

Year 11 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 revisiting and building on your learning about looking after your mental health, exploring strategies to support your wellbeing, especially when managing your workload and preparing for exams.			
Where have I seen this learning before? Throughout PSHE you have looked at staying healthy, managing influence and transition points in your life; you have been given strategies to keep yourself healthy and safe.			
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 my employability skills are. 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: how to manage emotions when encountering opportunities and challenges throughout life. my post 16 options and choices. how to show humility by being considerate of the needs of others.		07/09/26 - (WK 2) challenges challenge	Homework
In LP1.3, I will know: how to manage unhelpful distractions. how to use Unifrog to support my careers knowledge. how to show courage by challenging misconceptions. Extended Task.		14/09/26 - (WK 1) Frayer Model Words distraction	Homework
In LP1.4, I will know: how to change thinking patterns to support wellbeing. how to make decisions regarding my post 16 careers pathway. how to show humility by listening and not interrupting others.		21/09/26 - (WK 2) Frayer Model Words habit	Homework
In LP1.5, I will know: about mental health difficulties that commonly affect young people and how to seek support. the difference between volunteering and paid work. how to show courage by aspiring to be more and dreaming bigger.		28/09/26 - (WK 1) Frayer Model Words anxiety	Homework
In LP1.6, I will know: strategies to manage stress and support mental health and wellbeing. the difference between apprenticeships and higher education. how to show humility by being curious about others. Extended Task.		05/10/26 - (WK 2) Frayer Model Words stress	Homework
In LP1.7, I will know: about change, loss and grief, strategies for managing them and how to access support. how AI could be a threat to our jobs. how to show courage by being confident to be myself.		12/10/26 - (WK 1) Frayer Model Words bereavement	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: Create a poster on your Post-16 choices.			

PRT Task 1

PRT Task 2