

Year 11	Lesson 2 Managing Expectations
Ground Rules	Slide of ground rules
Warm-up	<p>Introduction outlining expectations and pressure, good and bad</p> <p>In Groups of 4:</p> <ul style="list-style-type: none"> • What are some of the pressures that Year 11 students face? • Share with the class <p>Feedback and Class discussion - use Examples as a comparison</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Lesson Aims	<p>Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017)</p> <ul style="list-style-type: none"> • Learn to recognise pressure and have strategies to manage it
Expectations	<p>Class Discussion:</p> <ul style="list-style-type: none"> • Where do expectations come from and in what way? <p>Feedback and Class discussion - use Examples as a comparison</p> <ul style="list-style-type: none"> • Teacher can record as appropriate <p>In Pairs:</p> <ul style="list-style-type: none"> • Why do you think others place expectations on you? • Why place expectations on yourself? • Share your feedback with the class <p>Feedback and Class discussion - use Examples as a comparison</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Positive And Negative Expectations And Pressure	<p>Class Discussion:</p> <ul style="list-style-type: none"> • How do you think expectations and pressure can affect you positively and negatively? <p>Feedback and Class discussion - use Examples as a comparison</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Depression and Counselling	<p>Outlining that depression is low mood and can impact mildly or severely</p> <p>There is a list of common signs of depression</p> <p>Outlining benefits of counselling and when you might need to seek it</p>

Managing Pressure	<p>Michael Johnson Managing Pressure</p> <p>A short video by the former Olympic champion and world record holder outlining expectations and pressure and how he was able to deal with it and perform at very high levels</p> <p>In Pairs:</p> <ul style="list-style-type: none"> • What do you think are good ways of managing expectations and pressure? • Share with the class <p>Feedback and Class discussion - use example as a comparison</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Supporting Friends	<p>In Groups of 4:</p> <ul style="list-style-type: none"> • You are worried about your friend. They don't seem to enjoy the things you used to do together. They often make excuses to avoid social situations. You have noticed they seem really tired all the time, and seem to have lost all their energy and enthusiasm. This has been going on for several weeks and seems to be getting worse. • Compose a message that you want to say to them as a concerned friend to the signs of things not being right • Share it with the class <p>Feedback and Class discussion</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Help and Support	<p>Where to go for any help and support and a handout listing organisations they can approach confidentially</p> <p>As School Nurses visit schools at different times and days, teachers need to ensure they cover their schools dates and accessibility rules in this section</p> <p>Teachers need to cover the 'Your guide to children and young people's emotional health services</p>
Evaluation	<p>Your reflection and feedback is important!</p> <ul style="list-style-type: none"> • Use 'What I Learned Today' evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.