# Personal, Social, Health and Citizenship Education: PSHCE

As part of PSHCE we will discuss ways to help you develop skills that will help you in all areas of life.

LORIC stands for the 5 attributes Leadership, Organisation, Resilience, Initiative and Communication. These 5 attributes are important skills that people need to do well and we are sure you are already demonstrating.

We reward students that demonstrate these attributes throughout your time at Saracens, using something called ***The Edge Award***. Each time you complete an activity that uses one of these 5 skills you will record the activity and this will lead to you achieving a certificate that will be presented to you in assembly and you can add to your CV.

# TASK 1:

Write the definitions for: Leadership:



Organisation:



Resilience:



Initiative:



Communication:



# Leadership

Think of a role model that demonstrates good leadership. This could be a family member, someone at school, a sports person or a politician.

Research this person and write about the qualities they have and tell us what makes them a good leader.

As an extension of this, write about when you have had to show leadership skills. Describe the situation and explain how you had to be a leader. Then evaluate how this went. What went well and what could you do differently next time?

(Feel free to use more paper if you run out of space)





















# Organisation

Write here all of the activities you do in one day (use paper if you need more space):

|  |
| --- |
| When do you get up? What do you have for breakfast? |
| What do you do in the morning? |
| What time is lunch? What do you eat for lunch? Do you help tidy away? |
| What do you do in the afternoon? |
| What time is your evening meal? What do you eat? Do you help prepare? |
| What do you do in the evening? |
| When is bedtime? |

Evaluate your day. What are you good at and what could be improved and why? Explain why it is important to have a routine.

















# Resilience

Think of a time over the past few months that you have had to show resilience. What were you trying to achieve and what were the challenges you had to overcome? Tell us about the strategies you used to achieve your goal.

(Feel free to use more paper if you run out of space)





















# Communication

Think about a career you are interested in. You may not have decided what you want to be when you are older but hopefully you have some ideas. Think of some role models to get you started.

Now think about how communication will help you be the best you can be in this career. Describe good communication giving examples. Now explain how this will make you successful in a potential future career. You might need to ask an adult for help and research future careers before you start this one. In our PSHCE lessons we will do job quizzes, and play games to help us do well in interviews and to help us decide what careers we might do in the future.

(Feel free to use more paper if you run out of space)



















# Initiative

This is your chance to be creative! We would like you to step outside your comfort zone, show some initiative and create something that will help others. Here are some suggestions but be as creative as possible and if you need ideas ask an adult or an older brother or sister.

* An online event to support your family, friends or local community
* Do you speak another language? Perhaps you create a resource to teach someone your language
* Create a new recipe that you can share with friends to cook. Test it out first at home!
* Design a fitness programme to help someone you know reach a fitness goal.
* Help a younger student with a subject they are struggling with by creating a revision resource/game
* Design a science experiment to help teach something to a younger student or family member
* Create an educational podcast or Youtube channel

(Feel free to use more paper if you run out of space and get planning!)











