

Lesson plan

- Introduction and ground rules (5 minutes)
- Starter: Communication skills self-reflection (5 minutes)
- Advice: What makes a good listener, team player, public speaker? (5/10 minutes)
- Main task: In pairs/ threes prepare a 2/3 minute presentation on one of the key bullet points. Teacher will have to allocate a different point to each group. (20/25 minutes)

Year 7 PSHEE

Key themes that will be covered in form time:

- Autumn Term 1: Kindness and Communication
- Autumn Term 2: Self
- Spring Term: Health and wellbeing
- Summer Term: The wider world

PSHEE Sessions

- As well as your weekly PSHEE sessions, every so often you will also have a few sessions with your form tutor.

Reminder of the ground rules. Can you think of any more?

Ground rules

- We will listen to one another
- We will be respectful
- We will be sensible

Autumn Term 1
This half term we will be
exploring:

Kindness and Communication

Session 1

Communication and transition

Transition






Learning objectives:

- To develop your communication skills.
- To reflect on the changes you have had to deal with when starting senior school, and to think about advice to help cope with these.

Communication skills

- For today's main task, you will be working with your classmates to complete an activity.
- To do this you will need to work on your communication skills.

Communication skills: Self reflection

How confident do I feel speaking to people I know?	
How confident do I feel speaking to new people?	
How good a listener am I?	
How confident am I at speaking in front of a class?	
How good am I at working with others?	

Discuss

Advice:

- **What makes a good listener?**
- **What makes a good team player?**
- **What makes a good public speaker?**

What makes a good listener?



Bad Habits of Poor Listeners

- Interrupting
- Jumping to conclusions
- Finishing others' sentences for them
- Frequently (and often abruptly) changing the subject
- Inattentive body language
- Not responding to what others have said
- Failing to ask questions and give feedback

Communicating with others

Use Active Listening

Demonstrate that you are listening by nodding, making eye contact and confirming what they have said, e.g. "I understand that you're frustrated and can see your point of view."

Empathise

Put yourself in the other person's position. Imagine how they feel and show that you respect their feelings and point of view.

Use "I" Statements

E.g. "I feel frustrated."
Rather than, "You make me frustrated."
"I" statements allow you to take responsibility for how you feel and what you want.



Be Humble

See yourself as you really are, with both strengths and weaknesses. Don't talk to people as if you think you're better than them.

Stay Aware

Be thoughtful of what you say and avoid offending people. Do not talk over people or dominate conversations.

Use Appropriate Language

Be aware of the company you are in and use language that is acceptable to those people.



10 RULES OF A GREAT CONVERSATIONALIST

1. **BE GENUINELY INTERESTED** in the person. Strive to know more about him/her through the conversation.
2. **Focus on THE POSITIVES.** Opt for positive and meaningful topics over negative ones.
3. **CONVERSE, not debate (or argue).** Where there are differences, agree to disagree.
4. **RESPECT; don't impose, criticize, or judge.** Respect others' space and right to their views.
5. **Put the person in his/her BEST LIGHT.** Make the person look good (without being unauthentic).
6. **EMBRACE DIFFERENCES while building on commonalities.**
7. **Be TRUE TO YOURSELF.** Don't mime; be ready to share your own thoughts.
8. **50-50 SHARING.** Don't dominate the discussion. At the same time, don't hold back from sharing either.
9. **Ask PURPOSEFUL QUESTIONS.** *"What drives you in life? What are your current goals? What inspired you to make this change?"* Meaningful questions elicit meaningful answers.
10. **GIVE and TAKE.** Don't be too critical over what others say/do. Always give others the benefit of the doubt.

Public speaking



5 Tips to Perfect Your Public Speaking Skills

Public speaking doesn't need to be scary! With these five easy tips, you can perfect your public speaking skills, and make sure you deliver a solid speech the next time you go up on stage!



Maintain Eye Contact



This makes audience members feel like they are having a conversation with you, and also makes them more likely to pay attention to what you are saying!



Use your arms and hands



People are more likely to remember concepts if they are associated with particular actions or movements.



Smile

This will make your audience a lot more comfortable and relaxed.



Walk around



Walk towards your audience; people tend to participate more when they have proximity to a speaker.



Encourage participation

Ask questions. This will make the speech more engaging, memorable, and fun!



Self-reflection

- What advice can you act on to improve your communication skills?
- Think of two things you will work on for the rest of this session.

Transition and settling in

Task: As a class you will be preparing a video titled 'Settling into Runnymede Senior School'. (This will be shared with the Year 6s, to help prepare them for Year 7)

In pairs/ 3s you will be preparing a brief presentation (2 or 3 minutes) on one of the following topics:

- New subjects
- Homework
- Teachers
- Discipline system
- New building
- Break time and lunch time
- Form time
- Organisation
- Being with older students
- Dealing with problems

- Include the following:
- What are the key changes?
- How have these changes made you feel?
- What advice would you give to younger students to help them deal with these changes?

- Use the rest of the session to start your task and be ready next session to record your work in front of the rest of the class.

Session 2

Presenting your work

Lesson plan

- Recap of task from previous session (5 minutes)
- Presentations and filming (35 minutes)
- Plenary: Reflection (5 minutes)

Transition

Learning objectives:

- To develop your communication skills.
- To reflect on the changes you have had to deal with when starting senior school, and to think about advice to help cope with these.

Transition and settling in

- In this session you will be delivering your presentation to the rest of the class.
- This will also be filmed.
- A couple of students will need to be responsible for filming the presentations, editing them and putting them into one video.
- Please see a reminder of the task on the next slide:

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The next slide can be used
as a background



EST. 1967

RUNNYMEDE COLLEGE

Delight, Ornament, Ability

SETTLING INTO RUNNYMEDE SENIOR SCHOOL



Plenary: WWW and EBI

- Think about the following:
 - What went well?
 - Even better if?