



## National Citizen Service (NCS) can deliver a range of PSHE lessons for your Students

Our team will come to your school for an arranged PSHE session, to deliver classroom lessons which compliment existing key stage 4. citizenship education.

The lessons use a range of creative methods to promote citizenship, and the NCS programme.

We also ensure each session is suitable for your school and Pupils.

A range of these lessons are quality assured by the PSHE Association

### HOW DO PUPILS BENEFIT FROM NCS PSHE LESSONS?

- ✓ Confidence and team building exercises
- ✓ Careers advice and skills workshops
- ✓ Society and citizenship lessons
- ✓ Increased awareness of the NCS programme
- ✓ A chance to talk with NCS staff

### HOW WILL THE LESSONS BE CONDUCTED?

Each NCS PSHE lesson will be given by a group of our experienced team members

Lessons will be planned according to what will be most beneficial to the pupils

All learning materials will be provided by NCS, including PSHE association quality assured resources

# What types of PSHE lessons can NCS deliver?

## NCS in an Hour

Students are given a taster of NCS through a series of activities, these can be tailored to individual schools depending on what they think would best appeal to their students. We can run team building activities, business challenges, public speaking, or a session on community and social integration. Whatever the session, it should be fun, interactive, and generate excitement for those signed up, whilst converting those who were unsure.

Students get more information about the NCS programme

Students develop skills such as public speaking, and team building

## Debating and Democracy - Vote with your feet

Students engage with debate and discussion by moving to a side of the room which reflects their opinion. They are encouraged to voice their opinions, challenge one another's thoughts, and persuade fellow students to move to their side. Topics covered include voting, current world affairs, social issues, and jobs and applications.

Students engage with debate and discussion.

Students become more confident at expressing their opinions.

Students learn to deal with conflict and how to respect opinions that differ from their own.

Students see the benefit of taking part in NCS over the summer.

These PSHE sessions are designed to engage the Students with the NCS programme, and understand how NCS can help develop skills in their education, careers, and social citizenship

## Self Promotion

Students identify a personal goal for themselves that they would like to achieve in the next few years. Usually one related to jobs, university, apprenticeships. They then create a ladder of skills and experiences which will help them in reaching their goal and identify any weaknesses or areas for improvement.

They spend some time practising writing personal statements before delivering a short pitch at the end of the session.

Students identify realistic goals which they can work towards achieving in the coming months.

Students access their experience and skills thus far, whilst identifying weaknesses and areas for improvement.

Students practise public speaking and personal statement writing.

Students see the benefit of taking part in NCS over the summer.

# PSHE Association Quality Assured Lessons

## Resilience and Wellbeing

Students explore the concept of resilience, coming up with definitions and applying the concept to everyday scenarios. Students learn how to reframe failure and how to develop greater resilience, confidence and self-awareness.

Students will be able to demonstrate increased confidence in their ability to preserve, be adaptable, and be resilient in difficult situations.

Students will be able to explain ways to manage increasingly pressured scenarios, adapt in difficult circumstances and reframe disappointments.

Students can describe links between NCS and resilience and emotional wellbeing, and see the benefit of taking part in NCS over the summer.

## Social Action

Students learn about the role of social action and community spirit in society. They discuss a range of social issues through the 'attitude continuum' activity before prioritising an issue they feel passionate about. They then learn how to organise and plan a social action campaign.

Students can identify the core values important to their identity.

Students can explain the benefits of social action for their community and individual.

Students can evaluate a range of issues that affect the community in order to select a social action project

These PSHE lessons are quality assured by the PSHE Association. They are designed to help the Students think and engage with topics which benefit both themselves, and the communities they live in

## Careers and Employability

Students identify desirable careers and they reflect on the skills and attributes that they already possess which would make them suitable for a given job. They then identify and prioritise further skills they made need to develop in the coming years. Students then are given the opportunity to practise soft skills such as teamwork, leadership, and communication through a few short activities.

Students will be able to prioritise the characteristics of good leadership and good teamwork.

Students can identify how their strengths, interests and skills might influence their future pathway.

Students can explain the way NCS can support the development of career identity and employability skills.

Students can demonstrate transferable employability skills.

