

Subject		
Week	Learning	Activities
Week beginning 8 th June	<p><u>Stress and well being</u></p> <p>In this lesson we will be exploring what 'stress' and 'wellbeing' are. We will be learning why it is important to maintain our wellbeing and minimise stress and ways in which we can do this.</p>	<p>https://www.thenational.academy/year-10/pshe/stress-and-wellbeing-year-10-wk4-1#slide-2</p> <p>Follow the instructions and guidance to watch the video and work through the tasks.</p> <p>Complete the quiz on TEAMS – these will be reviewed but not marked.</p>
Week beginning 15 th June	<p><u>Working from home during lockdown</u></p> <p>In this lesson, we will explore how to effectively work from home during lockdown, by considering how to tackle some of the main difficulties experienced when working from home.</p>	<p>https://www.thenational.academy/year-10/pshe/working-from-home-during-lockdown-year-10-wk5-1#slide-3</p> <p>Follow the instructions and guidance to watch the video and work through the tasks.</p> <p>Complete the quiz on TEAMS – these will be reviewed but not marked.</p>
Week beginning 22 nd June	<p><u>Online safety and social media</u></p> <p>In this lesson we will be exploring how to stay safe online, specifically on social media websites. We will be learning why it is important to consider what you are posting online and potential consequences of not doing this.</p>	<p>https://www.thenational.academy/year-9/pshe/online-safety-and-social-media-year-9-wk4-1#slide-3</p> <p>Follow the instructions and guidance to watch the video and work through the tasks.</p> <p>Complete the quiz on TEAMS – these will be reviewed but not marked.</p>
Week beginning 29 th June	<p><u>Grooming</u></p> <p>In this lesson, we will investigate what 'grooming' is and why it is dangerous. To understand this, we will look into the different types of grooming and explore a real-life case of grooming.</p>	<p>https://www.thenational.academy/year-9/pshe/grooming-year-9-wk5-1#slide-3</p> <p>Follow the instructions and guidance to watch the video and work through the tasks.</p> <p>Complete the quiz on TEAMS – these will be reviewed but not marked.</p>
Week beginning 6 th July	<p><u>Cyber Bullying</u></p> <p>In this lesson, we'll explore what cyber bullying is and the different types of cyber bullying that can be experienced.</p>	<p>https://www.thenational.academy/year-9/pshe/cyber-bullying-year-9-wk6-1#slide-2</p> <p>Follow the instructions and guidance to watch the video and work through the tasks.</p>

		Complete the quiz on TEAMS – these will be reviewed but not marked.
Week beginning 13 th July	<p><u>Money & Budgeting</u></p> <p>In this lesson we look into the topic of money and budgeting including investigating key terms linked to this topic.</p>	<p>https://www.thenational.academy/year-10/pshe/money-and-budgeting-year-10-wk6-1#slide-2</p> <p>Follow the instructions and guidance to watch the video and work through the tasks.</p> <p>Complete the quiz on TEAMS – these will be reviewed but not marked.</p>