

Stride Introduction and Lesson Structure

What Is STRIDE?	<p>STRIDE is a journey of progressive lessons covering years 7-11 which is aimed at:</p> <ul style="list-style-type: none"> • Maintaining positive mental health • Providing them with examples and activities to discuss and develop skills needed to thrive, be resilient and POSITIVE
How Was It Developed?	<p>The lessons have been developed following careful research into the existing material available to teachers delivering Emotional Health and Wellbeing Teaching as part of, or separate to, the PSHE curriculum.</p> <p>We have also completed research with Bristol Schools, pupils and teaching staff which has highlighted these areas as resources that were either missing or required further development.</p>
National Curriculum	<p>Each lesson objectives are taken from the PSHE Association Curriculum Framework 2014 (updated 2017)</p> <p>They have been developed to:</p> <ul style="list-style-type: none"> • Deliver age-appropriate skills over the 5 year period • Building year-on-year so that individuals learn skills to experience positive mental health during their school time • Skills for life so they are better equipped as they move on to further education or work to maintain good mental health <p>It is important is to allow as much freedom as possible for discussion, within the ground rules, to make the lessons as relevant, stretching and safe as possible.</p>
Lesson Format	<ul style="list-style-type: none"> • The lessons are available in PowerPoint which includes video, graphics and personal and group exercises and supporting information is made available to print and utilise as appropriate • You must be connected to the internet to run the videos • The videos are being hosted by our partners so will not disappear • All materials have been developed to minimise the impact on teachers in revision and delivery • They include a My Learning Progress assessment template and criteria for each teacher to assess individual student's progress through the journey • The programme includes a series of Learning Activities that teachers can use for warm-up or during the lessons if required • Help and Support is also a key part of the programme so each lesson includes guidance in this area. It is important to make students aware that teaching and support staff are available to help them as required but that they have to report situations where they feel there is danger to the student. If students prefer confidentiality, there is information signposting them to specialist recommended organisations which teachers can distribute as they feel appropriate.

Journey Of Lessons

The journey of lessons is as follows:

Year 7

- Relationships
- Managing Friendships and Relationships
- Managing Change
- Being Left Out
- Social Media and Positive Mental Health
- End of Year Review and Application of Learning

Year 8

- Physical, Mental and Emotional Health and Wellbeing
- Managing Peer Pressure
- Dealing with Loss and Bereavement
- Sexting and Staying Safe
- Self-Awareness
- End of Year Review and Application of Learning

Year 9

- Importance of Sleep
- Negotiation Skills
- Loss, Separation and Divorce
- Communication – Online V Face-to-Face
- Body Image
- End of Year Review and Application of Learning

Year 10

- Values
- Meeting and Managing New Relationships
- Coping with Exam Stress
- I like You Better on Social Media
- Balancing Your Time and Reducing Stress
- End of Year Review and Application of Learning

Year 11

- My Vision, Achieving My Goals
- Managing Expectations
- Moving On and Looking Forward
- Working in a Team
- Balancing Your Life
- End of Year Review and Application of Learning