

**Form 7 PSHE Autumn Term 2022**

Week(s)	Key Questions	Possible Activities	Logistics
	<p><b>SCHOOL LIFE:</b>  <b>You and Your Time:</b>                      Revision  <i>To work out how to manage their time</i>  <b>HWB 3.24</b></p>	<ul style="list-style-type: none"> <li>▪ Introduce the topic: Who thinks they are organised? Discuss examples at home &amp; school</li> <li>▪ Play the snakes and ladders game “Are You Organised”</li> <li>▪ <a href="https://www.youtube.com/watch?v=tIFGOSEI_lo">https://www.youtube.com/watch?v=tIFGOSEI_lo</a> (YouTube – advice on how to be organised)</li> <li>▪ Teacher to talk about good revision practice – achievable goals, regular breaks, preparing for revision by making sure everything is there.</li> <li>▪ Talk about worries that they might have</li> <li>▪ Talk through revision techniques – flash cards, note-writing, audio ways (Dictaphone) – plus the Pomodoro technique</li> <li>▪ Watch the YouTube clip as a reminder of the technique</li> <li>▪ <a href="https://www.youtube.com/watch?v=RlidoiSrpB0">https://www.youtube.com/watch?v=RlidoiSrpB0</a></li> <li>▪ Compile a revision timetable</li>   <li>▪ Spend one PSHE session before the exams actually doing 2 x pomodoros</li> </ul>	<p><b>Pomodoro Technique:</b>  <i>Doing 25 minutes on one topic (not subject) followed by a 5 minute break. Then a different topic followed by a 10 minute break.</i></p>
	<p><b>MENTAL WELL-BEING</b>  <b>You and Your Feelings:</b>                      Vanity  <i>To know the difference between pride and vanity</i>  <b>HWB 3.01 &amp; 3.02</b></p> <p>Positive Mindset  <i>To make the connection between a positive mind set and positivity</i></p>	<ul style="list-style-type: none"> <li>▪ Explain difference between pride and vanity/conceit</li> <li>▪ Complete the quiz “How Vain Are You”</li> <li>▪ As a class, make a list of things which people are often vain or “big-headed” about</li> <li>▪ Discuss how they can deal with people who are constantly trying to impress</li> <li>▪ Raise the point that pride should not be confused with self-esteem                      If time, share achievements that we have been proud of (illustrating you can be proud but not gloat).</li>   <li>▪ Watch the following clip about a positive mind set  <a href="https://www.youtube.com/watch?v=vRQkxeBDEF0">https://www.youtube.com/watch?v=vRQkxeBDEF0</a></li> <li>▪ Discuss why a positive mind set is a good thing</li> <li>▪ Design a slogan that encourages someone to think positive</li> </ul>	<p><i>Pride can be unattractive when it shows as haughtiness or arrogance, but when it is self-regard &amp; a feeling of dignity with our achievements then it is natural and good.                      Vanity is an excessive pride or admiration in one’s own appearance or achievements.</i></p> <p><i>Self-Esteem: how we feel about ourselves). We should all have self-esteem because we are all unique, special and no</i></p>

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			<i>one is better than anyone else (we might good at different things but not "better" overall)</i>
	<p><b>You and Your Body: Drugs</b>  <i>To get an idea of what children know about drugs</i>  <b>HWB 2.41</b></p> <p><i>To explain the cause and effects of different drugs to the rest of the class</i>  <b>HWB 2.41 &amp; 2.42</b></p> <p><i>To recognise their own opinion to drugs</i>  <i>To raise awareness of drugs in sports</i>  <b>HWB 2.43</b></p>	<ul style="list-style-type: none"> <li>▪ Fill in the sheet "Encapsulating our needs" to establish a baseline knowledge</li> <li>▪ As a class, brainstorm the different drugs they know / or think are drugs – include illegal/legal/prescribed/over-the-counter medicines</li>   <li>▪ Explain activity: work in pairs to deliver a short presentation on a particular drug. It does not have to be a PowerPoint but an A3 poster / spider diagram will suffice. Presentations do be done in lessons</li>   <li>▪ Watch BBC Bitesize – there are about 3 dramas on different aspects of drugs.  <a href="https://www.bbc.co.uk/bitesize/topics/z9982hv/resources/1">https://www.bbc.co.uk/bitesize/topics/z9982hv/resources/1</a></li> <li>▪</li>   <li>▪ Fill in the first question on the sheet "Where do you Stand" asking them their opinion on a variety of drug-related issues.</li> <li>▪ Activity: Spread the pre-prepared options along a line in the classroom and go through each question. Ask children to stand at the option they chose – ask for appropriate feedback and why they chose something</li> <li>▪ In pairs, fill in the sheet "Enhancing Performance" – you might like to display the additional information on the board to help</li> <li>▪ Feedback to the rest of the class</li> </ul>	
		<b>GIRFEC FORMS TO BE COMPLETED READY FOR FORM TUTOR TALKS WITH ART.</b>	