

PSHE Long Term Plan Year 11

Temperance Term

W/C	Week 1 Life Beyond School	Week 2 Life Beyond School	Week 3 Life Beyond School	Week 4 Relationships & Sex Education	Week 5 Life Beyond School	Week 6 Life Beyond School	Week 7 Life Beyond School	HALF TERM
Topic	Your Future & Beyond Learning to Learn	Your Future & Beyond Learning to Learn		Relationships & Sexual Education Pregnancy Timeline	Your Future & Beyond Exam Stress & Relax		Your Future & Beyond Time Management & Study	
Core	Understand the value of 'Academic Sprints' Appreciate the multi-task lie	Recap Academic Sprints, Mindmapping and Flashcards in support of current mock cycle Practice into reality – 2 rotations of 20-minute sprints		External Speaker in-Options Chichester This will take a double period. To inc: Teenage Pregnancy Choices Abortion Laws, Morals & Ethics	Understand 'flight' and 'flight' response science to stress Recognise that stress benefits in the short term but hinders in the long term.		Explore how technology & social media can impact mental health. Consider how technology can also add real value	
Challenge	Examine the mindmap process	Adopt a personal approach to these strategies			Examine approaches to manage stress & anxiety		Evaluate how effective own time is currently being used	
Assessment		Adopt Academic Sprint sessions during own time			Adopt some simple strategies to better deal with exam stress outside of school		Adopt time management strategies to aid better study	

W/C	Week 8 Life Beyond School	Week 9 Life Beyond School	Week 10 Life Beyond School	Week 11 Life Beyond School	Week 12 Life Beyond School	Week 13 Life Beyond School	CHRISTMAS
Topic	Your Future & Beyond Inst Life Vs Real Life	Your Future & Beyond LGBT rights Across the World	Your Future & Beyond Writing College & 6 th Form Applications	Your Future & Beyond Writing CV workshop	Your Future & Beyond Interview Workshop	Your Future & Beyond Interview Practice	
Core	Describe the differences between real life & social media life Explore the impact social media influencers have on society	Understand the varying views and laws on homosexuality across the world Explore the work of LGBT activists around the globe	Understand what a personal statement is Explore when a personal statement may be needed & be confident on writing one up	Understand the purpose of a CV Examine how to create a clear and concise CV	Understand the purpose of Interviews Examine the types of questions you may be asked about yourself and formulate quality responses	Go through the process of being interviewed WWW / EBI reflection on the experience	
Challenge	Identify coping strategies for social media wellness and improving self esteem	Discuss and debate sensitive LGBT topics regarding religion, politics, law and homosexuality	Populate Unifrog with examples of skill sets being developed RELATE TO SKILLS BUILDER	Populate Unifrog with examples of experiences to help create a CV RELATE TO SKILLS BUILDER	Populate Unifrog with examples of presentational and communication skills RELATE TO SKILLS BUILDER	Populate Unifrog with learning experiences taken from Interview	
Assessment	Pre-lessons Review Questions		Create own Personal Statement	Create own CV	Prepare for Interview	Post lessons Review Questions	

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Justice Term

W/C	Week 14 Staying Safe Online & Offline	Week 15 Staying Safe Online & Offline	Week 16 Staying Safe Online & Offline	Week 17 Staying Safe Online & Offline	Week 18 Staying Safe Online & Offline	Week 19 Staying Safe Online & Offline	HALF TERM
Topic	Staying Safe Virtual Reality, Live Streaming & Gaming	Staying Safe Online Reputation & digital Footprints	Staying Safe Drugs NPS	Staying Safe Festival Drugs & Nitrous Oxide	Staying Safe War on Drugs, Substance and Addiction	Staying Safe Cosmetic & Aesthetic Surgery	
Core	Define the terms augmented reality, virtual reality & streaming Explore the benefits and risks associated with VR	Define the terms digital footprints & online reputation Examine the importance of an online audit of yourself, especially from the perspective of future employment	Define the term New Psychoactive Substances and give examples Explore why NPS drugs are so dangerous to society	Understand the risks associated with parties, festivals and experimenting with drugs Understand how to stay safe at a festival or a party	Describe how drugs are manufactured and trafficked globally & how countries are dealing with this Examine the different levels of drug use and realise the consequences of drug use on the wider society	Understand the differences between aesthetic and cosmetic procedures Explore negative and positive effects of undertaking these procedures	
Challenge	Examine the consequences associated with live streaming on the internet	Examine the best way to build and online reputation and personal brand	Examine how to protect yourself from peer pressure to experiment with NPS drugs	Evaluate whether drug testing at festivals will reduce drug related deaths at festivals	Evaluate what support networks are available to help support those in need	Evaluate what influences people to the point they feel the need to change their appearance for society	
Assessment	Pre-lessons Review Questions					Post lessons Review Questions	

W/C	Week 20 Health & Wellbeing	Week 21 Health & Wellbeing	Week 22 Health & Wellbeing	Week 23 Health & Wellbeing	Week 24 Your Future & Beyond	Week 25 Your Future & Beyond	EASTER
Topic	Adult Health & Looking After Yourself Organ & Blood Donation	Adult Health & Looking After Yourself Testicular & Prostate Cancer	Adult Health & Looking After Yourself Cervical Breast & Ovarian Cancer	Adult Health & Looking After Yourself Parenthood	Revision Timetabling & Further Strategies		
Core	Aware of blood and other forms of donation, including stem cell donation Understand how the law on 20 th May 2020 changed in relation to blood donation	Know the risk factors and common symptoms of testicular cancer Understand how to perform a testicular self-examination	Know the risk factors and common symptoms of breast cancer Understand how to perform a breast self-examination	Understand the challenges that raising a child presents for a couple Understand the many ways people can become parents in 2020	Understand simple metacognition and the reasons to why revision is important Examine further strategies to enhance memory and aid recall		
Challenge	Evaluate the medical ethics of gene technology and stem cell research	Investigate the reasons why prostate cancer is so difficult to detect	Investigate the reasons why having a smear test and be screened for serviceable cancer is important	Evaluate the impact parenthood has on teenagers	Complete a substantial plan for 'Academic Sprints' over the Easter holiday and lead up into the summer exams		
Assessment	Pre-lessons Review Questions			Post lessons Review Questions			

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Courage Term

W/C	Week 26 Relationships & Sex Education	Week 27 Relationships & Sex Education	Week 28 Relationships & Sex Education	Week 29 Relationships & Sex Education	Week 30 Relationships & Sex Education	Week 31 Relationships & Sex Education	HALF TERM
Topic	Sexual Health Peer on Peer Bullying	Sexual Health Fertility & what impacts it	Sexual Health Alcohol & Bad Choices	Sexual Health Importance of Sexual Health	Sexual Health Revisiting Contraception & STI's	Sexual Health Respect & Relationships	
Core	Define the term Peer on Peer abuse and understand what constitutes abuse Explore circumstances when peer pressure becomes peer abuse	Define and describe the human fertilisation process at a cellular level Explore what makes women and men fertile and understand ways to improve fertility	Describe the risks associated with house parties and alcohol Explore alcohol abuse, drink spiking and the risks associated with both	Increase awareness of the importance of a young person's sexual health Examine where to access further support and guidance about sexual health	Recap how a variety of different forms of contraception work Explore which forms of contraception protect against STI's & pregnancy (or both)	Understand the importance of respecting others, especially when in a relationship Be able to describe what love is and what it is not	
Challenge	Evaluate what support networks are available to help support those in need	Examine the various ways women can become pregnant including IVF treatment	Evaluate what and who impacts our decisions about our own health and the choices we make	Explore common myths about pregnancy and fertility	Articulate the difference between viral and bacterial STI's	Evaluate what support is available for someone in an abusive relationship	
Assessment	Pre lessons Review Questions					Post lessons Review Questions	

W/C	Week 32 Life Beyond School	Week 33 Life Beyond School	Week 34	Week 35	Week 36	Week 37	SUMMER	
Topic	Revision for outstanding exams							
Core	Study Leave: support offered for those that require it		Study Leave and End of Schooling					
Challenge								
Assessment								