

Communication and Interaction Programme of Study				
Term 1				
Year 7	Year 8	Year 9	Year 10	Year 11
<b>Transition &amp; Friendship</b>	<b>Time Management</b>	<b>Time Management</b>	<b>Time Management</b>	<b>Journey to independence</b>
Welcome to Oasis Academy	Time Problems	Train timetable	How can I successfully revise and prepare for my exams?	Baseline Confidence Checker BEFORE
What Is Autism?	Time Management task 1	Time Management task 1	How many of today's key terms do you know already?	Life Skills For Teenagers
Sensory Overload	Time Management task 2	Time Management task 2	Time Management task 1	Baseline Confidence Checker AFTER
Friendship	Time Management task 3	Time Management task 3	Time Management task 2	Prepare to Succeed
This Is Me!	Bus Timetables	How long are the following programmes?	Time Management task 3	Learning Types
Making New Friends	Ordering the Things I Have to Do	How Can I Get There?	Time management – How can I organise myself to succeed?	Exam Techniques
	Why is it good to go to School every day?	Career Interest		Post-16 Transition
		Time wasting		Independent Travellers
		Planning your revision		Moving out of home and becoming independent

Communication and Interaction Programme of Study Term 2				
Year 7	Year 8	Year 9	Year 10	Year 11
<b><u>Transition &amp; Friendship</u></b>	<b><u>Friendship</u></b>	<b><u>Managing Change</u></b>	<b><u>Anxiety</u></b>	<b><u>Anxiety</u></b>
<b>Follow on from Term 1</b>	Do Now: Amelia Scenario	Statement: Change is always negative	What Are the Effects of Anxiety on the Mind?	Exam Stress and Anxiety
	Brainstorm what makes a good friend?	How confident are you now in	My Initial Anxiety Rating	How Stress Can Impact Your Life
	Friendship task 1	Managing Change: Task 1 & Task 2	What Can Cause Stress?	The Science Behind Fight, Flight Or Freeze
	Friendship task 2	Managing Change: Activity 1 & Activity 2	Anxiety for Beginners Task 1,2 & 3	Exercise
	Friendship task 3	Managing Change Successfully Task	How Do I Manage My Anxiety	Mindfulness and Meditation
	Friendship task 4	Managing Conflict		Yoga Breathing Exercises
	Scenario	Roles of the brain		Healthy Eating
	Tim Story	Do Now: What Causes Conflict?		Talking Openly
	Circle of friendship	Resolving Conflict		Baseline Confidence Checker AFTER
	<u>Just for fun</u>			

Communication and Interaction Programme of Study				
Term 3				
Year 7	Year 8	Year 9	Year 10	Year 11
<u>Anxiety</u>	<u>Anxiety</u>	<u>Anxiety</u>	<u>Anxiety</u>	<u>Resilience</u>
My Initial Anxiety Rating	My Initial Anxiety Rating	My Initial Anxiety Rating	What makes a good friend?	My Resilience Tracker Before
What Is Anxiety?	How can we keep good mental health and cope successfully with anxiety?	Recall Spider gram Activity: What Can Cause Anxiety	How can Banter be hurtful?	How can we keep good mental health and be resilient?
How can working in groups help reduce anxiety?	Anxiety: Aneeka and Sam's Story	Origins of Anxiety	How do I know if I'm in a toxic friendship	Building Resilience
How Does Anxiety Affect Your Body?	Snapchat: Challenge 1 & 2	Anxiety affects you in 3-ways	What can we do when friendships end or change? at can we do when friendships	Case Study 1
How to manage anxiety	Exactly Ten	Anxiety Test	What are healthy ways to manage when friendships end or change?	Case Study 2
My Final Anxiety Rating	My Final Anxiety Rating	My Final Anxiety Rating		Resilience Video Samaritans: Task 1 & task 2
				My Resilience Tracker After

Communication and Interaction Programme of Study Term 4				
Year 7	Year 8	Year 9	Year 10	Year 11
<b><u>Resilience</u></b>	<b><u>Resilience</u></b>	<b><u>Resilience</u></b>	<b><u>E Safety</u></b>	<b><u>Bespoke approaches to success in coursework deadlines and exams</u></b>
I am an Amazing Person	My Resilience Tracker Before	My Resilience Tracker Before	Quiz	Each student will have their own plan which will support them in being successful in their final exams.
What is resilience?	Why Is It Important to Be Resilient?	Emotional Literacy: Why is self-awareness and sensitivity important? Task 1 & 2	How do we recognise the signs of online grooming?	
How do you view yourself?	Arthur's Football Match	Resilience Video Samaritans: Task 1 & task 2	Porn	
What is happiness?	Emotions	Building Resilience: Task 1 & 2	Why do people watch porn?	
My Resilience Tracker After	Understanding and Managing Your Own Emotions.	My Resilience Tracker After	How can porn be dangerous?	
	What is self-awareness?		Why is my digital footprint important?	
	My Resilience Tracker After			

Communication and Interaction Programme of Study				
Term 5				
Year 7	Year 8	Year 9	Year 10	Year 11
<b><u>E Safety</u></b>	<b><u>E Safety</u></b>	<b><u>E Safety</u></b>	<b><u>Journey to independence</u></b>	<b><u>Bespoke approaches to success in coursework deadlines and exams</u></b>
Internet key terms	What are some of the advantages and disadvantages of using the internet?	Quiz	Baseline Confidence Checker BEFORE	GCSE and VCert exams
How might someone gain your trust online?	What is sexting and how do I keep myself safe?	Hardware vs Software	Life Skills for Teenagers	
Internet Safety Scenario	Advantages and Disadvantages of Using the Internet	What could be believable and what could be suspicious.	Baseline Confidence Checker AFTER	
What do we know about online safety?	Digital Dangers: Online Gaming	Password	Prepare to Succeed	
Me and the internet	Online Gaming Safety	Online safety – trolling and cyberbullying: Task 1,2 & 3	Learning Types	
Online Privacy	It's what I expect scenarios	Screen time	Exam Techniques	
Privacy and Security	Cat-fishing?	Online gambling	Post-16 Transition	
What is social media?	Peer pressure		Independent Travellers	
Online stress	Consent		Moving out of home and becoming independent	
How old do you need to be...?				

Communication and Interaction T Programme of Study Term 6				
Year 7	Year 8	Year 9	Year 10	Year 11
<b>Time Management</b>	<b>Managing Change</b>	<b>Friendship</b>	<b>Journey to independence</b>	<b><u>Bespoke approaches to success in coursework deadlines and exams</u></b>
Importance of Time Management	What is Transition?	What makes a good friend?	<b><u>Follow on from term 5</u></b>	GCSE and VCert exams
Create Visual Timetable	What do we know about change	Circle of Friends		
Coloured Blocks Activities	Autistic Student Brings Happiness to Everyone	Baseline Confidence Checker BEFORE		
Where does the time go?	How does change affect our feelings of security and confidence?	A Film About Friendship		
Morning Routine Timeline	Common Worries	The 4 levels of friendship		
Telling the time		How Do People See Me and What Do They Think of Me?		
Why might we have time off school		Baseline Confidence Checker AFTER		
How Can We Improve Our Attendance?				