



HALF TERM 5 APR - MAY	Lesson 1	Lesson 2	Lesson 3
<b>TOPIC (S)</b>  <b>Exam Stress and Strategies to help</b>	<u>Topic: How do exams make me feel?</u>  LO: To assess how we can help with them LO: To understand the cause of them LO: To identify my own feelings	<u>Topic: How can I help myself feel more confident and resilient?</u>  LO: To evaluate how effective they may be LO: To understand some strategies to help feel better LO: To express how I feel about my exams so far	<u>Topic: How will my exams affect me moving forward?</u>  LO: To assess if I should worry about them over the summer LO: To understand their significance LO: To know the way in which GCSE exams are useful in life
<b>Knowledge &amp; Skills development</b>	<b>Personal Development Core Themes: Health and Wellbeing and Living in the Wider World</b> H2. how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this H4. strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing H7. a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns H10. how to recognise when they or others need help with their mental health and wellbeing; to explore and analyse ethical issues when peers need help; strategies and skills to provide basic support and identify and access the most appropriate sources of help H11. to make informed lifestyle choices regarding sleep, diet and exercise L2. to evaluate their own personal strengths and areas for development and use this to inform goal setting		
<b>Assessment / Feedback Opportunities</b>	Targeted questioning/Written work	Targeted questioning/Written work	Summative assessment
<b>Cultural Capital</b>	<ul style="list-style-type: none"> <li>Promotion of tolerance/respect</li> <li>Understanding of significance of actions in life</li> <li>Attitudes towards mental health</li> <li>Promoting emotional wellbeing</li> <li>Healthy and unhealthy coping strategies</li> </ul>		
<b>SMSC / Promoting British Values</b> (Democracy, Liberty, Rule of Law, Tolerance & Respect)	<ul style="list-style-type: none"> <li>Understanding of main influence on British culture</li> <li>Promotion of tolerance/respect</li> <li>Understanding of significance of actions in life</li> </ul>		
<b>Reading opportunities</b>	'The Self-Care Kit for Stressed-Out Teens: Healthy Habits and Calming Advice to Help You Stay Positive' by Frankie Young		

<b>Key Vocabulary</b>	Resilience Strategies Assertiveness
<b>Digital Literacy</b>	<ul style="list-style-type: none"> <li>• Homework research</li> <li>• Video research</li> </ul>
<b>Careers</b>	Anything people related, for example the Police, the NHS, law, customer service.