



What is it?

The SU4L Programme is a Character Education based PSHE Programme of Study which will be delivered over five years.

By the end of KS4 pupils will have met the following broad learning outcomes (in line with the DfE recommendations for PSHE/ Citizenship and the statutory requirements of the Relationship and Sex Education Policy 2020). Six core themes will form the focus for each SU4L Day within each year group.

- Citizenship 4 Life
- Health and Well Being 4 Life (including Relationship and Sex Education)
- Preparing 4 Life in the Wider World (including economic wellbeing and careers education)
- SMSC Awareness 4 Life
- Safety First 4 Life
- Character Development 4 Life



Wood Green Academy

AND SIXTH FORM CENTRE

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Step Up 4 Life



DAY/ DATE	SU4L : Thursday 10th October	SU4L: Thursday 21st November	SU4L: Wednesday 18th December	SU4L: Tuesday 4th February	SU4L: Wednesday 1st April	SU4L: Wednesday 8th July
YEAR 7	Safety First 4 Life	Preparing 4 life in the Wider World	Citizenship 4 Life	Character Development 4 Life	Preparing 4 life in the Wider World	SMSC Awareness 4 Life
YEAR 8	Health and Wellbeing 4 Life	Citizenship 4 Life	Safety First 4 Life	Preparing 4 Life in the Wider World	SMSC Awareness 4 Life	Character Development 4 Life
YEAR 9	Character Development 4 Life	Health and Well Being 4 Life	Safety First 4 Life	SMSC Awareness 4 Life	Citizenship 4 Life	Preparing 4 Life in the Wider World
YEAR 10	Safety First 4 Life	Health and Well Being 4 Life	Character Development 4 Life	Health and Well Being 4 Life	Preparing 4 Life in the Wider World	SMSC Awareness 4 Life
YEAR 11	Preparing 4 Life in the Wider World	Safety First 4 Life	Health and Well Being 4 Life	Character Development 4 Life	Citizenship 4 Life	
YEAR 12	Character Development 4 Life	Safety First 4 Life	Citizenship 4 Life	SMSC Awareness 4 Life	Health and Well Being 4 Life	Preparing 4 Life in the Wider World
YEAR 13	Preparing 4 life in the Wider World	Character Development 4 Life	Health and Well Being 4 Life	SMSC Awareness 4 Life	Safety First 4 Life	

A CHARACTER BASED PSHE (PERSONAL, SOCIAL, HEALTH, ECONOMIC) EDUCATION PROGRAMME

How would you overcome these barriers?

Lack of Motivation?

Consider why you are unmotivated? Is it linked to lack of confidence? Is it because you don't like the current topic? Does it feel like too much hard work?

Fear of Failure?

Do you think about failing a task before you even start? Do you worry about if you get it wrong? What happened if you failed to complete a challenge? Did you give up or keep going?

Lack of Confidence?

Do you lack faith in your ability to do something? Do you not like working on tasks outside of your comfort zone? Think back to how you felt completing some of the challenges you have faced in your life.

Fear of Change?

Do you worry about change? Think of a time when something changed in your life, consider did it change for the better? Think back to when you had to adjust to a new situation. Was it as bad as you thought it would be?

