Y7 Closure Work

Title: What Makes a Good Citizen?

Learning Objective: To understand the qualities and responsibilities of a good citizen in school and the wider community.

Answer the following questions:

1. What do you think the word citizen means?

_____
_____
_____
_____

2. Name three responsibilities you have at school.

_____
_____
_____
_____

3. Name one responsibility people have in their local community and why it is important that people do this.

_____
_____
_____
_____

Reading Activity (10 minutes)

A citizen is a member of a community, town, or country. Good citizens help make their communities safe, fair, and welcoming for everyone. They follow rules, respect others, contribute positively, and take part in community life.

Examples of good citizenship include:

- Helping others



- Respecting different views and cultures
- Looking after the environment
- Following laws and rules
- Volunteering to support local causes

Answer in full sentences.

What is a citizen?

Give two examples of good citizenship.

Why is it important to respect people who have different opinions? (Link to British Values)

How can young people help their community?

Why do schools have rules?

Option A: Poster Design titled "How to Be a Good Citizen".



Include:

- At least five qualities of a good citizen.
- Pictures or symbols to illustrate your ideas.
- A short explanation of why each quality is important.

Option B: Written Task

Write a paragraph answering:

"What does being a good citizen mean to you?"

Include:

- Three qualities of a good citizen.
- Examples of how young people can demonstrate these qualities.
- Why good citizenship benefits society.

Aim for 100-150 words.

_____
_____
_____
_____
_____
_____
_____
_____

Challenge Task (Extension) Read the scenario below:

During lunchtime, you see a group of students excluding a new pupil from their conversation and games.

What should a good citizen do in this situation?

Why is your response important?

How could your actions help the school community?

_____
_____
_____
_____



Complete the following sentences:

One thing I learned today is...

_____
_____
_____
_____

A good citizen should always...

One way I can be a better citizen this week is...

_____
_____
_____
_____

Success Criteria- tick if they apply

I can explain what a citizen is.

I can identify qualities of a good citizen.

I can apply citizenship ideas to real-life situations.

Year 8 Closure Work

Drugs, Alcohol and Vaping: Making Informed Choices

Name: _____

Class: _____

Date: _____

Learning Objective: To understand the risks associated with drugs, alcohol and vaping, and how to make safe and informed choices.

Reading Task: Drugs, Alcohol and Vaping

People sometimes make choices that can affect their health and wellbeing.

Drugs are substances that change how the body or brain works. Some drugs are medicines prescribed by doctors, while others are illegal and can be harmful.

Alcohol is a legal drug for adults, but it can affect judgement, coordination and decision-making. Drinking alcohol at a young age can increase health risks.

Vaping involves inhaling vapour from an electronic device. While vaping is considered less harmful than smoking cigarettes, it is not risk-free, especially for young people. Vapes often contain nicotine, which can be addictive.

Making informed choices means understanding the risks, thinking about consequences, and knowing how to respond if someone pressures you into doing something that could harm your health.

Starter Activity (5 minutes)

Write down what you already know about:

Alcohol_____

Vaping_____

What is a drug?_____

_____

_____

Why can alcohol affect decision-making?

_____

_____

What is vaping?



Why can nicotine be a concern for young people?

What does it mean to make an informed choice?

Why is peer pressure sometimes difficult to resist?

Main Task 1: Myth or Fact?

Read each statement and decide whether it is a Myth or a Fact.

Statement Myth or Fact? Then explain why?

Alcohol can affect judgement.

Some medicines are drugs.

It is okay to take someone else's medication.

Friends should respect your choices about health.



_____
_____
_____
_____

Main Task 2: Scenario

Read the situation below.

Sam is at a park with friends. Some students are vaping and encourage Sam to try it. They tell Sam that "everyone does it" and that it is harmless.

Answer the following questions:

What pressures might Sam be feeling?

_____
_____

What could Sam say if they do not want to vape?

_____
_____

Who could Sam speak to if they feel uncomfortable?

_____
_____

What might be the consequences of giving in to peer pressure?

_____
_____

Why is it important to make your own decisions?

_____
_____

Extension Challenge

Create a leaflet or poster titled: "Top Tips for Looking After Your Health"

Include:

1. At least five pieces of advice.
2. Information about avoiding risky behaviours.
3. Positive activities that support wellbeing.
4. Colour and illustrations.

Complete the sentences:

One thing I learned today is _____

A healthy choice I can make this week is _____
_____

If I feel pressured to do something unsafe, I can
_____
_____

Looking after my wellbeing is important because _____

Key Message: Healthy choices help protect physical health, mental wellbeing and future opportunities.

Comprehension Questions (10 minutes)

Answer in full sentences.

What is a drug?

Why can alcohol affect decision-making?

What is vaping?

Why can nicotine be a concern for young people?

What does it mean to make an informed choice?

Why is peer pressure sometimes difficult to resist?

Main Task 1: Myth or Fact? (10 minutes)

Read each statement and decide whether it is a Myth or a Fact.

Statement Myth or Fact? Why?Everyone vapes.

Alcohol can affect judgement.

Some medicines are drugs.



It is okay to take someone else's medication.

Friends should respect your choices about health.

Main Task 2: Scenario Activity (15 minutes)

Read the situation below.

Sam is at a park with friends. Some students are vaping and encourage Sam to try it. They tell Sam that "everyone does it" and that it is harmless.

Answer the following questions:

What pressures might Sam be feeling?

What could Sam say if they do not want to vape?

Who could Sam speak to if they feel uncomfortable?

What might be the consequences of giving in to peer pressure?

Why is it important to make your own decisions?

Extension Challenge

Create a leaflet or poster titled:

"Top Tips for Looking After Your Health"

Include:

At least five pieces of advice.

Information about avoiding risky behaviours.

Positive activities that support wellbeing.

Colour and illustrations.

Reflection (5 minutes)

Complete the sentences:

One thing I learned today is _____

A healthy choice I can make this week is _____

If I feel pressured to do something unsafe, I can _____

Looking after my wellbeing is important because _____

Teacher Answer Guide

Myth or Fact, then explain why

Everyone vapes.

Alcohol can affect

It is okay to take someone else's medication.

Friends should respect your choices about health.

Alternative Extension: Students write a short speech (100-150 words) advising younger pupils on how to resist peer pressure relating to drugs, alcohol and vaping.

Success Criteria:

- I can describe the effects of drugs, alcohol and vaping.
- I can identify risks associated with substance use.
- I can explain strategies for making positive choices.

Year 9 Closure Work

The Media and Its Influence

Name: _____

Class: _____

Date: _____

Learning Objectives

- Explain the different types of media.
- Understand how media can influence opinions and behaviour.
- Identify the difference between fact, opinion and misinformation.
- Consider how to be a responsible media consumer.

Starter Activity (5 minutes)

Reading Task: The Power of the Media

The media plays an important role in society. It informs people about what is happening in the world, helps people share ideas and provides entertainment.

There are two main types of media:

Traditional Media	Digital Media
• Television • Newspapers • Radio • Magazines	• Social media (TikTok, Instagram, Snapchat, X) • Websites • Podcasts • YouTube

The media can influence what people think about important issues such as politics, crime, climate change and health.

Although the media can provide useful information, not everything we see online is true. Sometimes information is inaccurate or deliberately misleading. This is known as misinformation or disinformation.

Responsible citizens should think carefully about where information comes from before believing or sharing it.

1. What is Media?

_____

_____



_____
_____

2. Write down as many forms of media as you can think of.

_____
_____
_____
_____

Answer in full sentences.

3. What are the two main types of media?

_____
_____

4. Give two examples of traditional media.

_____
_____

5. Give two examples of digital media.

_____
_____

6. How can the media influence people?

_____
_____

7. What is misinformation?

_____
_____

8. Why is it important to check information before sharing it?

_____
_____

Fact or Opinion? Read each statement and decide whether it is a FACT or an OPINION.

Statement Fact or Opinion?

9. Social media is the best form of media. _____
10. The BBC is a television broadcaster. _____
11. Newspapers are outdated. _____
12. TikTok is a social media platform. _____
13. News helps people learn about current events. _____

Main Task

Should Social Media Have More Rules?

Read the statement below:

"Some people believe social media companies should have stricter rules to stop harmful content and fake news. Others believe this could limit freedom of speech."

Task: Complete the table with arguments for both sides. Include Moral, Economic, Social and Individual arguments

More rules on social media	Less rules on social media
To protect young and vulnerable people	(individuals) People are free to choose to see whatever they want

Your View-Which side do you agree with and why?

_____
_____
_____
_____

Challenge Task Study the headlines below:

1. "School Bans Mobile Phones During Lessons"
2. "Students Angry After Phone Ban"
3. "Phone Ban Leads to Better Concentration"

Questions

Which headline sounds the most neutral? Why



_____
_____
_____

Which headline could influence the reader's opinion the most?

_____
_____
_____

Why might different media sources present the same story differently?

_____
_____
_____
_____

Reflection-Write three things you have learned about the media today.

_____
_____
_____

Extension

Choose a recent news story. Explain:

- Where you found it.
- Whether it came from a reliable source.
- How you checked if the information was trustworthy.

_____
_____
_____
_____

Success Criteria ☑ I can explain different forms of media.

1. I can identify fact and opinion.
2. I understand how media can influence society.
3. I can think critically about information online.

Y10 Closure Work

Rights and Responsibilities

Name: _____

Class: _____

Date: _____

Learning Objectives

- Understand what rights and responsibilities are.
- Explain why rights are important in a democratic society.
- Identify responsibilities that accompany rights.
- Apply your understanding to real-life situations.

What Do You Already Know? Complete the table below:

Rights I Have	Responsibilities I Have

Reading Task-Rights and Responsibilities

A right is something that every person is entitled to have or do. Rights help protect people's freedom, safety and wellbeing.

In the UK, people have many rights, including:

- The right to education.
- Freedom of expression.
- Freedom of religion.
- The right to vote (once they reach voting age).
- Protection from discrimination.

However, rights come with responsibilities. A responsibility is something that people should do to help others and contribute positively to society.



Examples of responsibilities include:

- Following the law.
- Respecting the rights of others.
- Attending school regularly.
- Being honest and trustworthy.
- Taking care of the environment.

A society works best when people enjoy their rights while also meeting their responsibilities.

1. Why is it important to have both rights and responsibilities?

_____
_____
_____

2. What is a right?

_____
_____
_____

3. Give three examples of rights people have in the UK.

_____
_____
_____

4. What is a responsibility?

_____
_____
_____

5. Why do rights need to be balanced with responsibilities?

_____
_____
_____

Give two responsibilities that young people have.



_____
_____
_____

Match the Right to the Responsibility

Draw a line or write the matching letter.

Right Responsibility

6. A. Right to education _____
7. Respect others' views _____
8. Freedom of expression_____
9. Attend school and try your best_____
10. C. Protection from discrimination_____
11. Treat everyone fairly _____
12. D. Right to vote _____
13. Make informed choices about candidates _____

Main Activity Case Studies

Read each scenario and answer the questions.

Scenario 1-Mia wants to express her opinions online. However, some of her comments are offensive and target another student.

- What right is Mia using?
- Has she acted responsibly? Explain.

_____
_____
_____

Scenario 2 Ali regularly misses school without permission.

- Which right is affected?
- Which responsibility is not being met?

_____
_____
_____



Scenario 3-A local community wants to build a new park. Residents are invited to attend meetings and share their views.

- Which rights are being demonstrated?
- Why is civic participation important?

_____
_____
_____

Debate Task look at the statement:

"People focus too much on their rights and not enough on their responsibilities."

Write a response giving arguments for and against the statement.Inlcude PEPE

Arguments Supporting the Statement	Arguments Against the Statement

My Opinion

_____
_____
_____

Challenge Task

The Rights and Responsibilities Pyramid

Complete the pyramid below by placing the most important rights and responsibilities at the top and explaining your choices.

Top (Most Important)

Middle

Bottom



Why did you choose this order?

_____
_____
_____

Reflection

Complete the sentences:

One right that is important to me is:

_____
_____
_____

One responsibility I should improve is:

_____
_____
_____

Research one of the following:

- The Human Rights Act 1998
- The UN Convention on the Rights of the Child (UNCRC)
- The Equality Act 2010

Create a short summary explaining:

- What it is.
- Why it was introduced.
- How it protects people's rights.

_____
_____
_____
_____
_____
_____



Success Criteria ☑

I can explain the difference between rights and responsibilities.

I can give examples of both.

I can apply my knowledge to real-life situations.

I can evaluate different viewpoints about citizenship issues.

I can explain why balancing rights and responsibilities is important in society.

Y11 Closure Work

Health and Wellbeing Revision Cover Work

Name: _____
Class: _____
Date: _____

Success Criteria

- ☑ Recall key health and wellbeing concepts.
- ☑ Apply knowledge to realistic scenarios.
- ☑ Analyse health-related decisions.
- ☑ Evaluate strategies to improve wellbeing.

Task 1: Health and Wellbeing Retrieval Quiz

Answer the following questions without using your notes.

1. What is meant by the term **wellbeing**?

---

2. What is the difference between physical health and mental health?

---

3. Give two factors that can affect someone's health and wellbeing.

---

4. What is resilience?

5. Why is sleep important for wellbeing?

6. Name two signs of stress.

7. Give two benefits of regular exercise.

Task 2: Check Your Knowledge

Decide whether each statement is **True** or **False**.

Statement	True or False?
Wellbeing only refers to physical health.	
Stress can have both positive and negative effects.	
Exercise can improve mental wellbeing.	
Social media never affects wellbeing.	
Good sleep helps concentration and memory.	
Resilience is the ability to recover from challenges.	
Healthy relationships support wellbeing.	

Task 3: Lifestyle Choices

Read the scenarios below and answer the questions.

Scenario A

Sam is 16 years old. He often stays up until 2am gaming online. He skips breakfast because he feels tired and regularly falls asleep in lessons.

Questions

1. Which aspects of Sam's wellbeing are being affected?

2. What unhealthy lifestyle choices is Sam making?

3. Suggest three improvements Sam could make.

Scenario B

Emily exercises regularly, gets around 8 hours of sleep each night and spends time with friends and family.

1. How might Emily's lifestyle positively affect her wellbeing?

2. Which dimensions of health are likely to benefit?

3. Explain two ways that physical activity can improve health and wellbeing.

4. Explain how poor mental health may affect a young person's daily life.

5."Schools have the greatest responsibility for improving young people's health and wellbeing."

Evaluate this statement.

You should consider:

- Schools
- Parents/carers
- Friends and peers
- The individual



Task 5: Stress and Coping Strategies

Complete the table.

Cause of Stress	Healthy Coping Strategy
Exams	
Friendship problems	
Family difficulties	
Social media pressure	
Lack of confidence	

Task 6: Wellbeing Action Plan

Imagine your mock exams/formal assessments are approaching.

Create your own wellbeing plan.

Sleep Goal

Exercise Goal

Revision Goal

Managing Stress

Support I Could Access