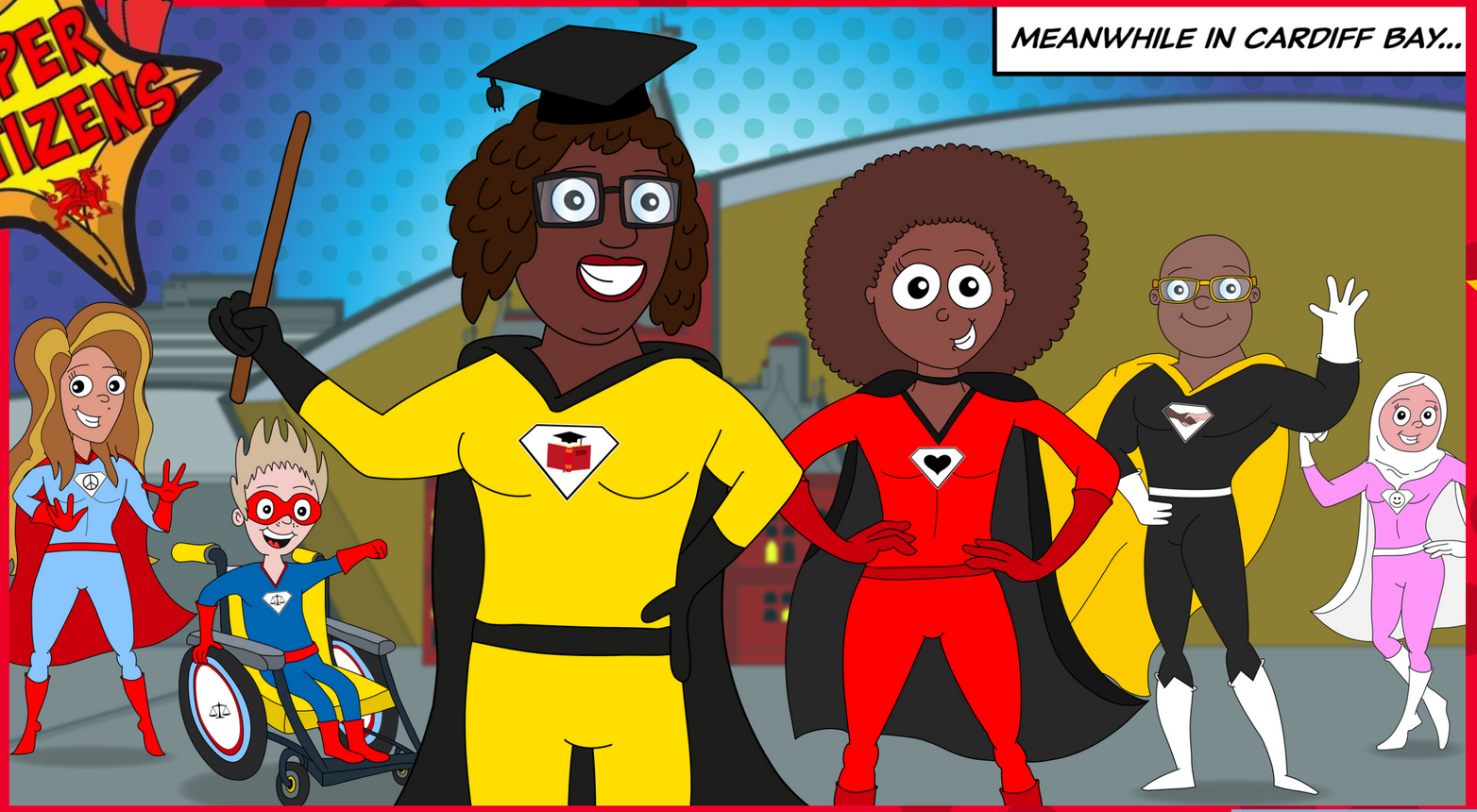
BE Excellence



Creating ethical, informed citizens, whilst developing a sense of cynefin

Lesson Plan Description

Suitable for age 8-11

DARPL
Diversity and Anti-Racist Professional Learning
Dysgu Proffesiynol Amrywiaeth a Gwrth-Hiliol

The Curriculum for Wales Framework is defined by four purposes, which the Welsh government identified as fundamental principles that each child should gain to receive a broad and balanced education.

Welcome to the 'Super Citizens'



BE.Xcellence has created a school resource suitable for pupils (age 8-11) to help them enhance a greater sense of Cynefin (belonging). Super Citizens covers 6 topics/missions, to help pupils explore subjects such as anti-racism, environment and community.

The 'Super Citizens' are based on real life people, who have contributed to helping Wales become a nation that inspires excellence. Super Citizens is a bi-lingual resource, which covers the Donaldson's four purposes within the new curriculum, which aims to encourage pupils to achieve successful futures, by being healthy and ethically informed citizens, and confident individuals.

Whilst the lessons focus on building empathy, there are also opportunities for progressing literacy, numeracy and digital competency. The lessons also introduce various legislation, such as the Equality Act 2010. It is not overly prescriptive to allow space for an educator to discuss areas in detail and allow for differentiation within their learning environment.

We are grateful for the contributions made by Cardiff University and Welsh Water, who helped produce 6 animations that accompany the lessons, which are available to download. On completion of each mission the pupils will receive a golden coin and a certificate, acting as their pledge to do their very best to become a Super Citizen.

Thank you to our supporters!

DARPL
Diversity and Anti-Racist Professional Learning
Dysgu Proffesiynol Amrywiaeth a Gwrth-Hiliol

Cardiff University
Prifysgol Caerdydd

Dŵr Cymru Welsh Water

AFROSHEEP

PARADIGM SHIFT

BE X cellence

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"Cynefin is a core principle underpinning the new curriculum"

Prof, Charlotte Williams, 2021, p.53).

The Certificate is Awarded to:

BE Excellence

Who is now a POW!

'Super Citizen'


Equality


Law & Order


Anti-Racism


Wellbeing


Environmental


Community

At the Heart of the New Curriulum

Super Citizens - Missions

Communities : People & Places - Health & Safety
Equality: Diversity & Inclusion
Anti-racism: Knowledge & Action
Wellbeing: Mental & Physical
Environmental: Human Behaviour & Ecosystems

The Four Purposes

- Ambitious, capable learners, ready to learn throughout their lives
- Enterprising, creative contributors, ready to play a full part in life and work
- Ethical, informed citizens of Wales and the world
- Healthy, confident individuals, ready to lead fulfilling lives as valued members of society

Statements of 'what matters'

Humanities

Mathematics and numeracy

Science and Technology

Health and wellbeing

Skills Integral to the Four Purposes

- Critical thinking and problem-solving
- Creativity and innovation
- Planning and organising
- Personal effectiveness

Mandatory- Cross Curricular

- Develop listening, reading, speaking and writing skills
- Be able to use numbers and solve problems in real-life situations
- Be confident users of a range of technologies to help them function and communicate effectively and make sense of the world

Gov.UK, 2022

To understand the different types of communities.

Mission 1-2 : Community

Part1/2 People and Places
Part 1/2 Health and Safety

To identify the resources within a community.

Objectives

AEOLs

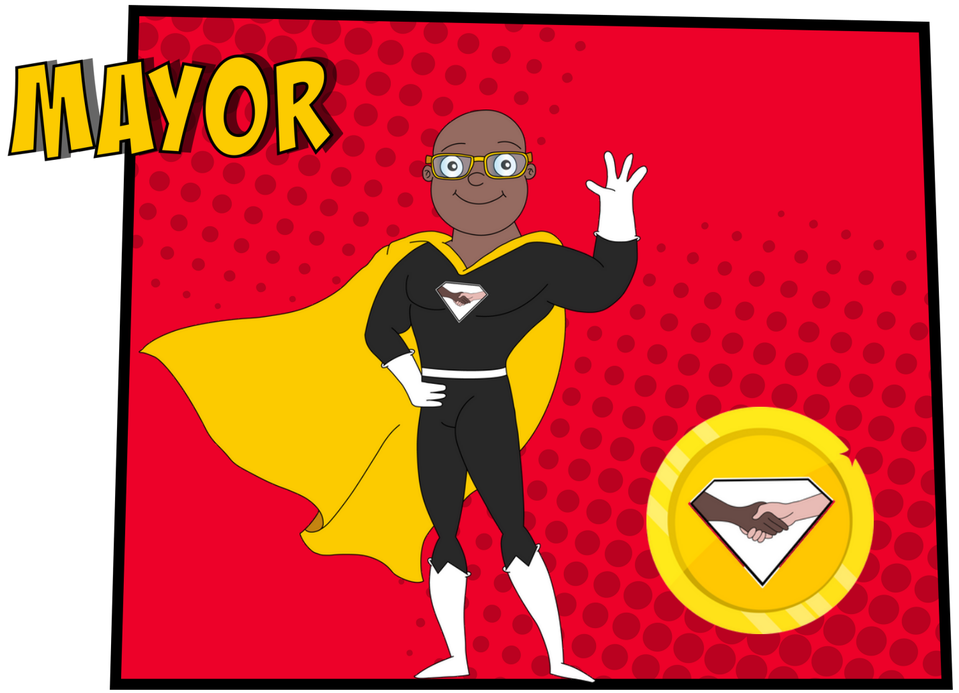
- Literacy
- Numeracy
- Co-ordinates
- Digital Competency

Other

- Mind mapping
- Think, pair, share

Statements of what matters

Pupils, will explore the different meanings of community. They will be able to identify the amenities/resources, provided by the local authority, that help keep communities safe and healthy. They will begin to understand their contribution as a citizen within their communities and that of others.



Daniel De'ath

This super citizen is based on the former Lord Mayor of Cardiff, Daniel De'ath.
Dan, is an excellent example of hard work and dedication, reaching a position of power that has not been held by an British/African in Wales.
His dedication to the communities in Cardiff can be seen in his work as a a local Councillor, employed by Cardiff Council.

Mission 3-4: Equality

To understand the meaning of discrimination

To understand the meaning of inclusion

Part1/2 Diversity and People
Part 1/2 Inclusion and People

Objectives

AEOLs

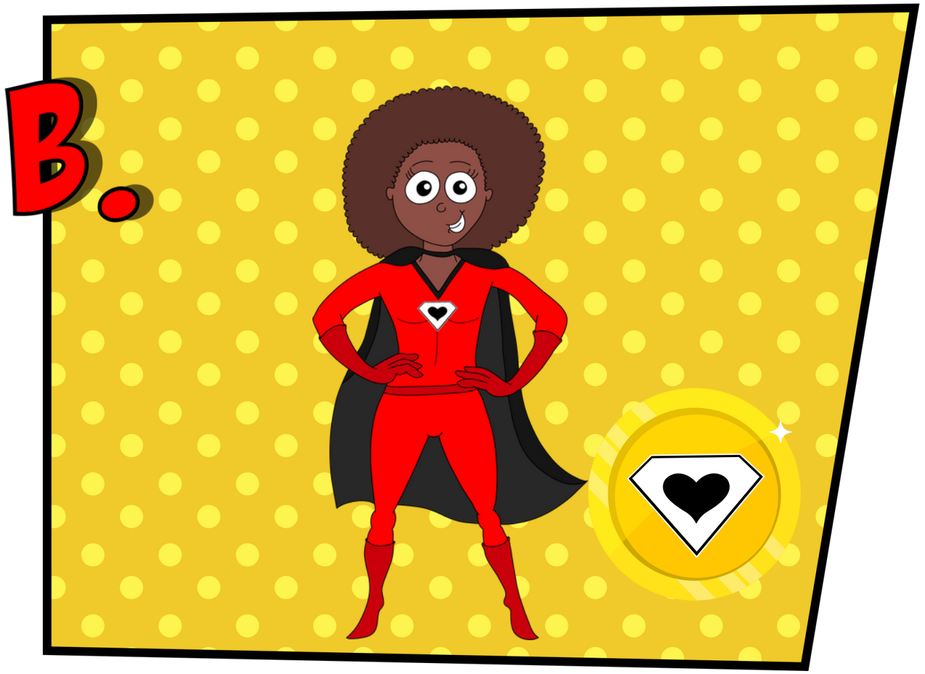
- Literacy
- Digital Competency
- Geography

Other

- Mind mapping
- Think, pair, share
- Art
- Language

Statements of what matters

Pupils, will explore the meaning of diversity and inclusion, whilst relating both concepts to their own lived experiences and those of their classroom peers. Pupils will also be introduced to the Equality Act 2010 and how the Act helps to improve society.They will also begin to be able to identify the meaning of protected characteristics



Bianca Ali

This super citizen is based on Bianca Ali, who was lead organiser during the 'Black Lives Matter' protests. She has since given many public speeches, calling for greater equality in Wales and assisted schools and organisations, helping to work towards the Welsh Government's anti-racism action plan.

Her passion for racial justice, started when she was at school, when Bianca was racially bullied on a number of occasions. Before BLM, Bianca was concerned for her little sisters, but feels confident in Wales, being an anti-racist nation for future generations, due to the 'actions' put in place.

Mission: 5-6 Anti-racism

To understand the meaning of being racism

Part1/2 Knowledge is Power
Part 1/2 Action is Power

To understand how to be an anti-racist

Objectives

AEOLs

- Literacy
- Digital Competency
- Geography

Other

- Mind mapping
- Think, pair, share
- Humanities
- Critical thinking

Statements of what matters

Pupils, will learn the meaning of race and the understand what racism is and the effects of racism on individuals and society. They will learn how acquiring authentic knowledge is integral to becoming an anti-racist and how they can become an anti-racist.

Pupils will also learn the difference between, traditions and culture, as they relate to ethnicity.



Mrs Betty Campbell MBE

This super citizen is based on Mrs Betty Campbell. Mrs Campbell, was Wale's first Black head teacher. Her position was significant, since she was told as a pupil herself that becoming a headteacher would be 'insurmountable'

During her career, Mrs Campbell, believed that the best way to encourage her pupils to have a sense of cynefin was to teach a diverse curriculum. Her pupils, gained a depth of knowledge of the world and her curriculum raised the aspirations of children from Black, Asian and minority ethic communities. Mrs Campbell received an MBE in 2003, for her service in education and her community life.

Mission 4-6 Wellbeing

To understand the meaning of mental wellbeing

Part1/2 Mental Wellbeing
Part 1/2 Physical Wellbeing

To understand the importance of physical wellbeing

Objectives

AEOLs

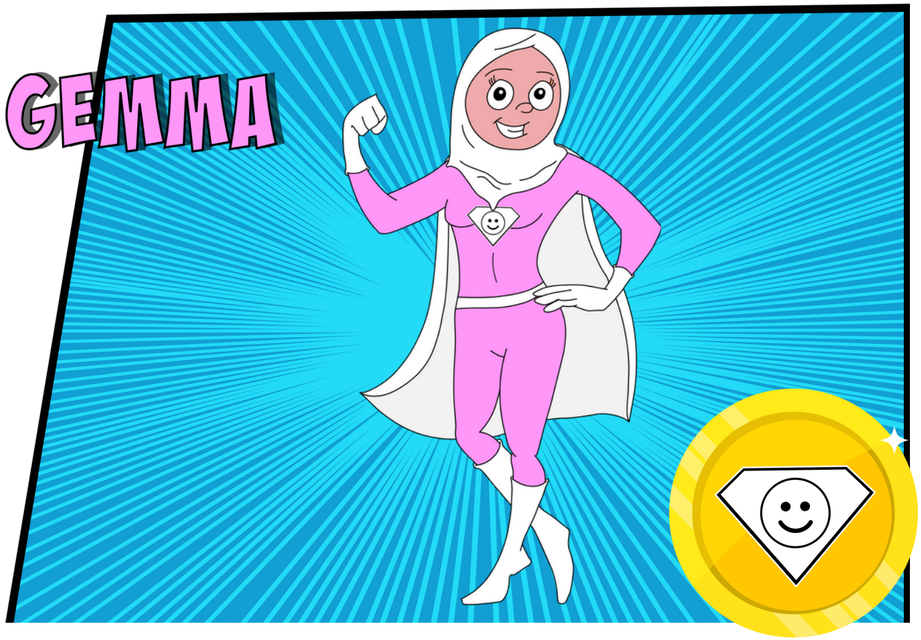
- Literacy
- Digital Competency

Other

- Mind mapping
- Think, pair, share
- Physical activity
- Mindfulness

Statements of what matters

Pupils, will explore the meaning of both mental and physical wellness, and understand the link between emotional wellness and the effects on the body. They will also learn how to recognise and regulate their emotions, using mindfulness and physical activity. They will also understand the emotions of others.



Gemma Price

This super citizen is based on Gemma Price, who is a youth and community engagement officer. She has done extensive work in schools, with looked after children and young people at risk.
She is an advocate for encouraging positive wellbeing in young people using boxing as a tool of engagement, and has written many wellbeing projects for young people.
Gemma also created a fitness class for women, called boxing pretty, which had national attention.

Gemma, dose not practice an Islamic faith, but welcomed helping to dismantle common misconceptions of what a Muslim person, should or is assumed to look like.

Mission 7-8 Environment

To understand the meaning of sustainability.

To understand the meaning of ecosystems

Part1/2 Human Behaviour
Part 1/2 Ecosystems

Objectives

AEOLs

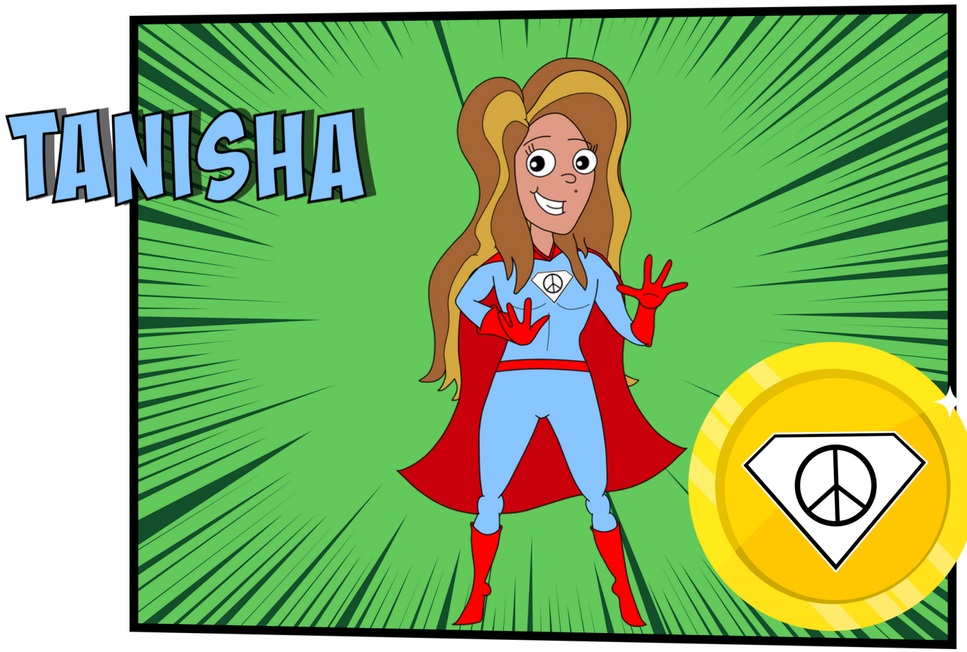
- Literacy
- Digital Competency
- Science

Other

- Mind mapping
- Think, pair, share
- Experiment
- Conscious living
- Co-production

Statements of what matters

Pupils, will learn ways in which human behaviour affects the environment and planet. They will understand the importance of sustainability, within the home, local communities and whilst visiting natural reserves.They will learn the different types of ecosystems and how they co-exist.



Sinnead Ali

This super citizen is based on Sinnead Ali aka Tanisha. Whilst Sinnead was at school, she was always concerned with being environmental conscious. Her love for the planet and living creatures encouraged a sense of duty and compassion from a young age. Sinnead has travelled extensively around the world and has seen the best and the worst of the effects of climate change.

Having returned to the UK during the pandemic, Sinnead has started her own business as a doula and is passionate about the menstrual health of women and their relationship with their cycle. She created bia seeds, which is a natural alternative to current western practices. Sinnead, is the elder sister to Bianca and also plays an active part in the BLM movement.

Mission 9-10 Law & Order

To understand what is the govenrment

To gain an understanding of the justice system

Part1/2 Mental Wellbeing
Part 1/2 Physical Wellbeing

Objectives

AEOLs

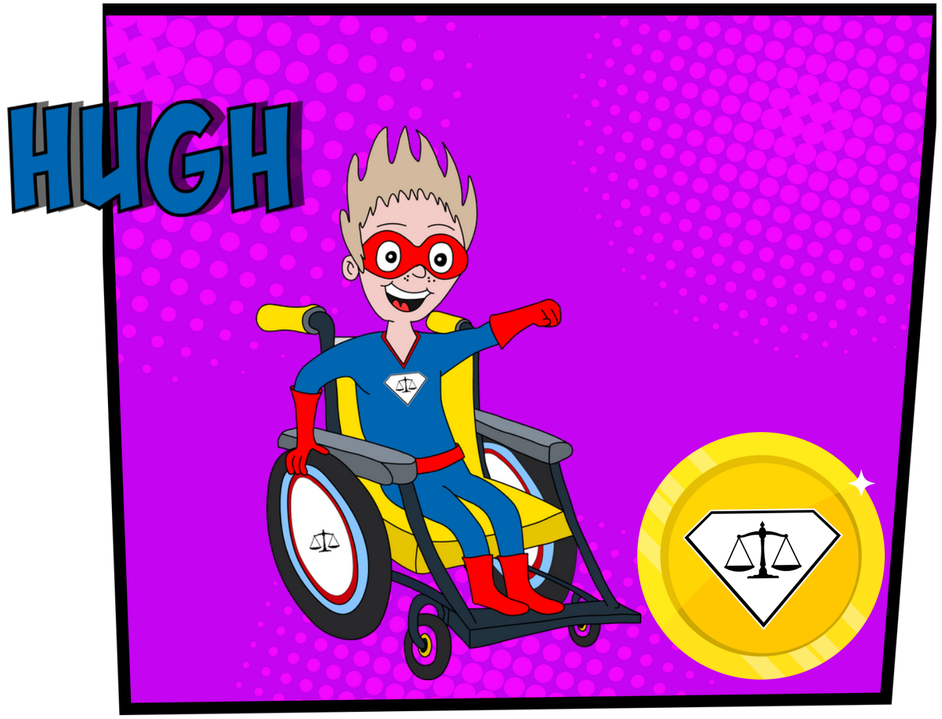
- Literacy
- Digital Competency
- Expressive arts
- Humanities

Other

- Mind mapping
- Think, pair, share
- Debate
- Law

Statements of what matters

Pupils, will learn what the role of the government is and the reasons why they create laws. They will understand who the authorities are within society, that keep people safe and protected. And explore their rights and responsibilities as a citizen as set out by the UNRCR.



Gareth Hughes

This super citizen is based on Gareth Hughes, who is an Equality, Diversity and Inclusion Officer for Gwent Police. Gareth has extensive experince in EDI, as he formerly worked for Race Equality First for 15 years.

Gareth's passion for justice is demonstrated in his work and career. He sits on many boards as an advisor and is supportive of the third sector co-producing with statutory services. Having spent many years working amongst diverse communities, Gareth is a supportive ally in raising diverse representation within the police force.

Dear Teacher,

How to use this resource

This super citizenship lesson plans consist of 12 individual missions. Each mission has two parts containing a total of 20 questions. There are many ways in which you could divide the missions, depending on the capability and current themes within your teaching and learning programme.

You will find that each mission includes a task and a challenge. You could use these or add additional resources to allow for differentiation of your teaching styles.

The missions are numbered 1-12, we think following the recommended sequence is a good way of building on knowledge (see progressions steps). However, you can use the topic/missions in any order to complement your existing theme.

Example:

Mission 1 - Community People & Places

1. Start the lesson off by defining or explaining the meaning of a citizens.
2. Introduce the topic of the mission, you could use the helpful links in your teacher guide, or find your own, which you think your pupils will understand.
3. Read out the super profile of the topic/super citizen you have decided to teach.
4. Play the animation, which relates to the topic/super citizen.
5. Give each pupil a printed version of the questions you have decided to use.
6. Complete all questions, and encourage pupils to share with the rest of the wider class members after -think, pair, share.
7. You could proceed to complete all 10 questions in the parts, depending on time and capability during one lesson, or decide to break each topic/ mission down using one half of the part (5 questions).

Using this example, you could teach a topic/mission per month. There is enough content to cover a full half term or full academic year.

Missions
Progression Steps



Understanding the objectives in each mission, will help pupils become an ethically informed citizen, who feels a sense of cynefin, for themselves and others.

Understanding the role of the government in law making, will help pupils, realise that all citizens have certain rights and responsibilities to contribute positively to society. Being aware of the authorities who manage the law, will help pupils, gain a greater sense of safety and protection within their communities.

Understanding the relationship between human behaviour, living creatures and environments, will help pupils be aware of the responsibilities as citizens and contribution to sustainability and its wider impact on the planet.

Understanding emotions is key to be able to show empathy towards others. Pupils will learn tools on how to manage emotions whilst learning about the mental and physical consequences of unhealthy choices.

Understanding what makes a community and the laws in place to help people in them to be treated fairly. Learning about racism and the effects on individuals and communities, will help pupils to build on their knowledge on how to recognise racism and be active in being an anti-racist.

Understanding what equality means can help pupils understand the importance of laws, such as the Equality Act 2010, which supports people to live in safe and healthy communities.

Understanding the different types of communities, provides a foundation for pupils to understand what it means to be a part of a community with others.

Let's climb the ladder of progress together!

Getting started

Included in the super citizens resource you will find x2 teachers guides for each topic. The mission is set out, as well as the expected outcomes to complete each mission successfully. Read both of them out, to set the expectation. There is one objective for each lesson, although you may have other objectives that could be incorporated if you wish.

You have been provided with suggested prompt words, that will help to assess progression and understanding. You will find some suggested resources, which could be added too, as well as helpful links to websites and video content. Use the teachers notes, to make better use of the lesson for the future and to offer feedback to BE. Xcellence.

Super Profile

At the beginning of each topic, read the super citizens profile and ask each pupil to sign, as a pledge to do their best to become a super citizen, by listening attentively and participating in the lesson. This encourages agency and personal effectiveness, one of the statements of what matters.

Pupils Super Profile

Included in this resource is a super profile for the pupils to complete. The aim is for pupils to explore their likes, dislikes and identify their own super power. This is to encourage pupils to think about their contribution as a citizen.
After completion of each topic/mission, you could ask the pupils to reflect on their learning, this would be good way of assessing their progression steps and the skills that they developed.

After completion of each topic/mission each pupil should receive a gold coin, as a reward for their pledge to be a super citizen. The gold coin sticker should be placed on the pupils certificate as a record of achievement

Certificate of completion

Mission complete! To celebrate each pupils commitment to becoming super citizens, each pupil should receive a certificate of completion. It is suggested to publicly recognise this achievement, on the school's website and during school assemblies to show recognition and encourage further commitment.
It is also a good example for younger pupils, and parents/carers, to show your commitment to creating ethically informed citizens.



Mission Complete!

Thank you!

Thank you for downloading this lesson plan. We hope that you have enjoyed the super citizens.

We would appreciate any feedback on how we could improve on this resource, and suggest other topics that you would like to see within the super citizens series.

Please share your feedback on social media or email us : info@bexcellence

References

Hwb.gov.wales. 2022. Designing your curriculum - Hwb. https://hwb.gov.wales/curriculum-for-wales/designing-your-curriculum [Accessed 1st March 2022].

(2022) Gov.wales. Available at: https://gov.wales/sites/default/files/publications/2021-03/black-asian-minority-ethnic-communities-contributions-cynefin-new-curriculum-working-group-final-report.pdf (Accessed: 8 January 2022)

This citizens learning resource, has been created and designed by Donna Ali, founder of BE.Xcellence, a Community Interest Company. It was born out of her passion for seeing future generations, respect one another's differences and cultures whilst also seeing the commonalities, living within communities brings.

In the UK, we have many provisions in place that other countries do not have and we should, as a citizen, look after what we have and value what we have access to.

Rights come with responsibilities.

Super Citizens, is a registered trade mark, owned by BE.Xcellence CIC

Team work, makes the dream work

POW!

Let's create an anti-racist, Wales together!

Thank you, to our contributors.

Cardiff University
AfroSheep Animations
Paradigm Shift Academy
Dwr Cymru

Thank you to our teachers.

Shubnam Aziz - Mount Stuart School
Natalie Jones - Cynefin Consultancy
Julian Konten - Willows High

Thank you, to our voice over artists



Natalie Jones
Welsh Version



Clare Hingott
English Version

Let's shift some paradigms

PARADIGM SHIFT

Thank you to our real life 'Super Citizens', CLLR, Daniel De'ath, Sinnead Ali, Bianca Ali, Gareth Hughes and Gemma Price and in memory of Mrs Betty Campbell.

JOIN US ON OUR NEXT MISSION!!

We are proud to be a part of:

DARPL
Diversity and Anti-Racist Professional Learning
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