

Y8 learning intentions Half Term 5

Our unit: *Proud to be me!*

Our theme: Life beyond school

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

| | Lesson (based on one lesson over two weeks). |
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| Week 1 and 2 | <ul style="list-style-type: none">• Proud to be me - To identify what is important for you and what you expect from yourself, taking into account the beliefs and expectations that others have of you. I can describe my self-esteem and understand ways to improve it. To evaluate what self love is. |
| Week 3 and 4 | <ul style="list-style-type: none">• Dove confident me lesson – To understand where appearance pressures come from and not to compare one another to what we see in the media. |
| Week 5 and 6 | <ul style="list-style-type: none">• Barclays life skills lesson 1 – Budgeting. To explore the concept between ‘needs’ and ‘wants’. |

What is needed to master the knowledge?

Lesson 1 - I can describe my own self esteem. I have aspirations and am looking forward to the future. I can describe what self-love is.

Lesson 2 - I know what appearance ideals are, I can explain how the media and peers may impact my self-esteem. I can explain the importance of being body confident.

Lesson 3 - I know the importance of building good money habits from a young age.