

YEAR/BLWYDDYN: 11 SUBJECT/PWNC: PSE *Developing Personal Resilience and Positive Relationships*

Knowledge Focus: This unit focuses on developing pupils' knowledge of key concepts related to resilience and relationships. Pupils will gain a clear understanding of what resilience means, the factors that support it, and why it is important for both individuals and society. They will explore different types of relationships, including positive and instrumental ones, and learn about the emotions and skills involved in building and maintaining these connections. The unit also covers the concepts of power and control within relationships, helping pupils recognize healthy and unhealthy dynamics. Overall, the knowledge gained will equip pupils with a solid foundation to understand how resilience and relationships affect their wellbeing and personal development.



Skills, knowledge and understanding to be developed in this Learning Plan:

Through this unit, pupils will **define** key concepts related to resilience and relationships and **describe** various types of relationships as well as the factors that contribute to resilience. They will **identify** examples of positive and instrumental relationships and **explain** the importance of resilience for both individuals and society. Pupils will **analyse** influences that affect their personal resilience and the dynamics within relationships. They will also **assess** their own strengths and weaknesses in resilience and relationship skills, and **create** action plans to develop resilience and improve their ability to maintain healthy relationships. Additionally, pupils will **apply** strategies to foster a positive outlook and build strong, supportive relationships. They will **evaluate** the impact of power and control within relationships and **reflect** on personal experiences to deepen their understanding of resilience and relationship management.

Key terms to be learned in this

LP: Resilience, Positive Outlook, Strengths, Weaknesses, Support System, Coping Strategies, Self-awareness, Action Plan, SWOT Analysis, Mindset, Relationship, Positive Relationship, Instrumental Relationship, Trust, Communication, Empathy, Conflict Resolution, Power, Control, Emotions

Week/Wythnos 1 - 3 Learning Objectives:

- **I can describe** what resilience means and **explain** why it is important in everyday life.
- **I can recall** and **describe** a real or imagined situation where resilience was needed.
- **I can explain** why resilience is important for both individuals and society, giving examples.
- **I can explain** how a positive mindset can support resilience in difficult times.
- Describe why a positive outlook supports resilience
- Describe factors that contribute to resilience
- Describe ways to develop resilience
- Assess personal resilience (strengths and weaknesses)
- Create an action plan for resilience
 - Implement and reflect on the action plan

Objective assessments:

Be able to:

- **Describe** what is meant by resilience
- **Describe** a situation where resilience skills have been used
- **Describe** why resilience is important for individuals and society
- **I can identify** and **categorise** key factors that contribute to personal resilience.
- **I can assess** my current level of resilience by identifying personal strengths and areas to improve.
- **I can implement** a strategy from my plan and **reflect** on the results.

Week 1

Homework/Gwaith cartref:

- **Define** the term *resilience* in your own words.

- **Explain** at least two reasons why resilience is important in everyday life.

- **Interpret** a resilience quote (find one online or in a book) and explain its meaning.

Set:
Due:

Week 2

Homework/Gwaith cartref:

- **Describe** a real or imagined situation where resilience was needed.

- **Analyse** how resilience influenced the outcome of this situation.

- **Compare** the possible results with and without

	<p>resilience.</p> <p>Set: Due:</p> <hr/> <p>Week 3 Homework/Gwaith cartref:</p> <p>-List three factors that contribute to resilience.</p> <p>-Evaluate your own resilience by identifying two strengths and two weaknesses.</p> <p>-Create a mini action plan with two strategies to develop your resilience.</p> <p>Set: Due:</p>
<p>Week/Wythnos 4-6 Learning Objectives:</p> <ul style="list-style-type: none"> • I can describe different types of relationships and explain their characteristics. • I can identify examples of positive relationships in different settings. • I can list my own instrumental relationships and explain their purpose. • I can explain key factors that help build and maintain positive relationships. • I can describe emotions that occur in positive and negative relationships. • I can identify important skills for positive relationships and describe how they help • I can assess my own relationship skills honestly by identifying strengths and weaknesses. • I can define what power and control mean in relationships. • I can explain how power and control can be used positively or negatively in relationships. 	<p>Objective assessments: Be able to:</p> <ul style="list-style-type: none"> -Describe a range of relationships -Give examples of positive relationships in a range of settings -Give examples of own instrumental relationships -Describe factors that support positive relationships - Analyse positive and negative emotions within relationships -Describe skills needed to create and maintain positive relationships -Assess own personal skills in relationships -Define power and control in relationships -Describe how power and control can be used in relationships <p>Homework/Gwaith cartref:</p> <ul style="list-style-type: none"> -Define what a positive relationship is. -Identify three examples of positive relationships in different settings (e.g., home, school, community). - Explain how these relationships impact your feelings and wellbeing. <p>Set: Due:</p>
<p>Week/Wythnos 7 Learning Objectives:</p> <p><i>"Resilience and positive relationships are the two most important factors in living a happy and successful life."</i></p> <p>Write a short response (150–200 words) where you explain your view on this statement. Use examples from what you have learned in this unit to support your ideas.</p> <ul style="list-style-type: none"> • I can explain my opinion clearly. 	<p>Objective assessments: Be able to:</p> <ul style="list-style-type: none"> -Evaluate the importance of resilience and positive relationships in personal wellbeing. -Explain how resilience and relationships contribute to happiness and success. -Apply key vocabulary and concepts learned throughout the unit in written responses. -Organise ideas clearly and coherently in a <p>Homework/Gwaith cartref:</p> <ul style="list-style-type: none"> - List three key skills for building and maintaining positive relationships. - Explain how each skill contributes to stronger relationships. - Analyse one positive and

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- **I can support** my ideas with examples from the unit.
- **I can use** key terms such as resilience, positive relationships, empathy, and power.
- **I can organise** my writing with a clear introduction, main points, and conclusion.
- **I can reflect** on how resilience and relationships impact wellbeing.

structured short writing task.
-Reflect critically on personal views related to resilience and relationships.

one negative emotional experience in a relationship, and **evaluate** what you learned from it.

Set:
Due:

Assessment