

Heart lesson structure Y7-10

Y7

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|------------------------------|----------------|---------------------------|------------------------------------------------|------------------------------------------|--------------------|
| 1 | Change and responsibility | Compromise | Listening and responding | Revision | What is resilience | Them and us |
| 2 | Managing stress and worry | Optimism | Asking question | Revision | Coping with change + when I am resilient | Differences |
| 3 | Feelings | Optimism | Communicating in learning | Happiness | Resilience and communication | Viewpoints |
| 4 | Fantastic futures | Feedback | Taking notes | Friendship | Resilience in work | All human |
| 5 | Organising and managing time | Flexibility | Audience awareness | Acts of kindness | Resilience through preparation | Encouragement |
| 6 | My life | Effort | Speaking clearly | The difference between being nice + being kind | Resilience in learning | Structure Debating |
| 7 | My hobbies | Intro to oracy | Speaking clearly | Restorative justice | Keep on, keeping on | Leadership |
| 8 | | | Expressing opinion | | | |

Y8

| | Autumn | Spring | Summer |
|----|------------------------------------|---------------------------|---------------------------------------------|
| 1 | Organisation | Initiative/ learning | Organised problem solving + Planning events |
| 2 | No 'I' in team | Approaching problems | Open character |
| 3 | Kindness cycle | Stigma | Closed character |
| 4 | Karma | Positivity | Seeing each other as human first |
| 5 | Positive reinforcement | Everyday kindness | Growth mindset Strengths + weaknesses |
| 6 | Positive reinforcement | Kindness | Healthy minds |
| 7 | Generous praise | Thinking outside the box. | The power of our minds |
| 8 | Differences | Harmful actions | No mistake, no progress Personal growth 1 |
| 9 | Importance of goals + achievements | A world without harm | Personal growth 2 Opportunities |
| 10 | Self awareness | The power of words | Mental health + self assessment |
| 11 | Do I enjoy putting myself forward | Mindfulness | Being active |
| 12 | How I react when things go wrong | | Respect |
| 13 | Rest and recovery | | |
| 14 | Sleep | | |

Y9

| | Autumn | Spring | Summer |
|----|-------------------------------|----------------------------------------|-----------------------------------------|
| 1 | Voice | The impact of causing offence | Pride |
| 2 | Body language | Respecting others who are not the same | Confidence |
| 3 | Working with others | Respecting others who are not the same | What makes people quit |
| 4 | Helping each other grow | What an organised person looks like | Overcoming barriers |
| 5 | Different methods of feedback | Organisation in the future | Turning setbacks into successes |
| 6 | Delivering feedback | Organised techniques | Showing initiative |
| 7 | Handling feedback | Content | Fixed+ growth mindset |
| 8 | Leadership vs managing | Structure | Solution based + problem based thinking |
| 9 | Motivational leadership | Rhetorical questions | Valuing people |
| 10 | Motivating myself | Update PDP | Ways to show value. |
| 11 | Respect | | Update PDP |
| 12 | Respectful language | | |
| 13 | Breaking down language. | | |
| 14 | Update PDP | | |

Y10

| | Autumn | Spring | Summer |
|----|----------------------------------------|--------------------------------------------------|-------------------------------|
| 1 | Mindset assessment | Emotional, psychological and physical resilience | Strong leadership |
| 2 | Mindset training 1 | Motivation | Command and control |
| 3 | Mindset training 2 | Motivating myself | Employers + leadership skills |
| 4 | Organisation skills at School | What do I find effective | Mental energy 1 |
| 5 | Balancing importance + urgency | Giving and receiving constructive criticism | Mental energy 2 |
| 6 | Organised things and organising myself | Interviews | Confidence in speaking |
| 7 | From setbacks to success | Update PDP | Appraisal + looking ahead |
| 8 | Active learning | | Recharge |
| 9 | Working independently | | Making choices 1 |
| 10 | Prepare to preform | | Making choices 2 |
| 11 | Update PDP | | Update PDP |