

Term 1	Term 2	Term 3	Term 4	Term 5
Team Building and Transition at Longridge	Healthy Relationships, cyber bullying and Internet Safety	Healthy Lifestyle	Prevent – Tolerance in our society.	Community issues – being a positive citizen.
<p>Students will spend the day at Long ridge and participate in a number of team building activities. This gives the students the opportunity to work with other and get to know each other.</p> <p><i>SMSC/British Values: Developing social skills through communication and collaboration.</i></p>	<p>Students will listen to a guest speaker informing them of the dangers when using social media, how to use it appropriately and how to report abuse and inappropriate content.</p> <p>The second part of the session students will complete different activities focused around Internet Safety. This will be explored through videos, discussions and written tasks.</p> <p><i>SMSC/British Values: Understanding the consequences of actions. Recognising right and wrong. Knowing the effects of our behavior.</i></p>	<p>Students will develop their understanding of how to live a healthy lifestyle. They will participate in a physical activity session with a Personal Trainer and understand how exercise can have a positive impact on their lives.</p> <p>The second part of the session students will complete a number of activities exploring a healthy diet and how this can have a positive impact on your health.</p> <p><i>SMSC/British Values: Developing social skills through communication and collaboration. Understanding the consequences of behavior and actions.</i></p>	<p>Students will hear from the guest speaker Aik Saath who will inform them and develop their knowledge and understanding of racial tolerance followed.</p> <p>Students will then undertake a number of activities based on the talk and Prevent. This will be done through videos, discussions and other activities.</p> <p><i>SMSC/British Values: Use of a range of social skills in different contexts, for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds Understanding about breaking rules. Developing tolerance of others. Rule of law.</i></p>	<p>Students will hear from the Police who will deliver a presentation about the issues young people have in our society and how to remain safe.</p> <p>Students will then undertake a number of activities based on the talk and how to be a positive citizen. This will be done through videos, discussions and other activities.</p> <p><i>SMSC/British Values: Understanding the consequences of actions. Recognizing right and wrong. Knowing the effects of our behavior. Understanding personal influences.</i></p>

Term 1	Term 2	Term 3	Term 4	Term 5
On site Activity Day	Healthy Relationships, cyber bullying and Internet Safety	Effects of Drugs and Alcohol.	Prevent – Tolerance in our society.	Mental Health - mindfulness
<p>Students will spend the day at participating in a number of team building activities. This gives the students the opportunity to work with other and get to know each other.</p> <p><i>SMSC/British Values: Understanding the consequences of actions. Developing social skills through communication and collaboration. Critical thinking. Staying healthy and safe.</i></p>	<p>Students will listen to a guest speaker informing them of the dangers when using social media, how to use it appropriately and how to report abuse and inappropriate content. The second part of the session students will complete different activities focused around Internet Safety. This will be explored through videos, discussions and written tasks.</p> <p><i>SMSC/British Values: Understanding the consequences of actions. Recognising right and wrong. Knowing the effects of our behavior. How to stay safe and know that behaviours affect others. Critical thinking. Staying healthy and safe.</i></p>	<p>Students will listen to a guest speaker from Alcoholics Anonymous. This will be followed by session led by the tutor. Students will reflect on what they have learnt from the speaker. Students will then participate in a number of awareness activities focused around alcohol, drugs and smoking. There will be a variety of activities ranging from videos, worksheets and discussions.</p> <p><i>SMSC/British Values: Encouraging self-discipline and critical thinking. How to stay safe and know that behaviours affect others. Critical thinking. Staying healthy and safe.</i></p>	<p>Students will hear from the guest speaker Aik Saath who will inform them and develop their knowledge and understanding of racial tolerance followed. Students will then undertake a number of activities based on the talk and Prevent. This will be done through videos, discussions and other activities.</p> <p><i>SMSC/British Values: Understanding and appreciating personal influences. Understanding about breaking rules. Developing tolerance of others. Rule of law.</i></p>	<p>Students to develop their knowledge and understanding of physical and mental health. Students will participate in a session led by a personal trainer and develop their understanding of how to look after themselves physical and how this can lead to a healthier lifestyle. For the second part of the session students will participate in a number of activities designed to teach them about mindfulness and how this can benefit your mental health.</p> <p><i>SMSC/British Values: Understanding and appreciating personal influences. Critical thinking. Staying healthy and safe. Making informed choices and protecting health.</i></p>