run in conjunction with Cheshire LA and its PSHE team. The pilot project led to the development of a SUMO4*Primary* programme which is now being rolled out nationally.

What does it do? SUMO4*Primary* resources develop thinking skills, emotional intelligence, problem solving and life skills through six Sumo principles that encompass self esteem, self awareness, managing feelings, empathy, motivation and goal setting. The materials incorporate individual, paired and collaborative learning activities that can be utilised in both Key Stages 1 and 2. The materials enhance SEAL, the PSHE curriculum, Building Learning Power, Collaborative Learning and Learning to Learn.

“The Inner Coach is like the man on Mario Kart who holds up the sign saying ‘you’re going the wrong way!’” - Year 5 pupil talking about the SUMO principle ‘Change Your T-Shirt’.

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