

## Year 8 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?

This LP will focus on self-esteem and happiness before moving onto to managing mental health and body image.

Where have I seen this learning before?

You will have looked at celebrating differences and how to manage change in Y7.

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
a wide variety of jobs; ; the different qualifications, starting salaries and duties;		I will show respect by actively listening to others	Homework tasks are located in the Knowledge Organisers
In LP3.2, I will know :	13/01/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
what self esteem is and how it impacts someone life; ways to boost self esteem and evaluate the impact negative self talk can have on self esteem;		I will show justice by speaking up when something is not right	Homework tasks are located in the Knowledge Organisers
In LP3.3, I will know :	20/01/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
what happiness might mean to different people; why its OK for us to explore our own feelings and emotions. Extended Task		I will show respect by being punctual and not wasting the time of others	Homework tasks are located in the Knowledge Organisers
In LP3.4, I will know :	27/01/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
the science behind why someone gets angry; how our thoughts and feelings can impact what we do and say.		I will show justice by being inclusive and accepting everyone regardless of our differences	Homework tasks are located in the Knowledge Organisers
In LP3.5, I will know :	03/02/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
the term mental health and why we might say we are okay when we are not; a variety of mental illnesses and symptoms and know some strategies to maintain positive mental wellbeing.		I will show respect by taking care of the school property	Homework tasks are located in the Knowledge Organisers
In LP3.6, I will know :	10/02/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
what body image is and who can be affected; what influences body image for boys and girls and know various ways someone can improve their self-esteem. Extended Task		I will show justice by supporting others of seeking help when required	Homework tasks are located in the Knowledge Organisers
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
the different forms of child abuse and various warning signs that someone might need help; who to talk to and where to access support and help for any form of abuse.		I will show respect by recognising and celebrating the achievements of myself and others	Homework tasks are located in the Knowledge Organisers
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.			

