

Year 11 Be More Learning Programme 3

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| The LORIC skill focus for his LP is: RESILIENCE The values for this LP are COMPASSION and HONESTY Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable | | Literacy Non-Negotiables: <ul style="list-style-type: none">• Capital letters must be used at the start of sentences and for the first letter of proper nouns• Full stops must be used at the end of a sentence• Question marks must be used at the end of a question• Apostrophes should only be used for possession or omission• Days of the week and months must be spelled correctly• Key words must be spelled correctly• Vocabulary to be taught using the Frayer model | |
| What will I be learning about in this Learning Programme? I will be learning about our online lives and how I can stay safe and in control, particularly with online groups and radicalisation. I will then be looking at mental health and how it may change, the impacts of poor mental health and how I can get support with my mental health. | | | |
| Where have I seen this learning before? During KS3 and Year 10 I will have learnt about our lives online, mental health and wellbeing. | | | |
| What could I use it for? You will build upon your learning in this LP in every PSHE lesson throughout the rest of your time at BHA, so you will add to this knowledge lesson by lesson. | | | |
| In LP3.1, I will know: | 05/01/26 - (WK 2) | Frayer Model Words | Homework |
| what incel ideology is, identify the dangers associated with it, and describe strategies to protect myself and others from radicalisation. what a democracy is and what key features democratic communities have. how to show respect by actively listening to others. | | Misogyny | |
| In LP3.2, I will know: | 12/01/26 - (WK 1) | Frayer Model Words | Homework |
| what influences mental health over a lifetime. how to define volunteer work and explain the benefits of it. how to show justice by speaking up when something is not right. | | Substance | |
| In LP3.3, I will know: | 19/01/26 - (WK 2) | Frayer Model Words | Homework |
| the impacts of poor mental health on individuals, families and communities. what rights are and which rights children are entitled to. how to show respect by being punctual and not wasting the time of others. | | Withdrawal | |
| In LP3.4, I will know: | 26/01/26 - (WK 1) | Frayer Model Words | Homework |
| a range of physical health factors that may influence mental health. the different types of volunteering opportunities and how they could be beneficial to me. how to show justice by being inclusive and accepting everyone regardless of our differences. Extended Task. | | Biological | |
| In LP3.5, I will know: | 02/02/26 - (WK 2) | Frayer Model Words | Homework |
| sources of mental health support available and explain how to access them. what equality is and understand how the Equality Act 2010 protects people against discrimination and inequality. how to show respect by taking care of the school property. | | Support | |
| In LP3.6, I will know: | 09/02/26 - (WK 1) | Frayer Model Words | Homework |
| how to register with GP and dental practices and know what I can use these services for. how to explore different types of paid work. how to show justice by supporting others and seeking help when required. what discrimination is and describe some of the effects of it upon individuals and groups in society. | | Register | |
| LP3 RLW, I will: | 23/02/26 - (WK 2) | Frayer Model Words | Homework |
| review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge. | | | |
| In LP3.7, I will know: | 02/03/26 - (WK 1) | Frayer Model Words | Homework |
| where to go for physical and mental health advice and how to assess what is appropriate for my needs. the different types of paid work and how they could be beneficial to me. how to show respect by recognising and celebrating the achievements of myself and others. Extended Task. | | Trusted | |
| Resources to support learning: For support, please see your school nurse, AR teacher, learning coach or head of learning to organise a time to discuss. www.youngminds.org.uk www.nhs.uk www.papyrus-uk.org www.commonssensemedia.org www.nspcc.org.uk | | | |
| FFET Award Challenge for this Learning Programme: To create a leaflet for a doctors surgery about how we can support our mental health. | | | |

PRT Task 1

PRT Task 2