

Year 9 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 exploring your mental health and wellbeing by learning self regulation strategies and how to apply them to new and complex situations Where have I seen this learning before? You will have looked at transition points in year 7 and 8, and explored how to manage and cope with 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:		31/08/26 - (WK 1)	Frayer Model Words
an overview of PSHE. what the difference is between power and influence. 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
how to manage strong emotions. the power and influence social media has on society. how to show humility by being considerate of the needs of others.			adolescence
In LP1.3, I will know:		14/09/26 - (WK 1)	Frayer Model Words
how to manage distractions, including online. how community volunteers can be powerful or influential. how to show courage by challenging misconceptions. Extended Task.			attention
In LP1.4, I will know:		21/09/26 - (WK 2)	Frayer Model Words
how to reframe disappointments and setbacks. which social media influencers and community volunteers are powerful and influential. how to show humility by listening and not interrupting others.			reframe
In LP1.5, I will know:		28/09/26 - (WK 1)	Frayer Model Words
about unhealthy coping strategies (self-harm and disordered eating). how to use Unifrog to support my careers knowledge. how to show courage by aspiring to be more and dreaming bigger.			emotional
In LP1.6, I will know:		05/10/26 - (WK 2)	Frayer Model Words
about healthy coping strategies when someone is feeling worried, tense or stressed. how we can be advocates for those we think have the most power and influence. how to show humility by being curious about others. Extended Task.			tension
In LP1.7, I will know:		12/10/26 - (WK 1)	Frayer Model Words
how influences can affect self-concept and self-expression. who has the most power and influence - community volunteers or social media influencers. how to show courage by being confident to be myself.			influence
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: Research a job/careers of your choice and find out about the qualifications/experience needed.			


 PRT Task 1


 PRT Task 2