

Year 8 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 developing decision making skills that support a healthy lifestyle and your wellbeing; you will consider food, exercise and sleep as well as assessing the effects of climate change on your people.			
Where have I seen this learning before? In Year 7 you will have explored transition points in your life and how to manage change.			
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 needs to change in our community and who can make a difference. 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 nutrition and how to make independent, informed decisions about what to eat. how groups can bring about change in the local community. how to show humility by being considerate of the needs of others.		07/09/26 - (WK 2) Frayer Model Words nutrition	Homework
In LP1.3, I will know: about dental health, including the importance of oral hygiene and how to access NHS services. how volunteering can improve a community. how to show courage by challenging misconceptions. Extended Task.		14/09/26 - (WK 1) Frayer Model Words hygiene	Homework
In LP1.4, I will know: the importance of being active. what grassroots are and what impact they can have on community. 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 impact of sleep on health and wellbeing. how we can start a grassroots development. how to show courage by aspiring to be more and dreaming bigger.		28/09/26 - (WK 1) Frayer Model Words quality	Homework
In LP1.6, I will know: how people might feel about climate change and how connecting with nature can support wellbeing. how to use Unifrog to support my careers knowledge. how to show humility by being curious about others. Extended Task.		05/10/26 - (WK 2) Frayer Model Words climate	Homework
In LP1.7, I will know: how people's views about climate change can be influenced and to engage with different perspectives. How to bring about change in the community. how to show courage by being confident to be myself.		12/10/26 - (WK 1) Frayer Model Words perspective	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 the importance of being kind to others.			

PRT Task 1

PRT Task 2