

Year 7 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.

What will I be learning about in this Learning Programme?

You will be learning skills to help you transition into secondary school, set learning goals and develop social and emotional skills.

Where have I seen this learning before?

You will have studied PSHE topics in KS2 and will continue to build on your primary knowledge through this year.

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 LP1.1, I will know:	31/08/26 - (WK 1)	Frayer Model Words	Homework
an overview of PSHE. how important our rights are in school. how to show courage by taking responsibility for my actions.		education	
In LP1.2, I will know:	07/09/26 - (WK 2)	Frayer Model Words	Homework
about transition to secondary school and adapting to new environments. how our class charter compares with the school rules. how to show humility by being considerate of the needs of others.		transition	
In LP1.3, I will know:	14/09/26 - (WK 1)	Frayer Model Words	Homework
how to identify values, skills , areas of development and set personal targets and goals. who has the power in our school community. how to show courage by challenging misconceptions.		ambition	
Extended Task.			
In LP1.4, I will know:	21/09/26 - (WK 2)	Frayer Model Words	Homework
how to manage emotions when transitioning to a new key stage. how to become a rights investigator how to show humility by listening and not interrupting others.		emotion	
In LP1.5, I will know:	28/09/26 - (WK 1)	Frayer Model Words	Homework
how distractions can affect someone's wellbeing, and how they can be managed. how we can raise awareness of fairness in issues we've found. how to show courage by aspiring to be more and dreaming bigger.		reaction	
In LP1.6, I will know:	05/10/26 - (WK 2)	Frayer Model Words	Homework
how developing positive thinking habits can support wellbeing. how to present our findings about fairness. how to show humility by being curious about others.		positive	
Extended Task.			
In LP1.7, I will know:	12/10/26 - (WK 1)	Frayer Model Words	Homework
how to manage rumination and worry and how to help. how to use Unifrog to support my careers knowledge. how to show courage by being confident to be myself.		rumination	
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.common sensemedia.org www.nspcc.org.uk			
FFET Award Challenge for this Learning Programme:			
Create a poster on how you can demonstrate the school values.			

PRT Task 1

PRT Task 2