

Year 8 Be More Learning Programme 3

The LORIC skill focus for this 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 media influence and healthy ways to spend my time online. I will also be learning about the media and the impact of online bullying and how to respond to it.			
Where have I seen this learning before? During Y7, I will have learnt about media influence and evaluating the truth, as well as how to report and find support for the things I see online.			
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
how people online may alter their appearance and ways that social media can impact my self-esteem. what a democracy is and what key features democratic communities have. how to show respect by actively listening to others.		Filter	
In LP3.2, I will know:		12/01/26 - (WK 1)	Frayer Model Words Homework
how my time online can impact my learning and how to plan my time online effectively. the positives and negatives of a career and what is important to me. how to show justice by speaking up when something is not right.		Organisation	
In LP3.3, I will know:		19/01/26 - (WK 2)	Frayer Model Words Homework
how to explain what online bullying is. what rights are and which rights children are entitled to. how to show respect by being punctual and not wasting the time of others.		Harassment	
In LP3.4, I will know:		26/01/26 - (WK 1)	Frayer Model Words Homework
how to explain the impacts of online bullying. what I want my future to look like, and give clear examples and what I want in the future. how to show justice by being inclusive and accepting everyone regardless of our differences.		Anxiety	
In LP3.5, I will know:		02/02/26 - (WK 2)	Frayer Model Words Homework
how to explain what to do if I witness online bullying. 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.		Bystander	
In LP3.6, I will know:		09/02/26 - (WK 1)	Frayer Model Words Homework
how to explain reasons why online bullying happens. how to define RAM goals and create them for myself. 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.		Insecure	
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
how much physical activity is needed each week and what counts as physical activity. what success means to me and be able to explain what a successful career looks like. how to show respect by recognising and celebrating the achievements of myself and others.		Fitness	
Extended Task.			
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 poster to support pupils with online bullying and where to get help.			


 PRT Task 1


 PRT Task 2