

Year 10 Be More Learning Programme 1

The LORIC skill focus for this LP is: LEADERSHIP. The Moral Values foci for this LP are: HUMILITY and COURAGE. Courage - Acting with bravery and overcoming fears. I will show courage by answering a question in class even when I'm not 100% sure of the answer. Humility - Having a modest view of oneself. I will show humility by admitting mistakes and asking for help when needed.		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	
What will I be learning about in this Learning Programme? You will be looking at independence and how to make informed, and healthy choices, including exploring organ donation, testicular cancer and breast awareness. Where have I seen this learning before? You have explored staying healthy during KS3 whether this be keeping active, eating healthily, or maintaining healthy relationships and managing the influence of online content. 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 LP1.1, I will know: an overview of PSHE. what our local community is and how I am part of it. how to show courage by taking responsibility for my actions.		31/08/26 - (WK 1) Frayer Model Words education	Homework
In LP1.2, I will know: about transition to key stage 4 and revision and study skills. how and why people migrate to and from other countries. how to show humility by being considerate of the needs of others.		07/09/26 - (WK 2) Frayer Model Words revision	Homework
In LP1.3, I will know: how decisions about food are influenced by a range of factors, and how to make healthier food choices. how migration has affected our society. how to show courage by challenging misconceptions. Extended Task.		14/09/26 - (WK 1) Frayer Model Words health	Homework
In LP1.4, I will know: how to manage decisions about being active. how to use Unifrog to support my careers knowledge. how to show humility by listening and not interrupting others.		21/09/26 - (WK 2) Frayer Model Words active	Homework
In LP1.5, I will know: about the wellbeing of women including menstruation. about Windrush, Refugees and Asylum Seeking. how to show courage by aspiring to be more and dreaming bigger.		28/09/26 - (WK 1) Frayer Model Words menstruation	Homework
In LP1.6, I will know: what it means to donate blood, stem cells, organs and tissue and why it's needed. how we can maintain respect and understanding in society. how to show humility by being curious about others. Extended Task.		05/10/26 - (WK 2) Frayer Model Words donation	Homework
In LP1.7, I will know: what the choices are when it comes to donation and exploring the law around it. how being a citizen of a county makes you feel like you belong. how to show courage by being confident to be myself.		12/10/26 - (WK 1) Frayer Model Words choice	Homework
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: Write a letter to your future self outlining your aspirations for the year.			

PRT Task 1

PRT Task 2