

### Learning for Life

#### 3rds

#### Settling in at Bancroft's.

Introduction to Learning For Life	<p>What is Learning for Life (PSHE) How will we work together as a class?</p> <p>Setting the ground rules for discussion. Students explore the SOW for this year and think about what Learning for Life will mean for them. Students will explore ways for healthy respectful discussion.</p>	Autumn Term
Values – my values and Bancroft's values	<p>How is year 7 different? What does it mean to be a Bancroftian?</p> <p>Students will think about the coming year and how they can make the most of the opportunities at Bancroft's.</p> <p>They will explore the idea of personal values? How does that relate to the Bancroft's school values?</p> <p>Students will share ideas on Bancroft's school values and examine their personal values.</p>	Autumn Term
Kindness, respect and tolerance	<p>What does it mean to be kind? Is it more important to be kind or right?</p> <p>Students will think about what it means to be kind and to demonstrate acts of kindness. Link to the residential. Power point and clips for discussion</p>	Autumn Term

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### Health and Wellbeing

Who Am I?	Students will explore what makes up someone's identity and the idea of personal branding. Link to their personal values. How do they present themselves at school, at home and online? Are they aware of a personal brand? Students will explore the meaning of identity through a range of activities.	Spring Term
What do we need to keep healthy?	Students will explore what makes a balanced life to maintain health and well-being. Students will be able to say what being healthy means and how to establish a healthy routine.	Spring Term
Healthy eating	Students will identify and explore what choices they can make to keep healthy. They will know the benefits of eating healthily.	Spring Term
Introduction to the risks of alcohol, tobacco and other substances.	Student will know what drugs are and be able to name them, they will discuss the perception of drug use and how this can differ from reality. They will know about drugs and the law. Students will understand the effects of nicotine, tar and carbon monoxide and the effects on health.	Spring Term
Why am I feeling like this?	Students will explore and discuss how feelings change as they get older and be able to identify ways to build confidence to be able to cope with the changes.	Spring Term
Feelings and how to manage them	Students will be able to identify a range of strong emotions that affect how we feel. They will explore how people overcome negative feelings.	Spring Term

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What are 'Emotional wellbeing' and 'Mental health'?	Students will explore and be able to define what 'emotional wellbeing' and 'mental health' are.	Spring Term
What is resilience?	Students will identify what affects their confidence and self-esteem and be able to describe how resilience can help.	Spring Term
Personal hygiene	Students will explore what they need to do to have good personal hygiene and keep themselves clean and healthy.	Spring Term

### Sex and Relationships

Puberty	What happens in puberty?	Autumn Term
How do I feel about difference?	Students will explore what it means to be different and to be individual. They will be able to explain how prejudice might be challenged.	Autumn Term
Online Safety	Keeping safe online - who to trust.	Autumn Term
Managing friendships – how to be assertive.	The talk explores how we might feel challenged by the behaviour of others and looks at how we can stand up for ourselves. This talk includes a dramatic presentation.	Autumn Term
Being assertive – dealing with others	Follow up on the talk last week. Students will explore good communication skills and be able to demonstrate strategies to deal with pressure from others.	Autumn Term

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Relationships	Students will be able to name different types of relationships and understand that there can be positive and negative phases to relationships.	Autumn Term
What is a healthy relationship?	Students will explore what makes a healthy relationship and be able to identify the warning signs of an unhealthy relationship.	Autumn Term
What does 'family' mean?	Students will be able to identify different types of families and understand the roles and responsibilities within a family. Students will be able to describe how relationships within a family can affect wellbeing.	Autumn Term

### Living In the Wider World

Understanding communities	Students will explore the idea of different groups within a community. They will start within the Bancroft's community. Students will identify similarities between themselves, their classmates and others.	Summer Term
Risk and safety	Students will explore what 'risk' can mean, including online risks and what is meant by 'risking on purpose'.	Summer Term
What are my aspirations?	Students will discuss what 'aspirations' are and consider what they aspire to.	Summer Term
How do I work best with others?	Students will understand the different roles and personalities within a group and how this makes for success. They will understand why positive relationships are helpful when working in a group.	Summer Term

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How do we manage risky situations?	Students will be able to identify some ways to keep themselves safe on and offline.	Summer Term
What are my rights and responsibilities?	Students will understand that people have rights regardless of their different race, religion, culture or disability, gender, age or sexual orientation. They will understand that every right comes with its own responsibility.	Summer Term
How do we 'value each other'?	Students will be able to talk about the communities they belong to. They will be able to recognise similarities and differences between there self and others and value the similarities between people.	Summer Term