

# Year 11 PSHE

## Learning Programme 3

Reading texts that pupils will study during the learning programme

Loric for LP3 is Resilience

The values we are learning about are respect and justice

Respect - a feeling of deep admiration for someone or something elicited by their abilities, qualities or achievements

Justice - fair behaviour or treatment

What will I be learning about in this Learning Programme?

In this LP you will be looking at post 16 options before moving onto adult health and how to look after yourself.

Where have I seen this learning before?

In previous years you will have looked at your mental health as well as your sexual health and well-being.

What could I use it for?

I will build upon my learning in this LP in every PSHE lesson throughout the rest of my time at BHA.

In LP3.1, I will know :	06/01/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
that stress is only beneficial in the short term and that long term it can affect you physically and emotionally;		I will show respect by actively listening to others	Homework tasks are located in the Knowledge Organisers
how to manage stress and relaxation;			
In LP3.2, I will know :	13/01/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
the options available to me at the end of Year 11;		I will show justice by speaking up when something is not right	Homework tasks are located in the Knowledge Organisers
the application process for post 16 options;			
In LP3.3, I will know :	20/01/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
the purpose of a CV and how to create a clear and concise CV;		I will show respect by being punctual and not wasting the time of others	Homework tasks are located in the Knowledge Organisers
some ideas I could use to help make my CV stand out.			
Extended Task			
In LP3.4, I will know :	27/01/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
what a personal statement is and when a personal statement may be needed;		I will show justice by being inclusive and accepting everyone regardless of our differences	Homework tasks are located in the Knowledge Organisers
how to be confident in writing a personal statement that reflects my abilities and ambitions.			
In LP3.5, I will know :	03/02/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
what a positive and healthy relationship looks like;		I will show respect by taking care of the school property	Homework tasks are located in the Knowledge Organisers
the different types of abuse that exist.			
In LP3.6, I will know :	10/02/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
the impact of an unplanned pregnancy;		I will show justice by supporting others of seeking help when required	Homework tasks are located in the Knowledge Organisers
the options available for unplanned pregnancies.			
Extended Task			
LP3 RLW, I will:	24/02/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
review my learning, recalling and applying key knowledge, focus on closing any gaps in my knowledge and prepare effectively for the upcoming assessments.		I will show respect by actively listening to others	Homework tasks are located in the Knowledge Organisers
In LP3.7, I will know :	03/03/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
what is meant by abortion and the law regarding abortion;		I will show respect by recognising and celebrating the achievements of myself and others	Homework tasks are located in the Knowledge Organisers
the religious and legal perspectives on abortion in the UK and Northern Ireland.			
Resources to support learning:			
Use suggested websites. For support, please see your School Nurse, AR teacher, Learning Coach or Head of Learning to organise a time to discuss.			
FFET Award Challenge for this Learning Programme:			
Attend an extra-curricular club, represent the academy at an event, attend an enrichment day, receive a subject praise postcard, attend a day trip, attend a head of year breakfast or afternoon tea, achieve 100 positive points on class charts, receive a letter of commendation from SLT, be invited to a wonderful Wednesday, receive a principals letter or be invited to a principals lunch, attend a residential trip, achieve the Duke of Edinburgh bronze award.			

