

It's Your Move

Main Points

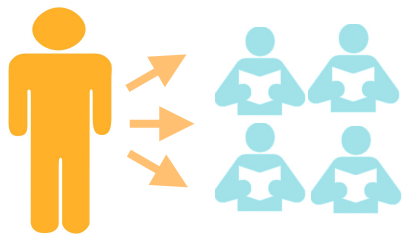
PSHE Curriculum Links



Session 1 : Me

- Who am I?
- What are my beliefs and values
- What motivates me?
- What are my goals and aspirations?
- What are the challenges I face?

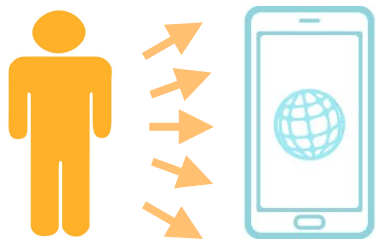
- Self esteem
- Emotional wellbeing
- Mental health
- Morality and spirituality



Session 2: Me and my school community

- What is my place within the school community
- How do I get along with others in my school community?
- How do I deal with conflict?
- What can I add to my school community?

- Communication
- Empathy
- Anti-bullying
- Teamwork



Session 3: Me and the wider community

- What is my place in the wider community and the world?
- What are the external influences in my life?
- How do I get along with people who are different to me?
- How do I best use my resources?

- Diversity
- Anti-radicalisation
- Economic well-being
- World of work