



SCHEME OF WORK

CREATING SUCCESS						
LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITIES	PLTS	EXTENDED LEARNING ACTIVITIES
1.1	Success Stories	<ul style="list-style-type: none"> ✓ To have the opportunity to hear one (or more) stories of successful people and reflect on how they achieved their success ✓ To be able to create a success map for their success journey ✓ To recognise the level of work, focus and support that was needed to achieve their dreams ✓ To have the opportunity to think about what success they might want to achieve in their lives 	Student's worksheet Teacher's lesson plan PowerPoint Success Stories	Targeted Questioning Self -Assessment Peer Feedback	IE : 4;5;6 CT: 2	<ol style="list-style-type: none"> 1. Pick one of the stories discussed and write about it, making sure you explain why you think the person was successful. 2. Write a fictional story, choosing a character and setting out their journey to success. 3. Write a short piece setting out what you have learnt from taking part in the lesson. 4. Write a short piece about what might be your successful story. As an alternative draw a picture of what might be your successful life.
1.2	Qualities for Success	<ul style="list-style-type: none"> ✓ To have the opportunity to reflect on and discuss the qualities and values that lead to success ✓ To develop an understanding of what it will take for them to be successful and see the level of focus, determination, persistency, support and hard work they will need ✓ To be able to think about how they can develop this for their own successful lives 	Student's worksheet Teachers' lesson plan PowerPoint Success Stories Picture of themselves	Self Assessment Verbal feedback	IE: 1; 6 EP: 3 RL: 1 CT: 1;3	<ol style="list-style-type: none"> 1. Write a story of your own ideal future, setting out what you might do and how you intend to be successful. 2. Choose 3 values and either explain how these will support you in becoming successful Or draw a story board with captions, showing someone living to them.

LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITIES	PLTS	EXTENDED LEARNING ACTIVITIES
1.3	Seeing My Success	<ul style="list-style-type: none"> ✓ To develop the skills of visualisation to increase students chances of success ✓ To be able to describe the benefits of visualisation in achieving success ✓ How to be more proactive in creating the opportunities to succeed ✓ To identify what students enjoy and to be able to explain why they get enjoyment from it. 	Student's worksheet Teacher's lesson plan PowerPoint Video	Self Assessment Verbal Feedback	IE: 1;3 EP: 2 CT: 1;3	<ol style="list-style-type: none"> 0. Ask your students to find their own stories or find some from members of their family, to help them understand how others took control of their vision and dreams. They can make notes, write an essay or just talk about these stories in class. You may choose to read out some stories in class and ask more visualisation questions – students can record some thoughts on their worksheets. Encourage them to use doodles and graphics as well as words. 1. Or they could write about their future; what opportunities might open up for them? How could they respond to them?
1.4	Planning My Success	<ul style="list-style-type: none"> ✓ To create a plan for a short and long term goal ✓ To understand the importance of goal setting and that success does not happen overnight ✓ To understand that successful people make a plan and to develop the skills of preparation and planning ✓ To identify the important steps needed in achieving a goal, to understand that barriers will get in the way and that they will need to be overcome 	Student's worksheet Teacher's lesson plan PowerPoint Success Maps	Questioning Verbal Feedback Self reflection	IE: 1;3;4;5 EP: 1;3 SM: 1;2 RL: 1;2	<ol style="list-style-type: none"> 1. Students to create a vision board for their future using pictures, key words, graphics and photos. This might be just for how they're feeling now or to reflect their short or long-term goals or dreams. 2. Create a year-book entry as it might look when they leave school? Or create an entry for 5 or 10 years after you have left school. What success would you have achieved?

LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITES	PLTS	EXTENDED LEARNING ACTIVITIES
1.5	Stepping out of My Comfort Zone	<ul style="list-style-type: none"> ✓ Recognise what holds you back from trying new things ✓ Identify the benefits of taking risks in developing your full potential ✓ Devise ways of creating new positive habits 	<p>Student's worksheet</p> <p>Teacher's lesson plan</p> <p>PowerPoint</p>	<p>Questioning</p> <p>Self Assessment</p>	<p>IE: 1</p> <p>EP: 1;3</p> <p>SM: 1;2;5</p> <p>CT: 4;5</p>	<ol style="list-style-type: none"> 1. Write a newspaper article describing how an individual has stepped out of their comfort zone and as a result reached their true potential. 2. Research a successful individual and write a short biography that demonstrates how stepping out of their comfort zone helped them to achieve the results they have. 3. Write a script for a video interview with an individual who has challenged themselves to achieve success. Film this interview and share with the class. 4. Design a poster that shows students challenging their comfort zones and the benefits this brings to them.
1.6	Facing my Fears	<ul style="list-style-type: none"> ✓ To deepen knowledge of the reasons why people stay in their comfort zones and how this limits their performance ✓ To understand the benefits of challenging their comfort zone and taking risks ✓ To devise a piece of writing to understand their deepest fears and what new things they might like to try ✓ To reflect on their fears and what they will wish to challenge ✓ To write a range of tweets about stepping out of their comfort zone to support them on their journey 	<p>Student's worksheet</p> <p>Teacher's lesson plan</p> <p>PowerPoint</p> <p>Video</p>	<p>Questioning</p> <p>Self-Assessment</p>	<p>IE: 1;3</p> <p>EP: 3</p> <p>SM: 1</p> <p>RL: 1;6</p> <p>CT: 4</p>	<ol style="list-style-type: none"> 1. Devise a mock Facebook page that displays a positive attitude and write daily posts showing someone stepping out of their comfort zone. 2. Write a 7 day blog about your week. Make sure it is written in the present tense and identifies how you have challenged your comfort zone (no matter how small) each day.



COACHING SUCCESS						
LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITES	PLTS	EXTENDED LEARNING ACTIVITIES
2.1 2.2	Developing Awareness & Responsibility	<ul style="list-style-type: none"> ✓ To understand and apply the coaching principles of awareness and responsibility ✓ To make connections between having self- awareness and taking responsibility ✓ How to be an effective coach – performer centred and performance focused ✓ The difference between asking questions and telling in order to improve performance 	Student's worksheet Teacher's lesson plan PowerPoint	Peer Assessment Questioning	IE: 1;2 TW: 1;2;4 RL: 1 CT: 1;2;4	1. Ask your students to keep a record of learning experiences for one week when they were told what to do. Once they have done this consider what would have been the opportunity if they had been asked instead?
2.3	Questioning for Success	<ul style="list-style-type: none"> ✓ To see the benefits of asking good questions rather than telling others what to do ✓ To understand the power of questioning through undertaking practical exercises ✓ To know the difference between open and closed questions ✓ To learn how to use open and closed questions in practical situations 	Student's worksheet Teacher's lesson plan PowerPoint Video	Self Assessment Questioning Verbal Feedback Peer Assessment	IE: 1;2;3 TW: 1;3;4;6 EP: 4 SM: 3 RL: 1;3;5;6	1. Students can interview their parents / grandparents or close friends about their life story to practice questioning and interviewing skills. Ask them to use what they have learnt to plan the interview and to create some good questions. Remind them that open questions will help them find out more about the person they are interviewing.

LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITES	PLTS	EXTENDED LEARNING ACTIVITIES
2.4 2.5	Listening for Success	<ul style="list-style-type: none"> ✓ To develop the skill of listening for key facts, figures and content ✓ To learn to recognise emotions from different tones of voice, facial expressions and gestures and how to give someone their full attention ✓ To learn the importance of being able to listen well in achieving success 	Student's worksheet Teacher's lesson plan PowerPoint Listening Scenarios Word Sort	Peer Feedback Self Reflection Questioning	IE: 1;4;6 TW: 1;2;4 EP: 2;5 SM: 4 RL: 1;3;4;5 CT: 1;3;4	<ol style="list-style-type: none"> 1. Write a story about someone you know who is a good listener and detail how this has enabled them to be successful at something. Use what you have learnt in this lesson to say why you think listening helped them. 2. Write a fictional story about someone who isn't a good listener and decides to change. Tell the story of how they go about this and what they do to become better. Use your imagination as well as what you have learnt to tell the story.
2.6	GROW My Success	<ul style="list-style-type: none"> ✓ To be able to describe the GROW model and apply it to goal setting ✓ To recognise that breaking down an issue into simple steps helps to find successful ways forward ✓ To be able to identify where they currently are now in relation to their goals and issues and be able to take positive steps to achieve or resolve them 	Student's worksheet Teacher's lesson plan PowerPoint Video	Questioning Self-Reflection	IE: 1;3 EP: 1;3;4 SM: 1;3;4;6 RL: 1;2 CT: 5	<ol style="list-style-type: none"> 1. Take another area of your life and use the GROW model to set yourself another clear goal for this year and how you will achieve it. 2. Pick an issue or problem you currently have and use the GROW model to set out the steps you will take to solve it. Once you have done this Break the goal or issue down to smaller steps and complete a mini GROW for you to achieve each month.
2.7	Developing My Listening	<ul style="list-style-type: none"> ✓ To be able to identify good and poor listening skills ✓ To understand how to give someone their full attention when listening, through use of facial expressions, gestures and different tone of voice ✓ To identify and apply the benefits of active listening when coaching 	Student's worksheet Teacher's lesson plan PowerPoint Video	Questioning Self Reflection Peer Feedback	IE: 1;2;5;6 EP: 3;4 SM: 2;3;5 RL: 1;2;3;5 CT: 4;5	<ol style="list-style-type: none"> 1. Design a poster to show the good listening skills that could be used within your class or within other classes that you are involved in at your school. 2. Make a video to show the difference between good and poor listening that could be used to help other students to improve their listening skills.

LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITES	PLTS	EXTENDED LEARNING ACTIVITIES
2.8	Giving and Receiving Feedback	<ul style="list-style-type: none"> ✓ To describe what 'single focus' means and explain its impact on performance ✓ To be able to give and receive feedback in any situation ✓ To be able to distinguish between different types of feedback and evaluate its effectiveness 	Student's worksheet Teacher's lesson plan PowerPoint Pencils or rulers Bean bags, ball or rolled up paper and target	Questioning Peer Assessment	IE: 5 TW: 1;5;6 EP: 3;4 SM: 2;5;6 RL: 1;2;3;4;5 CT: 6	<ol style="list-style-type: none"> 1. Design a poster that could be displayed showing the top tips for effective feedback 2. Write an Acrostic Poem on feedback
2.9 2.10	Coaching in Practice	<ul style="list-style-type: none"> ✓ To be able to discuss, identify and describe the qualities of a good coach ✓ To be able to write a job description and job advert for a coach in your school ✓ To be able to describe their personal coaching qualities through practical and written tasks 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Peer Assessment Verbal Feedback	IE: 1;4;6 TW: 3;6 SM: 2 RL: 1;4;5 CT: 2;4	<ol style="list-style-type: none"> 1. Write a story showing how a good coach can support a person in achieving their Goals. 2. Create a wordsearch or crossword where the answers relate to the qualities, skills and values of a good coach.



RESOURCES FOR SUCCESS						
LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITIES	PLTS	EXTENDED LEARNING ACTIVITIES
3.1 3.2	Aligning for my Success	<ul style="list-style-type: none"> ✓ To learn the importance of aligning body, mind, emotion and spirit to achieve the results they want. ✓ To recognise how aligning these four areas will also improve their general well being ✓ To recognise that they have greater choice in their lives than they may realise ✓ To explore values, qualities and behaviours in each of the four areas ✓ To be able to use coaching to create their own personal alignment to help achieve a goal 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback	IE: 3;4;5 TW: 2;4 EP: 3;4 SM: 6 RL: 1;5;6	1. Complete the 'Day in My Life' sheets for the weekend and a weekday to increase awareness about how they spend their time. This exercise is designed to highlight the need to be aligned and balanced in our everyday lives. To aid our well-being it is good to spend some time on all of the following. <ul style="list-style-type: none"> • Happiness and contributing to others (Spirit) • Friends and social activities (Emotion) • Reading, learning, playing games and mental activities (Mind) • Sleep, exercise, good nutrition and relaxation (Body)
3.3	Achieving my Alignment	<ul style="list-style-type: none"> ✓ To be able to describe the importance of aligning body, mind, emotion and spirit to achieve the results they want ✓ To reflect on their life balance and how they spend their time ✓ To design their own alignment shield to support the balance they would like to achieve in their life 	Student's worksheet Teacher's lesson plan PowerPoint	Self-Reflection Questioning Verbal Feedback	IE: 3;5 EP: 4 RL: 2;4 CT: 1;2;4;5	1. Write a short fictional story about success and how the alignment of body, mind, emotion and spirit forms an important part of the journey towards it. Be creative and specific, showing how this alignment was important to what was achieved.

LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITIES	PLTS	EXTENDED LEARNING ACTIVITIES
3.4 3.5	Health and Fitness (Body)	<ul style="list-style-type: none"> ✓ To identify how a balanced lifestyle, including exercise and nutrition leads to better health and well-being ✓ To understand the factors that enable the body to function at its best ✓ Students to assess where they are against these factors ✓ They will understand that effort is needed to achieve the right results ✓ Students to devise their own plans for personal improvement (getting fitter and healthier) 	Student's worksheet Teacher's lesson plan PowerPoint	Peer Feedback Self-Assessment Questioning	IE: 3 TW: 1;2 SM: 2;3 CT: 3	<ol style="list-style-type: none"> 1. Complete a health and well-being for life progress review over a month focusing on implementing the things you have learnt in this lesson. 2. Keep a food diary for one week and review against what you have learnt and make changes where necessary. 3. Write an article for a teenage magazine promoting how to get more young people involved in healthy lifestyles. 4. Design a poster that will inspire young people to participate in healthy active lifestyles. 5. Work with your friends / family to film a video that will motivate people to lead healthy active lifestyles and show the benefits of doing this. 6. Write to persuade the PE Department to ask for chosen activities to be added to the extra-curricular programme and how these will help improve healthy lifestyles.
3.6 3.7	Positive Mental Attitude (Mind)	<ul style="list-style-type: none"> ✓ To link the benefits of having a positive mental attitude with successful behaviour ✓ To identify the key characteristics and behaviours of having a positive mental attitude ✓ To describe how this can have a significant impact on their performance, learning and enjoyment 	Student's worksheet Teacher's lesson plan PowerPoint 2 Articles on PMA Video	Peer Feedback Questioning	IE: 1 EP: 4 SM: 1 RL: 1;6 CT: 1	<ol style="list-style-type: none"> 1. Devise a crossword or wordsearch using a range of words that reflect a positive mental attitude. 2. Use Movie Maker to make a motivational video to show students how to adopt a positive mental attitude.

LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITIES	PLTS	EXTENDED LEARNING ACTIVITIES
3.8	Mind Mapping (Mind)	<ul style="list-style-type: none"> ✓ To learn how mind maps are constructed and recognise their key components ✓ To identify the aims of mind maps and to learn how to create and use one ✓ To be able to add more advanced aspects including images and pictures 	<p>Student's worksheet</p> <p>Teacher's lesson plan</p> <p>PowerPoint</p> <p>Large A3 Mind Maps or paper if you wish</p> <p>Coloured Pens and Pencils</p> <p>Range of Pictures of clip art (If you wish)</p>	Peer Feedback	<p>IE: 2</p> <p>EP: 4</p> <p>RL: 6</p> <p>CT: 3</p>	<ol style="list-style-type: none"> 1. Create a mind map to embed your learning of the skill. 2. Create a mind map showing where you are when you are 30 years old. <p>Think of the headings that you could use for branches:</p> <ul style="list-style-type: none"> • Family • Work • Hobbies • Achievements <p>Or</p> <ol style="list-style-type: none"> 3. Create a mind map for one of your current subjects or for a favourite TV show, hobby or sports team.
3.9 3.10	Performance Psychology (Mind)	<ul style="list-style-type: none"> ✓ To use positive language to set targets for success ✓ To understand the psychology of performance and the power of a positive mental attitude in successfully pursuing goals ✓ To describe and apply smart targets ✓ To participate in a coaching session to focus on positive steps for success 	<p>Student's worksheet</p> <p>Teacher's lesson plan</p> <p>PowerPoint</p> <p>Video</p>	<p>Peer Feedback</p> <p>Self-Reflection</p> <p>Questioning</p>	<p>IE: 1</p> <p>TW: 2</p> <p>EP: 1</p> <p>SM: 1;2;6</p> <p>RL: 1;2</p> <p>CT: 1;5</p>	<ol style="list-style-type: none"> 1. Write a story choosing a character and showing how they have become successful in their life through changing how they think. This can be from any part of the three mind lessons and they should show clear examples of what their character has done and the impact this has made. They should also include their own thoughts on why they believe that this positive impact was made.

LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITES	PLTS	EXTENDED LEARNING ACTIVITIES
3.11 3.12	Values & Relationships (Emotions)	<ul style="list-style-type: none"> ✓ To describe how our behaviour is based on our values ✓ To identify how emotions can affect behaviour ✓ To understand which values are likely to lead to high performance ✓ To understand you can control your own behaviour by understanding your personal values and managing your emotions 	Student's worksheet Teacher's lesson plan PowerPoint	Self-Reflection Peer Feedback Questioning Verbal Feedback	IE: 5 TW: 6 EP: 4 RL: 3;4;5	<ol style="list-style-type: none"> 1. Write a story demonstrating how behaviours are caused by personal values. Make sure you give specific examples. 2. Create a picture board showing examples of values and behaviours – be as imaginative and creative as you want.
3.13 3.14	Contributing for Success (Spirit)	<ul style="list-style-type: none"> ✓ Students will develop a better understanding of their place in the world and the importance of being able to make a contribution ✓ They will develop a better understanding of what is really important and meaningful to them ✓ They will be able to describe their ideal community and how they might make a choice to make a bigger contribution ✓ They will better distinguish the different roles and responsibilities they have for themselves and with others ✓ They will learn that greater personal fulfilment often comes through helping others 	Student's worksheet Teacher's lesson plan PowerPoint	Self-Reflection Peer Feedback Questioning	IE: 1;3;4;5 TW: 1;2 EP: 2 SM: 6 RL: 1;5 CT: 4	<ol style="list-style-type: none"> 1. What action could you take to make an additional difference to your local community? You might want to write a campaign speech, draw a picture showing the difference you would make or write a short story about the impact of your actions. 2. With your unique strengths and qualities what contribution would you like to make to the World? 3. What would you like people to say about you at the end of your life? To include the type of person you were and the contribution you made?



LEADING SUCCESS						
LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITES	PLTS	EXTENDED LEARNING ACTIVITIES
4.1 4.2	Leading Self	<ul style="list-style-type: none"> ✓ To be able to describe self-managed leadership ✓ To be able to identify their own leadership traits and characteristics ✓ To understand how to become more responsible for their own actions 	Student's worksheet Teacher's lesson plan PowerPoint Archetype/Avatar Cards and Diagrams	Self-Reflection	IE: 1;4;5 EP: 4 RL: 1;3;5 CT: 4	<ol style="list-style-type: none"> 1. See exercise 3 – Students to choose one or more archetype skills they wish to develop and think about the possible actions they can take. 2. Ask each of them to write a specific plan on what action they will take and how and when they will take it. 3. Write a story showing how a leader can use one of the archetypes and the skills they would need to ensure that they are able to lead themselves effectively.
4.3 4.4	Leading Others	<ul style="list-style-type: none"> ✓ To develop an understanding of how to effectively lead others ✓ To be able to describe different leadership styles and to use these to get results ✓ To understand how you might motivate and inspire others ✓ To create a personal VEGA leadership plan 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self Reflection Peer Feedback	IE: 1;4;5 RL: 1;3 CT: 1;3;5	<ol style="list-style-type: none"> 1. Write a story to show how a leader developed the qualities and characteristics to successfully lead their team to achieve a good result. You can choose the leader, team, qualities and characteristics and the result. Make sure you are able to demonstrate how each of the qualities and characteristics contributed to them being able to achieve the result.

LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITIES	PLTS	EXTENDED LEARNING ACTIVITIES
4.5 4.6	Teamwork for Success	<ul style="list-style-type: none"> ✓ To understand the purpose of teams and how they develop ✓ To recognise the qualities and values of a high performing team ✓ To understand the roles and responsibilities within teams that make for good teamwork and success ✓ To experience working in a successful team 	Student's worksheet Teacher's lesson plan PowerPoint Video	Questioning Peer Feedback	IE: 1 TW: 1;2;4;6 SM: 2 RL: 1;2;3;4;5 CT: 2;4	<ol style="list-style-type: none"> 1. Carry out some research and identify a successful team. Write a short story setting out how they moved through the stages of the team model. Include examples of where they had challenges and how they overcame them. 2. Identify one team you are a member of and at which stage of the team model they currently sit. Write a plan of action as to how you can support the team in moving to the performing stage. Include specific changes of behaviour you will make.
4.7 4.8	Applying Teamwork	<ul style="list-style-type: none"> ✓ Students will work together collaboratively to apply the qualities, skills and values of a high performing team ✓ They will have the opportunity to demonstrate listening, communication, respect and co-operation skills (the values of a high performing team) ✓ They will reflect on their contribution to the task and identify areas for improvement 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback Verbal Feedback	TW: 1;2;3;4;5;6 EP: 1;3;5 SM: 2;3;6 RL: 3;5;6 CT:1;2;3;4;5	<ol style="list-style-type: none"> 1. Create a mind map showing everything you think is needed in a team to deliver great results.

LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITES	PLTS	EXTENDED LEARNING ACTIVITIES
4.9 4.10	Success Reflections	<ul style="list-style-type: none"> ✓ To reflect on the programme or lessons covered and the impact it has had for every student and the class as a whole ✓ To recognise the steps taken and changes in attitude that may have taken place ✓ To identify further options and actions students may want to pursue to continue to develop themselves to achieve the results they want 	<p>Student's worksheet</p> <p>Teacher's lesson plan</p> <p>PowerPoint</p>	<p>Self-Reflection</p> <p>Peer Feedback</p>	<p>IE: 2;3;6</p> <p>TW: 1;2 4;6</p> <p>EP: 4</p> <p>SM: 3;6</p> <p>RL: 1;3;5;6</p> <p>CT: 1</p>	<p>1. After all the hard work you and the students have put into the programme it would be great to recognise the effort and progress that everyone has made with a celebration. This may be in the form of providing certificates, medals or showcasing some of the successes and even a 'party'.</p> <p>This may involve just the class or the wider community, such as parents, governors or local community members.</p>



PRESENTING SUCCESS						
LESSON NUMBER	LESSON TITLE	LEARNING OUTCOMES	RESOURCES	AFL OPPORTUNITES	PLTS	EXTENDED LEARNING ACTIVITIES
5.1	Preparing for Success	<ul style="list-style-type: none"> ✓ To understand a structure to help them deliver an effective presentation ✓ To understand how to engage an audience and to be able to deliver their message effectively ✓ To be able to describe specific steps they can take and to develop a toolkit to help them deliver great presentations 	Student's worksheet Teacher's lesson plan PowerPoint Presentation Passages Examples of great presentations Tips for content handout	Questioning Self-Reflection	IE: 3 TW: 1;3;6 EP: 4 SM: 6 RL: 1;3;4;5;6 CT: 5	
5.2	Delivering for Success	<ul style="list-style-type: none"> ✓ To be able to use a toolkit to help them communicate more effectively ✓ To experiment with a range of presentation styles, try new things and evaluate there effectiveness - they do not have to be perfect to deliver a great presentation ✓ To have the opportunity to practice and receive feedback that they can use to improve their performance 	Student's worksheet Teacher's lesson plan PowerPoint Tips for delivery handout Presentation passages	Questioning Self-Reflection		
5.3 5.4	Practicing for Success	<ul style="list-style-type: none"> ✓ To be able to use a structure to prepare a presentation ✓ To be able to use a toolkit to help 	Student's worksheet Teacher's lesson plan	Questioning Self-Reflection		

		them prepare and deliver more effectively	PowerPoint Preparing and delivering presentations structure	Peer Feedback Verbal Feedback		
5.5	Moving to the Next Level	<ul style="list-style-type: none"> ✓ To be able to use additional techniques to better engage an audience ✓ To understand how they can reduce performance anxiety and nerves in order to improve performance ✓ To understand the impact of body language 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback Verbal Feedback		<ol style="list-style-type: none"> 1. Reading exercises. 2. Complete a mind map for a presentation of their choice. 3. Visualisation exercise. 4. Learning styles.



RESILIENCE FOR SUCCESS						
6.1	What is Resilience	<ul style="list-style-type: none"> ✓ To learn what is meant by resilience ✓ To understand why it is so important in achieving success 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback Verbal Feedback		
6.2	The 7Ps of Building Resilience: No 1 Place	<ul style="list-style-type: none"> ✓ To learn there are a number of steps to take to build their resilience ✓ To be able to put themselves in the right place to take opportunities that come their way and to try new things 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback Verbal Feedback		
6.3	The 7Ps: No 2 Passion	<ul style="list-style-type: none"> ✓ To understand that they are more likely to be successful when doing things they enjoy ✓ To learn that having a high awareness will help them in achieving success 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback Verbal Feedback		
6.4	The 7Ps: No 3 Purpose	<ul style="list-style-type: none"> ✓ To understand that having a vision or purpose will help them to be more successful ✓ To learn how to set out their purpose and write a story about what they want to achieve this year 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback Verbal Feedback		
6.5	The 7Ps: No 4	<ul style="list-style-type: none"> ✓ To learn that successful people have a support team 	Student's worksheet Teacher's lesson plan	Questioning Self-Reflection		

	People	<ul style="list-style-type: none"> ✓ To understand how to build relationships and to find people that will be able to support them 	PowerPoint	Peer Feedback Verbal Feedback		
6.6	The 7Ps: No 5 Planning	<ul style="list-style-type: none"> ✓ To understand that successful people set goals and have a plan of how they will achieve them ✓ To learn a process that will help them to write their plan 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback Verbal Feedback		
6.7	The 7Ps: No 6 Positive Mindset	<ul style="list-style-type: none"> ✓ To understand that successful people have a positive mindset ✓ To learn some strategies for building and maintaining a positive mindset 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback Verbal Feedback		
6.8	The 7Ps: No 7 Physical Action	<ul style="list-style-type: none"> ✓ To understand that successful people build energy through physical action ✓ To learn the importance of having a healthy and balanced lifestyle 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback Verbal Feedback		
6.9	Videos for Teachers	<ul style="list-style-type: none"> ✓ To learn about and understand how the 7Ps build resilience 	Student's worksheet Teacher's lesson plan PowerPoint	Questioning Self-Reflection Peer Feedback Verbal Feedback		