Year 8   Be More
Learning Programme 4

The LORIC skill focus for this LP is: INITIATIVE.

The Moral Values foci for this LP are: INTEGRITY and GRATITUDE.

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.

What will I be learning about in this Learning Programme?

Developing your independence and aspirations through goal setting, motivation and self-awareness, as well as developing strategies to manage influence and access support.

Where have I seen this learning before?

You have looked at this during Y7 when exploring Independence and Aspirations, as well as exploring your physical and mental health, and support available.

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.

Literacy Non-Negotiables:
- 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

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		aspiration	

In LP4.2, I will know:	16/03/26 - (WK 1)	Frayer Model Words	Homework
how to increase motivation by setting aspirational goals what a successful career might look like to another person how to show gratitude by showing my appreciation when someone does something nice		career	

In LP4.3, I will know:	23/03/26 - (WK 2)	Frayer Model Words	Homework
about different careers and routes to employment why voting matters how to show integrity by taking responsibility for my actions whether they be good or bad Extended Task.		identity	

In LP4.4, I will know:	13/04/26 - (WK 1)	Frayer Model Words	Homework
about employment trends and how they can inform decision making how I can have a successful life outside of my career how to show gratitude by completing a random act of kindness		positive	

PRT Task 1

In LP4.5, I will know:	20/04/26 - (WK 2)	Frayer Model Words	Homework
about the importance of positive mental health and emotional wellbeing and how to maintain these whether 16 and 17 year olds should have the right to vote how to show integrity by being reliable and trustworthy		physical	

In LP4.6, I will know:	27/04/26 - (WK 1)	Frayer Model Words	Homework
how to recognise and make healthy informed decisions about maintaining physical health how the climate and careers are linked and explain what Green jobs are how to show gratitude by being respectful Extended Task.		image	

In LP4.7, I will know:	04/05/26 - (WK 2)	Frayer Model Words	Homework
ways to develop self-confidence and feelings of self-worth how young people can be involved in decision making how to show integrity by showing patience and flexibility when obstacles get in the way		wellbeing	

PRT Task 2

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.commonsensemedia.org

www.nspcc.org.uk

FFET Award Challenge for this Learning Programme:

Create an advice leaflet to support people with the mental and physical health.