

| Ref No: | Lesson | Challenge | More Challenge | Mega Challenge | Year | Strand | Category | Department | Week | Form Time Group |
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| 7 | Being an aspirational student | Correctly identify ways of achieving our full potential and achieve our aspirations. | Describe how different case studies of students could achieve their aspirations and what it means to leave our 'comfort zone'. | Explain how students can overcome barriers to aspirations by being resilient and evaluate the importance of this trait. | 7 | Living in the Wider World | Learning Skills | Form Time | 2 | Learning Skills - Self-management |
| 7 | How can we be resilient and face challenges? | Correctly identify coping strategies that could aid our resilience in stressful situations. | Describe what each of the different coping strategies for resilience means. | Explain how we can apply the different coping strategies throughout life to enable us to be resilient. | 7 | Living in the Wider World | Learning Skills | Form Time | 28 | Learning Skills - Facing Challenges |
| 1 | How can we shop ethically? | Identify reasons why we should make ethical financial decisions | Describe the conditions of sweatshop workers and how we can make more ethical financial decisions | Explain meaning of social corporate responsibility and how a company can fail in this duty. | 7 | Living in the Wider World | Wider World | KS3 Geography | | |
| 8 | Personal development and target setting – how can I improve my skills and behaviour? | Identify different skills and behaviours we can develop and categorise them correctly. Set a SMART target. | Describe how different people can develop their skills and behaviours and begin the plan to develop your own through use of a SMART target. | Explain why it is important we develop certain skills and behaviours in order to be successful and check the SMART targets of others. | 8 | Health and Wellbeing | Learning Skills | Form Time | 2 | Learning Skills - Self-management |
| 7 | Careers + development focus - how can we develop our communication skills? | Describe visually new communication skills and demonstrate these skills through communicating with a partner in front of the class. | Explain the importance of particular communication skills and demonstrate new skills through communicating with a partner in front of the class. | Analyse the short and long term benefits of mastering communication skills and demonstrate new devices through communicating with a partner in front of the class. | 8 | Living in the Wider World | Careers and the Workplace | Form Time | 8 | Careers - Skills |
| 8 | Careers + development focus - how can we develop our teamwork skills? | Identify the challenges we face but also the benefits we reap by working as part of a team. Complete a task as a team successfully. | Describe how teamwork is a valuable life skill, especially when it comes to future employment. Effectively work as a team. | Analyse why some find it hard to work as a team, focusing on consideration of others and diplomacy. Make an excellent contribution to your team by using new teamwork skills. | 8 | Living in the Wider World | Careers and the Workplace | Form Time | 8 | Careers - Skills |
| 8 | How can self-confidence boost our achievement? | Identify different confidence boosters and situations where they can be used. | Describe how using these boosters can aid our achievement and how we can apply them to our own lives. | Explain why we have chosen particular boosters to suit particular case studies and the role science plays in our confidence levels. | 8 | Health and Wellbeing | Learning Skills | Form Time | 16 | Learning Skills - Mindset |
| 7 | How can we become entrepreneurs? | Identify what makes a person an entrepreneur. Pick out the times the business people from our case studies have used enterprising skills. | Describe the different ways the business people in our case studies have become entrepreneurs. Describe what made them so successful and any particular qualities they share. | Explain any obstacles that the business people in our case studies overcame to become successful entrepreneurs. | 8 | Living in the Wider World | Careers and the Workplace | Form Time | 22 | Careers - World of Work |
| 8 | How can I manage my behaviour to achieve targets and goals? | Identify self management skills and behaviours we can develop and categorise them correctly. | Describe how different people can develop their skills and behaviours and begin the plan to develop your own by studying a successful case study. | Apply your ideas to your future profile page, detailing the steps you took to become a successful self manager. | 8 | Health and Wellbeing | Learning Skills | Form Time | 28 | Learning Skills - Facing Challenges |
| 7 | How can we care for our environment and why is it changing? (2 hours) | Identify the main environmental issues the world faces, what causes them and what you can do to help prevent further damage. | Describe in detail the main environmental issues the world is facing, why some people are ignoring this and the different solutions that have been proposed. | Explain the statistics behind environmental damage, analyse whether you are doing enough to help and if we all have a duty as global citizens to do more. | 8 | Living in the Wider World | Wider World | Form Time | 36 | Wider World |
| 9 | Why do we need to keep to rules in order to succeed? | Identify poor decisions, what we want to achieve from our time at school and what we need to work on in order to do this. | Describe our classroom behaviour rules and what we will do to help establish these and invest in our future selves. | Analyse what the future may hold for us if we ignore the classroom rules and don't invest in our future selves. | 9 | Health and Wellbeing | Learning Skills | Form Time | 2 | Learning Skills - Self-management |
| 9 | Employability Skills – preparing for and applying to the world of work and careers | Correctly identify what would improve or worsen a persons employability in the eyes of employers. | Describe what applicants could do to improve their chances in gaining job interviews and securing employment. | Explain why some applicants would be picked over others by putting yourself in the position of the employer. | 9 | Living in the Wider World | Careers and the Workplace | Form Time | 8 | Careers - Skills |
| 9 | How can we foster a Growth Mindset to succeed and achieve? | Identify statements that describe either a Fixed or a Growth Mindset. | Describe the attributes of a Fixed or Growth Mindset and how we can apply those of a Growth Mindset to our own lives. | Explain why a Growth Mindset can help us succeed and develop our skills and personal qualities. | 9 | Health and Wellbeing | Learning Skills | Form Time | 16 | Learning Skills - Mindset |
| 10 | How can we be self-disciplined to achieve our aims at school and in the wider world? | Complete your own Personal Development Plan using your ideas sheet and your own ideas too – setting yourself dates to achieve your goals. | Create a Personal Development plan using the ideas sheet for inspiration but creating all of the targets yourself. | Create your own Personal Development plan, then be the class expert and ensure others have picked appropriately challenging targets for their plans. | 9 | Living in the Wider World | Learning Skills | Form Time | 16 | Learning Skills - Mindset |
| 8 | What other skills do we need to develop for the work environment? | Correctly identify enterprise skills in the workplace from examples. | Describe the different ways enterprise skills can be put to use in different work environments, giving visual or written examples. | Explain why particular skills are useful in certain work place environments and how you could develop your enterprise skills in future. | 9 | Living in the Wider World | Careers and the Workplace | Form Time | 22 | Careers - World of Work |
| 9 | How can we manage the stress of school and exams? | Correctly identify mental health illnesses and the symptoms of stress | Describe possible ways for us to retain good mental health and how we can deal positively with stress | Explain how you could apply ideas you have learned about dealing positively with stress to your own life | 9 | Health and Wellbeing | Learning Skills | Form Time | 28 | Learning Skills - Facing Challenges |
| 2 | Why can't some people access education? | Identify some factors which stopped Mahder going to school | Describe how a number of reasons could have stopped Mahder from going to school. | Explain in detail why Mahder didn't go to school. | 9 | Health and Wellbeing | Wider World | KS3 Geography | | |
| 3 | Should we send aid to foreign countries – is aid the answer? | Analyse whether aid can be sustainable and whether the UK should be spending more or less money on foreign aid. | Explain that there are different types of aid and how they can be used in different situations. | Analyse whether aid can be sustainable and whether the UK should be spending more or less money on foreign aid. | 9 | Living in the Wider World | Wider World | KS3 Geography | | |
| 4 | How do charities like UNICEF help across the world? | Explain in which circumstances UNICEF provide aid to children and why. | Analyse what would happen in particular case studies if UNICEF's aid did not reach the intended children. | Evaluate how much the political climate has played a role in causing each disaster. | 9 | Living in the Wider World | Wider World | KS3 Geography | | |
| 9 | How can I develop interpersonal skills to help me succeed? | Identify different interpersonal skills we can develop and categorise them correctly. | Describe visually how different people can develop their interpersonal skills, and begin the plan to develop your own. | Explain why we sometimes need to change our mindsets and challenge our own assumptions about ourselves and our peers. | 9 | Health and Wellbeing | Learning Skills | Unassigned | | |
| 18 | What does it mean to be 'enterprising' and what is an 'enterprising personality'? | Correctly identify how the case studies use enterprising skills and qualities. | Describe which enterprising skills and qualities you share and how you have previously used those skills. | Explain how you plan to use enterprising skills and qualities in the future. | 9 | Living in the Wider World | Careers and the Workplace | Unassigned | | |
| 19 | What can we learn from successful business people and entrepreneurs. | Identify the personality qualities that make up an enterprising personality and match up the card sort correctly. | Describe the qualities you have that fall under the category of an enterprising personality and explain the difference between an enterprising person and an entrepreneur. | Analyse the likelihood of people with enterprising personalities ending up in careers as entrepreneurs. | 9 | Living in the Wider World | Careers and the Workplace | Unassigned | | |
| 10 | How can we manage our time effectively to help us succeed? | Identify ways we can manage our time effectively and sustainably through revision season. | Describe the main reasons why some people don't manage their time effectively – how we can avoid doing this and create our own effective time management plan for one day. | Create our own sustainable effective time management plan for one day. Explain ways we can use our time for active rather than passive revision. | 10 | Health and Wellbeing | Learning Skills | Form Time | 2 | Learning Skills - Self-management |
| 10 | What are employers looking for in CVs? | Correctly identify what makes an excellent and what makes a poor CV. | Describe what employers are looking for in a CV and how we can get our best qualities across on paper. | Explain using case studies why some CVs would be picked over others for consideration by putting yourself in the position of the employer. | 10 | Living in the Wider World | Careers and the Workplace | Form Time | 8 | Careers - Skills |
| 9 | How can we successfully prepare for work experience? | Correctly identify some basic Dos and Don'ts for your work experience placement. | Describe how you can use the work experience hints and tips in your chosen place of work. | Explain why it is important to use common sense, not make assumptions and always be professional on work experience placements. | 10 | Living in the Wider World | Careers and the Workplace | Form Time | 22 | Careers - World of Work |
| 10 | How do we choose a career that suits our personality, ambition and qualifications? | Identify how we can research careers successfully and create an action plan to find the right career to suit you. | Describe in detail how you will take each step on your action plan and what you hope to achieve at each stage. | Explain what you will do if you discover the career you were originally planning for isn't suited to your personality and qualifications. Evaluate the most important factors to take into account when choosing a career. | 10 | Living in the Wider World | Careers and the Workplace | Form Time | 22 | Careers - World of Work |
| 10 | Study Skills – the power of mind and memory. | Identify what to do to retain large amounts of information and to access and use this successfully in exams. | Describe the different brain training methods to help us develop excellent study skills and recall techniques. | Explain how different memory and recall techniques can be successfully applied to a range of subjects. | 10 | Health and Wellbeing | Learning Skills | Form Time | 28 | Learning Skills - Facing Challenges |
| 5 | How can we take steps to live more sustainably? (carbon footprint) | Identify the problems caused to our planet by our excessive carbon emissions and what we can do to reduce our carbon footprint. | Describe in detail the changes we can make on a personal level, but also how we can put pressure on governments and corporations to take action. | Explain, using today's key terminology in the correct context, why we all need to start taking our carbon footprints seriously and evaluate whether our individual actions are pointless compared the changes corporations and governments | 10 | Health and Wellbeing | Wider World | KS3 Geography | | |
| 6 | Why do some people become homeless and why is homelessness on the increase? | Identify causes of people becoming rough sleepers or homeless. Describe ways we can help people who become homeless. | Describe in detail the most significant causes for homeless in Britain. Explain the long and short term effects on individuals. | Analyse why homelessness is on the increase and what measures could be put in place to help solve the issue. | 10 | Health and Wellbeing | Wider World | KS3 Geography | | |
| 2 | Why do we still need an International Women's Day? | To collect and present information about incidents which highlight why we may need an International Women's Day. | To present a balanced argument about the need for International Women's Day using today's key terms. | Analyse whether we will always need an International Women's Day, and what could be done to eradicate gender prejudice. | 10 | Living in the Wider World | Wider World | KS4 Humanities | | |
| 20 | What rights and responsibilities do we have in the workplace? | Identify some considerations employers make when choosing who to employ | Apply legal knowledge to real life employment scenarios, clearly justifying choices made | Question the law and how useful it is when considering the rights of both employers and employees | 10 | Living in the Wider World | Careers and the Workplace | Unassigned | | |
| 21 | Why pursue a careers in the STEM industries? | Correctly identify and describe the benefits of pursuing a career in the STEM industries. | Explain the STEM industries are great for women and why you should consider more than the starting salaries when considering career options. | Explain why more women should take up engineering, how it can be a great career for males or females. Analyse what makes a career a 'rewarding' one. | 10 | Living in the Wider World | Careers and the Workplace | Unassigned | | |

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| 11 | Perseverance and Procrastination | Correctly identify cases of procrastination and describe famous cases of success through perseverance. | Describe the procrastination cycle and how people can start to break it. Describe the benefits of mastering perseverance. | Explain using new key terminology what happens to a person's mind during the procrastination cycle and why we need to master the skill of perseverance. | 11 | Health and Wellbeing | Learning Skills | Form Time | 2 | Learning Skills - Self-management |
| 11 | Applying to College and University | Correctly identify the main things we need to consider and be aware of before we apply for further education | Describe what you think the most important things to consider are before applying for further education | Explain with reference to statistics and figures whether you believe university to be worthwhile as an investment, considering costs, time and commitment needed. | 11 | Living in the Wider World | Careers and the Workplace | Form Time | 8 | Careers - Skills |
| 11 | GCSE Revision and Study Skills | Correctly identify ways we can successfully revise and prepare for our exams | Explain why the preparation techniques work and how we can successfully apply them to our lives. | Create examples using the techniques, applying our learning in a variety of subjects. | 11 | Living in the Wider World | Learning Skills | Form Time | 16 | Learning Skills - Mindset |
| 11 | How can we successfully prepare for a job interview? | Correctly identify good ways to prepare for a job interview. | Describe what applicants could do to improve their chances of securing employment through job interviews. | Explain why some applicants would be picked over others by putting yourself in the position of the employer. | 11 | Living in the Wider World | Careers and the Workplace | Form Time | 22 | Careers - World of Work |
| 9 | How is plastic pollution destroying our environment? | Correctly identify and describe problems plastic pollution currently presents and how we can help waste minimalization. | Explain the main issues articulately using new key terminology and statistics. Describe alternative solutions. | Analyse why pollution is increasing from the developing world, the extent to which our individual actions can help and why plastic as a material is so problematic. | 11 | Living in the Wider World | Wider World | Form Time | 36 | Wider World |
| 10 | How can we protect animal rights and aid sustainability? | Correctly identify arguments for animals rights and minimising our consumption of meat. | Explain why we need to consume less meat and your opinion on whether animals should have rights as well as the counter arguments. | Explain articulately using new key terminology in the correct context the arguments and counter arguments for reducing meat consumption, analysing whether a meat tax should be introduced. | 11 | Living in the Wider World | Wider World | Form Time | 36 | Wider World |
| 3 | Globalisation – how does this affect us? | Identify the different forms of globalisation from case studies and the negative and positive aspects of globalisation. | Describe negative and positive aspects of economic, cultural and political globalisation and explain whether globalisation is now unstoppable. | Analyse whether globalisation is unstoppable and whether overall it is a positive or negative world development. Create case studies which describe aspects of cultural, economic and political development for other students to analyse. | 11 | Living in the Wider World | Wider World | KS4 Humanities | | |
| 14 | Personal Safety in the Wider World | Describe the best ways to avoid and manage a variety of risky situations that could endanger our personal safety. | Explain the impact alcohol (or drugs) can have on risky situations, how criminals look for opportunities and how we can prevent crime and accidents. | Analyse the most risky situations living in the wider world presents for us and how we can best equip ourselves to manage these, creating a detailed personal safety guide for others. | 11 | Health and Wellbeing | Wider World | Unassigned | | |
| 15 | Why is PSHE so important? | Describe why it is important for us to study PSHE throughout every school year. | Explain how each of the topics we cover in PSHE this year will benefit us as successful, healthy and happy young adults. | Analyse how PSHE lessons could have helped a number of case studies to live successful and fulfilling lives. | 11 | Health and Wellbeing | Wider World | Unassigned | | |
| 22 | How can trade unions protect our rights at work? | Describe what trade unions are and how they help employees. | Explain how a trade union could aid the employee in this case | Hypothesise whether trade union membership has increased since the recession, explaining your answer in full | 11 | Living in the Wider World | Careers and the Workplace | Unassigned | | |
| 23 | Why is Health and Safety at work so important? | Correctly identify a variety of possible Health and Safety hazards that can arise at work and how employers and employees must negotiate these. | Explain why workplaces must abide by Health and Safety procedures and the possible consequences for both parties if they don't. | Explain, using today's key terminology how employers use health and safety procedures to protect both employees and themselves. Create some of your own procedures for a variety of workplace scenarios. | 11 | Living in the Wider World | Careers and the Workplace | Unassigned | | |