

Y11 learning intentions: Half term 2 (20 minute lessons in form time, 1 per week)

Our half term 2 unit: *Your future - the reality of life beyond school. To become aware of the world around you and begin to take on more responsibility.*

Our half term 2 theme: **Life Beyond School**

What should students know / understand by the end of each lesson?

	Lesson
Week 1	<ul style="list-style-type: none"> • <i>Dealing With Exam Stress & Anxiety</i> - To understand the science behind 'flight' 'Fright' or 'Freeze' responses to stress.
Week 2	<ul style="list-style-type: none"> • <i>Dealing With Exam Stress & Anxiety</i> - To recognise that stress is only beneficial in the short term and over the long term can affect you physically and emotionally. To understand how to manage stress and relaxation.
Week 3	<ul style="list-style-type: none"> • <i>Time Management – Technology</i> - Explore how technology and social media can negatively impact on your mental health.
Week 4	<ul style="list-style-type: none"> • <i>Time Management – Technology</i> - To evaluate how technology and smart phones can both be rewarding and damaging in our lives.
Week 5	<ul style="list-style-type: none"> • <i>British Values recap</i>
Week 6	<ul style="list-style-type: none"> • British Values recap
Week 7	<ul style="list-style-type: none"> •

What is needed to master the knowledge?

Lessons 1/2 - I can identify the symptoms of stress. I know range of ways to deal with any exam stress I have. I understand how different amounts of stress can impact my performance and ability to think clearly.

Lesson 3/4 - I am aware of the dangers associated with smart phone and screen addiction. I understand what makes a good environment to sleep and study in. I can explain the benefits and drawbacks of increasing use and reliance on technology in my life.

Lessons 5/6 – To understand what the fundamental British Values are and why it is important to uphold them in our daily lives.