

Year 11 - PSHE Overview

<u>Half Term</u>	<u>Topic</u>	<u>In this unit of work, you will learn...</u>	<u>Skills</u>
<u>Autumn 1</u> (September-October) <u>Unit: Health & Wellbeing</u>	<u>Building for the future</u> 	<ul style="list-style-type: none">- how to identify, express and manage your emotions in a constructive way- what is good mental health & how can you take action to promote this- zones of regulation; how do you feel and why?- how to manage the judgements of others- how to challenge stereotyping- how to balance ambition with unrealistic expectations- the nature and cause of stress and stress management techniques- how to develop self-efficacy, including motivation, perseverance and resilience	<ul style="list-style-type: none">- Communication- Discussion- Groupwork- Critical thinking- Collaboration
<u>Autumn 2</u> (October-December) <u>Unit: Living in the Wider World</u>	<u>Next steps</u> 	<ul style="list-style-type: none">- how to use feedback constructively when planning for the future- setting and achieving SMART targets- effective revision techniques and strategies- rights and responsibilities – in relation to working part time while studying- how to create a positive work/life balance- how to take opportunities to broaden experience	<ul style="list-style-type: none">- Self-awareness- Confidence- Organization- Aspirational goal setting- Positive assertiveness- Sticking to deadlines- Managing workloads
<u>Spring 1</u> (January-February) <u>Unit: Relationships</u>	<u>Communication & relationships</u> 	<ul style="list-style-type: none">- about the core values that you and others hold and how this can impact emotions- gender identity, gender expression and sexual orientation- how to communicate wants and needs calmly and respectfully, yet assertively- how to handle unwanted attention, including online- how to challenge harassment and stalking, including online- about various forms of relationship abuse and how to access support	<ul style="list-style-type: none">- Regulating emotion- Assertive communication- Respect- Personal Safety- Personal core values
<u>Spring 2</u> (February-April) <u>Unit: Health & Wellbeing</u>	<u>Independence</u> 	<ul style="list-style-type: none">- how to assess and manage risk and safety in a new independent situation (personal safety)- emergency first aid skills- how to assess emergency and non-emergency situations and contact the relevant services- the links between lifestyle and some cancers- screening and self-examination- about registering with and accessing doctors, sexual health clinics, opticians and other health services- how to manage influences and risk relating to cosmetic procedures	<ul style="list-style-type: none">- Personal safety- First aid- Confidence- Self awareness- Self examination- Self regulation- Independence
<u>Summer 1</u> (April-May) <u>Unit: Living in the Wider World</u>	<u>Families</u> 	<ul style="list-style-type: none">- how to effectively budget and evaluate saving options, inc. preventing and manage debt, credit rating and pay day lending- how data is generated, collected and shared; targeted advertising- how thinking errors e.g gambler's fallacy, can increase susceptibility to gambling- strategies for managing influences related to gambling, including online	<ul style="list-style-type: none">- Computer safety/literacy- Problem solving- empathy