

## Year 7 Be More Learning Programme 4

<p>The LORIC skill focus for this LP is: INITIATIVE. The Moral Values foci for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles. I will show integrity by taking responsibility for my actions. Gratitude - Feeling and expressing thanks. I will show gratitude by saying please and thank you.</p> <p><b>What will I be learning about in this Learning Programme?</b> Developing strategies to manage influence and decision making, as well as developing your self-confidence and self-worth.</p> <p><b>Where have I seen this learning before?</b> You will have looked at these topics in science and also covered some of them during KS2.</p> <p><b>What could I use it for?</b> 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.</p>	<p><b>Literacy Non-Negotiables:</b></p> <ul style="list-style-type: none"> <li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>• Full stops must be used at the end of a sentence</li> <li>• Question marks must be used at the end of a question</li> <li>• Apostrophes should only be used for possession or omission</li> <li>• Days of the week and months must be spelled correctly</li> <li>• Key words must be spelled correctly</li> <li>• Vocabulary to be taught using the Frayer model</li> </ul>
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In LP4.1, I will know:	09/03/26 - (WK 2)	Frayer Model Words	Homework
to understand what is happening in the Middle East how our rights have changed over time how to show integrity by expressing gratitude to others		change	
In LP4.2, I will know:	16/03/26 - (WK 1)	Frayer Model Words	Homework
how to recognise, express and manage emotions to promote daily wellbeing how careers, job roles and skills have changed how to show gratitude by showing my appreciation when someone does something nice		emotion	
In LP4.3, I will know:	23/03/26 - (WK 2)	Frayer Model Words	Homework
about influences on diet and exercise choices why voting matters how to show integrity by taking responsibility for my actions whether they be good or bad		exercise	
Extended Task.			
In LP4.4, I will know:	13/04/26 - (WK 1)	Frayer Model Words	Homework
how to make healthy and informed decisions about maintaining hygiene and dental health what labour market figures are and describe why they change how to show gratitude by completing a random act of kindness		hygiene	
In LP4.5, I will know:	20/04/26 - (WK 2)	Frayer Model Words	Homework
about the importance of sleep and maintaining healthy sleep habits whether 16 and 17 year olds should have the right to vote how to show integrity by being reliable and trustworthy		satisfaction	
In LP4.6, I will know:	27/04/26 - (WK 1)	Frayer Model Words	Homework
about the impact of puberty on emotional wellbeing and self concept, and ways to manage this what work life balance is and features that make a good work life balance how to show gratitude by being respectful		puberty	
Extended Task.			
In LP4.7, I will know:	04/05/26 - (WK 2)	Frayer Model Words	Homework
how to manage influences on body satisfaction e.g. online media how young people can be involved in decision making how to show integrity by showing patience and flexibility when obstacles get in the way		concept	
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.commonsemmedia.org www.nsncc.org.uk			
PFET Award Challenge for this Learning Programme:			
Create a poster which advises people on what makes a healthy meal.			

PRT Task 1

PRT Task 2