

<b>Neptune &amp; Mercury</b>		
<b>Prince's Trust Developing Resilience</b>	<b>Autumn 2 W1</b>	Understanding Personal Resilience  State what being resilient means to you.
	<b>Autumn 2 W2</b>	Understanding Personal Resilience  Identify the characteristics of being resilient.
	<b>Autumn 2 W3</b>	Understanding Personal Resilience  Identify a positive and negative emotion.
	<b>Autumn 2 W4</b>	Understanding Personal Resilience.  Outline how an emotion affects your resilience.
	<b>Autumn 2 W5</b>	<i>Take part in an activity which challenges you.</i>  Participate in an activity which challenges you.
	<b>Autumn 2 W6</b>	<i>Take part in an activity which challenges you.</i>  State how your emotions changed in the activity.
	<b>Autumn 2 W7</b>	<i>Apply a healthy habit to improve your resilience.</i>  Identify a positive experience which will help you feel resilient.
	<b>Autumn 2 W8</b>	<i>Apply a healthy habit to improve your resilience.</i>  Identify a helpful habit you used to help improve your resilience.

<b>Venus - Level one</b>		
<b>Prince's Trust Wellbeing</b>	<b>Autumn 1 W1</b>	Emotional Wellbeing  Understanding well being, emotional wellbeing and factors that can affect it
	<b>Autumn 1 W2</b>	Physical Wellbeing  Understanding physical wellbeing, what can impact it and how personal hygiene can affect physical wellbeing
	<b>Autumn 1 W3</b>	Resilience  Understanding resilience, developing resilience
	<b>Autumn 1 W4</b>	Stress  Understanding stress, possible causes of stress
	<b>Autumn 1 W5</b>	Stress  Identifying physical signs of stress, identifying strategies for reducing and managing stress
	<b>Autumn 1 W6</b>	Self-Esteem  Identifying ways to develop your self-esteem, learning ways to support your own mental health and discovering organisations that can offer help
	<b>Autumn 1 W7</b>	Relationships  Identifying characteristics of healthy relationships
<b>Prince's Trust- Developing Resilience</b>	<b>Autumn 2 W1</b>	Understanding Personal Resilience  State what being resilient means to you.

	<b>Autumn 2 W2</b>	Understanding Personal Resilience  Identify the characteristics of being resilient.
	<b>Autumn 2 W3</b>	Understanding Personal Resilience  Identify a positive and negative emotion.
	<b>Autumn 2 W4</b>	Understanding Personal Resilience.  Outline how an emotion affects your resilience.
	<b>Autumn 2 W5</b>	<i>Take part in an activity which challenges you.</i>  Participate in an activity which challenges you.
	<b>Autumn 2 W6</b>	<i>Take part in an activity which challenges you.</i>  State how your emotions changed in the activity.
	<b>Autumn 2 W7</b>	<i>Apply a healthy habit to improve your resilience.</i>  Identify a positive experience which will help you feel resilient.

<b>Venus - Level two</b>		
<b>Prince's Trust Wellbeing and Healthy Eating Skills</b>	<b>Autumn 2 W1</b>	Balanced Diet and Healthy Lifestyle  Describe the benefits of eating a balanced diet

	<b>Autumn 2 W2</b>	<p>Balanced Diet and Healthy Lifestyle</p> <p>Outline the main components of a balanced diet</p>
	<b>Autumn 2 W3</b>	<p>Balanced Diet and Healthy Lifestyle</p> <p>Give examples of what should be avoided in a balanced diet</p>
	<b>Autumn 2 W4</b>	<p><i>Impact of social media on healthy eating</i></p> <p>Outline what is meant by “body image”</p>
	<b>Autumn 2 W5</b>	<p><i>Impact of social media on healthy eating</i></p> <p>Give examples of factors that may impact on dietary choices</p>
	<b>Autumn 2 W6</b>	<p><i>Impact of social media on healthy eating</i></p> <p>Explain how social media may impact on dietary choices</p>
	<b>Autumn 2 W7</b>	<p><i>Plan a healthy meal</i></p> <p>Select, and identify how a meal meets the components of a balanced diet.</p>
	<b>Autumn 2 W8</b>	<p><i>Plan a healthy meal</i></p> <p>Plan how to make the meal including ingredients, timings and equipment. Calculate the cost of ingredients.</p>

<b>Prince's Trust- Teamwork Skills</b>	<b>Autumn 2 W1</b>	<i>Teamwork characteristics</i>  Understand what teamwork means, state advantages of working in a team, teamwork games and activities
	<b>Autumn 2 W2</b>	<i>Teamwork characteristics</i>  State problems of working in a team, teamwork games and activities
	<b>Autumn 2 W3</b>	<i>Team communication</i>  Understand what communication means, explain why appropriate communication is important when working in a team, teamwork games and activities
	<b>Autumn 2 W4</b>	<i>Team communication</i>  Explain the role of a team leader, explain what makes a good team leader, teamwork games and activities, explain what skills you could bring to the role of team leader, teamwork games and activities
	<b>Autumn 2 W5</b>	<i>Experiences in teams</i>  Give examples of when you have worked in a team, describe the contributions you made during teamwork activities
	<b>Autumn 2 W6</b>	<i>Experiences in teams</i>  Obtain feedback on your own teamwork skills, teamwork games and activities
	<b>Autumn 2 W7</b>	<i>Experiences in teams</i>  Teamwork games and activities, give examples of how the team worked well together

<b>Mars/ Jupiter - Level two</b>		
<b>Prince's Trust-</b>  <b>Module 1</b> <b>Project based learning</b>  <b>Module 2 Well being and Healthy Eating</b>	<b>Autumn 2 W1</b>	Be able to deliver a project  -List sources of information to support the project -Deliver the project to agreed objectives
	<b>Autumn 2 W2</b>	Be able to deliver a project -Deliver the project to agreed objectives (planning and prep)
	<b>Autumn 2 W3</b>	Lesson 1: Be able to deliver a project -Deliver the project to agreed objectives (planning and prep)
		<b>Lesson 2: Balanced Diet and Healthy Lifestyle</b>  -Describe the benefits of eating a balanced diet -Outline the main components of a balanced diet -Give examples of what should be avoided in a balanced diet
	<b>Autumn 2 W4</b>	Lesson 1: Be able to deliver a project -Deliver the project to agreed objectives (planning and prep)
		<b>Lesson 2: Impact of social media on healthy eating</b>  -Outline what is meant by "body image" -Give examples of factors that may impact on dietary choices -Explain how social media may impact on dietary choices

	<b>Autumn 2 W5</b>	<p>Lesson 1: Be able to deliver a project</p> <p>-Deliver the project to agreed objectives (project day 29th)</p>
		<p>Lesson 2: <i>To be able to review a project</i></p> <p>-Give examples of what went well with the project</p> <p>-Explain whether the project aims were met</p> <p>-Give examples of what could have been improved</p> <p>-Explain what skills and knowledge you have developed by completing the project</p> <p>-Explain how you may use these new skills and knowledge in the future</p>
	<b>Autumn 2 W6</b>	<p>Be able to deliver a project</p> <p>Present the outcome of the project to an audience</p>
	<b>Autumn 2 W7</b>	<p><i>Plan a healthy meal</i></p> <p>Plan how to make the meal including ingredients, timings and equipment. Calculate the cost of ingredients.</p>
	<b>Autumn 2 W8</b>	<p>Collate all work for both modules.</p>