







Be an Excellent PSHE Student!

What could you do this week to improve your PSHE knowledge and understanding?

Wednesday 25th March
to Wednesday 8th April

Watch 	Read 	Listen 
<ul style="list-style-type: none"> Your Body, Your Image - https://www.bbc.co.uk/teach/class-clips-video/pshe-ks3--ks4-your-body-your-image/zfbkhhbk Body Matters - https://www.bbc.co.uk/teach/class-clips-video/pshe-citizenship-ks3-ks4-gcse-body-matters/zfqh2sg <p>As you watch this videos, write a summary of what you have learnt. Can you link your learning to previous work you have done on the harm that social media can cause when it comes to body image?</p>	<ul style="list-style-type: none"> It is important to keep up with current affairs, so each day find time to read the news. Use good sites such as BBC News and Sky News. Do not just rely on what you see on social media, as this is not always accurate and helpful. Many sites are allowing free access to e-books as well as audio books – use this opportunity to find new books to read! Your English teachers can guide you if you are struggling! https://lifehacker.com/where-to-find-free-ebooks-during-the-coronavirus-shutdo-1842456736 You can also develop your knowledge of Body Beauty by following this link and clicking on the Beauty Cyberbullying topic - https://cybersmileeducation.org/ 	<ul style="list-style-type: none"> Many sites are allowing free access to audio books whilst school is closed – use this opportunity to introduce yourself to new books! Use the following website - https://stories.audible.com/discovery/enterprise-discovery-21122355011?ref=adbl_ent_anon_ds_ds_dccs_sbtp-0-2 <p>Once you have listened to a book, you could write a review and send it to me or your English teacher.</p>
Keep Active!  <p>Whilst you are off school, it is important that you are staying active. Here are some things you can do to keep active:</p> <ul style="list-style-type: none"> Jo Wicks PE. Monday to Friday at 9am on his YouTube channel, Jo Wicks is leading a PE session. If you cannot do it at 9am, then the videos save on his channel - https://www.youtube.com/user/thebodycoach1 You are allowed to go out the house for 1 form of exercise each day, so the Couch to 5k might be good for this. Don't forget – only do this with people you live with, there is no socialising at the moment! - https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/ 	Routine, routine, routine  <ul style="list-style-type: none"> Whilst you are off school, it is important to keep a routine so you can make the most of your day! Don't forget that your teachers can see what work you have been doing (or not doing!!), so keep checking Show my Homework for daily pieces of work to complete, as well as using ED Lounge. Remember, exercise and healthy eating is just as important in your routines too. Make time for you whilst you are off school – including time away from screens! 	CEIAG Link  <p>BBC Teach has got some create videos you can watch about different careers. Use this link to watch these videos. https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-spark-fire-up-your-future/z4q2vk7</p> <p>Whilst you watch, create a fact file on the jobs being discussed.</p> <p>What skills do you think your GCSE subjects will help you to develop? Why do you think these will be important for your future?</p>