

Resilience – Key Stage 3

Intent:

The Resilience Curriculum’s objective is to challenge the fixed mind sets of students and provide them with the knowledge and strategies to change their mind set and behaviours.

The seven different types of resilience are addressed throughout the course – Physical, Behavioural, Endurance, Academic, Emotional, Cultural, Spiritual and Cognitive. Students are expected to identify their strengths in different areas and take on challenges to improve others.

Resilience lessons also aim to develop self-confidence through presentation skills, team work, identifying mistakes and learning from them. Developing good learning habits through learning about the memory, revision techniques and self-belief through their understanding of the brain.

Students also develop a mastery of skills, such as juggling and learning to play chess in order to promote a growth mind set.

As this develops into Years 8 and 9, within Applied Resilience students are further challenged to extend their learning into new areas which they have not experienced before and master new knowledge and skills – again building their self-confidence beyond the traditional curriculum. Rugby and netball, for example, facilitate our students competing, and succeeding, on an equal playing field with far more advantaged students. Other resilience options are offered depending on staff interests and experiences, all of which enable students to develop in a world beyond the curriculum and, again, give them confidence and even a social advantage in the future which they otherwise may not have had.

Implementation:

Term	Year 7		
	Topic	Knowledge	Skills/Assessment
Term 1	Transition <ul style="list-style-type: none"> Making New friends All about me What does success look like? My best piece of work 	<ul style="list-style-type: none"> Communicate Listen and be part of a quality audience Respect and tolerate each other views Give and receive constructive feedback 	Ongoing self and peer assessment Formative teacher assessment through certificates and resilience grades.
	The Big question <ul style="list-style-type: none"> The classroom code for safe and friendly learning environments De Bono’s six thinking hats Making mistakes Team building Skills and qualities 	<ul style="list-style-type: none"> Learn a new skill and remember that practice makes perfect To listen to advice and act upon it Communicate Listen and be part of a quality audience Respect and tolerate each other views Work as a team Give and receive constructive feedback Identify strengths and areas we need to improve Develop our resilience in the different areas 	Ongoing self and peer assessment Formative teacher assessment through certificates and resilience grades

Term	Year 7		
	Topic	Knowledge	Skills/Assessment
	<ul style="list-style-type: none"> The different areas of resilience Identify individual strengths and weaknesses within each area Juggling 	<ul style="list-style-type: none"> Learn a new skill and remember that practice makes perfect To listen to advice and act upon it 	
Term 2	<p>The Brain</p> <ul style="list-style-type: none"> To learn about the different parts of the brain and their functions To explain why the brain is like an elastic band To learn what a Growth and Fixed Mind set are The power of practice <ul style="list-style-type: none"> To explore what this means To reflect on how we achieve success To give examples of people who have achieved success The ethic of excellence <p>In their shoes</p> <ul style="list-style-type: none"> Identify the qualities of people who show resilience To apply your emotional resilience to other people's situation in life. To recognise that decisions, have consequences To practise participating and learning how to structure a debate To apply emotional resilience to situations in life Chess <p>Inspirational people</p> <ul style="list-style-type: none"> To learn about people who have had various difficulties ranging from Bullying, war, physical difficulties and how they have been Resilient 	<ul style="list-style-type: none"> Help develop methods to improve memory Identify methods to promote students to adopt a Growth Mind set Keep trying at a task and to learn that practice makes perfect Give and receive constructive feedback To learn from others Discuss where and when others show resilience. Identify the qualities that people have who show resilience. Identify someone who shows Resilience and give reasons for your decisions. Carry out research Empathise with different situations Give examples of where your choices have had a consequence. Be responsible, contribute to a group discussion and value to opinions of others. Listen when others are talking. Learn a new skill and remember that practice makes perfect To listen to advice and act upon it To learn what a democracy, dictatorship is and to learn what it is like to live in 21st century Britain To learn what it was like for soldiers in World War 1 	<p>Ongoing peer and self-assessment Formative teacher assessment through certificates and resilience grades</p> <p>Ongoing peer and self-assessment Formative teacher assessment through certificates and resilience grades</p>

Term	Year 7		
	Topic	Knowledge	Skills/Assessment
	<ul style="list-style-type: none"> To learn what a democracy, dictatorship is and to learn what it is like to live in 21st century Britain To learn what it was like for soldiers in World War 1 To understand why soldiers were an inspiration To learn what conscientious objectors were, what life was like for those at home and the fate of deserters, what was shell shock <p>First Aid</p> <ul style="list-style-type: none"> First aid introduction Conscious and unconscious casualty Recovery position Cardiac arrest and CPR Choking Serious bleeding <ul style="list-style-type: none"> Chess 	<ul style="list-style-type: none"> To understand why soldiers were an inspiration To learn what conscientious objectors were, what life was like for those at home and the fate of deserters, what was shell shock To be able to explain different terminology linked to leadership To communicate their opinions on what it is like to live in Britain compared to other country To know that some people have to live under the rules of a dictator To be able to discuss their opinions on soldiers and their lives during the war To know how to empathise with people who have to cope with varied situations. <p>Deliver a variety of first aid techniques</p> <p>Learn a new skill and remember that practice makes perfect To listen to advice and act upon it</p>	
Term 3	<p>Revision skills – Preparing for examinations</p> <ul style="list-style-type: none"> To learn how to organize themselves To learn coping strategies To find out their best way to revise <p>The Big Reflection</p> <ul style="list-style-type: none"> Reflection on exams Reflection on achievement Reflection on Resilience Reflection on Year 7 <p>Operation new community</p> <ul style="list-style-type: none"> Government 	<ul style="list-style-type: none"> Students will have tips to help them with their revision To know where to get help if they require it To have practical advice that will help them achieve their full potential <ul style="list-style-type: none"> Reflect on their achievements Identify areas of strength and areas to improve. Plan presentations Present to the class and listen to others Self and peer assess work <ul style="list-style-type: none"> To make difficult decisions 	<p>Ongoing peer and self-assessment</p> <p>Formative teacher assessment through certificates and resilience grades</p>

Term	Year 7		
	Topic	Knowledge	Skills/Assessment
	<ul style="list-style-type: none"> • Political parties • Courtroom drama <p>New skill area</p> <p>Half term 6 – students move onto new timetable and will move onto Applied resilience.</p>	<ul style="list-style-type: none"> • To recognise the way decisions are made • Create a political party • Write a speech to persuade others • Explore the British justice system 	