





# PSHE Year 11 (Long Term Plan)

## Temperance Term

**Independent 1-1 Careers Guidance meetings will happen during this term**

W/C	Week 1	Week 2 & 3	Week 4	Week 5 & 6	Week 7	<b>HALF TERM</b>
Core Theme	<b>Life Beyond School</b>	<b>Life Beyond School</b>	<b>Life Beyond School</b>	<b>Life Beyond School</b>	 <b>Skills, Career &amp; Character</b>	
Topic	Your Future & Beyond	Your Future & Beyond	Your Future & Beyond	Your Future & Beyond	<b>Post-16 pathways</b>	
Learning Objectives  (Core/ Extension/ Challenge)	<b>Learning to Learn</b> > Understand the value of the 'Academic Sprints' framework > Appreciate the multi-task lie: Alphabet Number recall task > Articulate to others the rationale behind Academic Sprint value	<b>Learning to Learn &amp; Metacognition</b> > Learn how to use specific revision techniques such as MindMapping (RAL), Flashcards (JRL), Cornell Note-taking (RAL) and visual journeys (JRL) > Metacognition awareness- what is happening in the brain when learning with good strategies > Practice into reality – 2 rotations of 20-minute sprints	<b>Time Management &amp; Home study</b> > Consider where time goes across the week > Identify time when work can be a priority > Complete an extensive and personal revision plan to trial	<b>Exam Stress &amp; Relax</b> > Understand 'flight' and 'flight' response science to stress > Recognise that stress benefits in the short term but hinders in the long term. > Examine approaches to manage stress & anxiety	> Consider which pathways may be more suitable > Use Unifrog Post-16 Intentions Tool > Identify the next steps to securing Post-16 education	
Teacher Assessment	<b>JRL</b> Complete some in own time	<b>RAL &amp; JRL</b> Adopt Academic Sprint sessions during own time	<b>RAL</b> Trial revision plan for a week	<b>JRL</b> Adopt some simple strategies to better deal with exam stress outside of school	<b>RAL</b> Ongoing applications made to Post-16	
Additional Support	<a href="https://www.chichesterfreeschool.org.uk/">https://www.chichesterfreeschool.org.uk/</a> - Revision webpage under 'SCHOOL' <a href="https://www.healthforteens.co.uk/">https://www.healthforteens.co.uk/</a> - great stress related support pages <a href="https://www.childline.org.uk/info-advice/">https://www.childline.org.uk/info-advice/</a> - specific for matters relating to wellbeing		<b>CFS YouTube channel</b> has revision videos to support learning how to revise effectively <b>Mel Ponterosso</b> is available on a Tuesday should a further Careers 1-1 meeting be needed. <b>Unifrog</b> has a record of what you have achieved for Post-16 interview preparations			

W/C	Week 8	Week 9	Week 10	Week 11	Week 12 & 13	<b>CHRISTMAS</b>
Core Theme				<b>Life Beyond School</b>	<b>Life Beyond School</b>	
Topic	Skills, Career & Character	SCC	SCC	Your Future & Beyond	Your Future & Beyond	
Learning Objectives  (Core/ Extension/ Challenge)	<b>Skills &amp; Activities</b> > Consider ones developing skills and activities > Identify next steps to improve areas of skill > Look to complete CFS Passport over next term	<b>CV Writing support</b> >Begin to create personal CV using Unifrog platform > Consider strong terminology to create the best CV possible > Use Unifrog Skills and Activities to help support the Unifrog CV tool	<b>Interview support</b> >Reflect back on feedback from mock Interview in Y10 > Engage in interviewing peers in preparation for college interviews > Be able to coach others in the group to better techniques	<b>SM Vs Real Life</b> > Describe the differences between real life & social media life > Explore the impact social media influencers have on society > Identify coping strategies for social media wellness and improving self esteem	<b>Personal Revision during mock exam fortnight</b> > Review revision strategies within the Academic Sprints framework > Articulate how the sprint has helped improve learning > Implement strategies to support mock exams, and to have a sensible revision plan in place over Christmas	
Teacher Assessment	<b>RAL</b> Use Unifrog Post-16	<b>RAL</b> Use Unifrog	<b>JRL</b> Interview feedback	<b>JRL</b>	<b>RAL</b> Revision action to support mock performance	
Additional Support	<a href="http://www.unifrog.org">www.unifrog.org</a> – for all Career, Post-16 related considerations. CFS Passport & Interactions/Skills/Activities element useful to highlight achievements throughout school history to support applications/CV writing			<b>CFS YouTube channel</b> has revision videos to support learning how to revise <a href="https://www.chichesterfreeschool.org.uk/">https://www.chichesterfreeschool.org.uk/</a> - Revision webpage under 'SCHOOL'		

# PSHE Year 11 (Long Term Plan)



## Justice Term

Independent 1-1 Careers Guidance meetings will happen during this term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Core Theme	Staying Safe On & Offline	Staying Safe On & Offline	Staying Safe On & Offline	Staying Safe On & Offline	Staying Safe On & Offline	Staying Safe On & Offline	
Topic	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe	Staying Safe	
Learning Objectives  (Core/ Extension/ Challenge)	<b>Virtual Reality, Live Streaming &amp; Gaming</b>  > Define the terms augmented reality, virtual reality & streaming > Explore the benefits and risks associated with VR > Examine the consequences associated with live streaming on the internet	<b>Online Reputation &amp; digital Footprints</b>  > Define the terms digital footprints & online reputation (CEOP reminder) > Examine the importance of an online audit of yourself, especially from the perspective of future employment > Examine the best way to build and online reputation and personal brand	<b>Cosmetic &amp; Aesthetic Surgery</b>  > Understand the differences between aesthetic and cosmetic procedures > Explore negative and positive effects of undertaking these procedures > Evaluate what influences people to the point they feel the need to change their appearance for society	<b>Drugs NPS</b>  > Define the term New Psychoactive Substances and give examples > Explore why NPS drugs are so dangerous to society > Examine how to protect yourself from peer pressure to experiment with NPS drugs	<b>Festival Drugs &amp; Nitrous Oxide</b>  > Understand the risks associated with parties, festivals and experimenting with drugs > Understand how to stay safe at a festival or a party > Evaluate whether drug testing at festivals will reduce drug related deaths at festivals	<b>War on Drugs, Substance and Addiction</b>  > 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 > Evaluate what support networks are available to help support those in need	
Teacher Assessment	JRL Confidence Checker	JRL Confidence Checker	JRL Confidence Checker	RAL <b>POLICE WORKSHOP</b>	RAL <b>POLICE WORKSHOP</b>	RAL <b>POLICE WORKSHOP</b>	
Additional Support	<a href="https://www.healthforteens.co.uk/">https://www.healthforteens.co.uk/</a> - specific for West Sussex under Brighton link <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a> - specific for reporting exploitation <a href="https://www.childline.org.uk/info-advice/">https://www.childline.org.uk/info-advice/</a> - specific for matters relating wellbeing			<a href="https://www.healthforteens.co.uk/">https://www.healthforteens.co.uk/</a> - specific for West Sussex under Brighton link <a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a> - specific honest information about drugs, the law & support			

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Health & Wellbeing Adult Health & Looking After Yourself	Health & Wellbeing Adult Health & Looking After Yourself	Health & Wellbeing Adult Health & Looking After Yourself	Skills, Career & Character	Skills, Career & Character	Skills, Career & Character	
Learning Objectives  (Core/ Extension/ Challenge)	<b>Organ &amp; Blood Donation</b>  > Aware of blood and other forms of donation, including stem cell donation > Understand how the law on 20 <sup>th</sup> May 2020 changed in relation to blood donation > Evaluate the medical ethics of gene technology	<b>Testicular &amp; Prostate Cancer</b>  > Know the risk factors and common symptoms of testicular cancer > Understand how to perform a testicular self-examination > Investigate the reasons why prostate cancer is so difficult to detect	<b>Cervical Breast &amp; Ovarian Cancer</b>  > Know the risk factors and common symptoms of breast cancer > Understand how to perform a breast self-examination > Investigate the reasons to why having a smear test and be screened for serviceable cancer is important	<b>Apprenticeships Vs University</b>  > Unifrog tools to review options again for Pos-18 > Consideration given to GCSE results, UCAS points, Students loans and finance arrangements > Apprenticeship opportunities for Level 2 & 3 locally/nationally	<b>Collection of Post-16 destination data</b>  > Individual 1-1 brief meetings to collect this information and allocate further 1-1 Guidance with adviser is required > Personal revision preparation whilst these meetings are taking place > Unifrog Post-16 destinations tool also updated if not complete or changed	<b>CFS Passport Applications</b>  > Outline the purpose & value beyond CFS > Complete elements of Unifrog to comply with Google Form application > Change Unifrog account email to external so that school profile follows with pupils beyond CFS	
Teacher Assessment	JRL	JRL	JRL	RAL	RAL	RAL	
Additional Support	<a href="https://www.healthforteens.co.uk/">https://www.healthforteens.co.uk/</a> - specific for West Sussex under Brighton link <a href="https://www.childline.org.uk/info-advice/">https://www.childline.org.uk/info-advice/</a> - specific for matters relating wellbeing			<b>Mel Ponerosso</b> is available on a Tuesday should a further Careers 1-1 meeting be needed. <b>Unifrog</b> has a record of what you have achieved for Post-16 interview preparations			

# PSHE Year 11 (Long Term Plan)



## Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Core Theme	Relationships & Sex Education	Relationships & Sex Education	Relationships & Sex Education	Your Future & Beyond	Your Future & Beyond		
Topic	Sexual Health	Sexual Health	Sexual Health				
Learning Objectives  (Core/ Extension/ Challenge)	<p><b>Recap Respect, Consent and Peer on Peer Bullying</b></p> <ul style="list-style-type: none"> <li>&gt; Recap the previous learning of these specific areas</li> <li>&gt; Explore circumstances when peer pressure becomes peer abuse</li> <li>&gt; Evaluate what support networks are available to help support those in need</li> </ul>	<p><b>Recap Contraception &amp; STIs</b></p> <ul style="list-style-type: none"> <li>&gt; Define and describe the human fertilisation process at a cellular level</li> <li>&gt; Explore what makes women and men fertile and understand ways to improve fertility</li> <li>&gt; Examine the various ways women can become pregnant including IVF treatment</li> </ul>	<p><b>Alcohol &amp; Bad Choices</b></p> <ul style="list-style-type: none"> <li>&gt; Describe the risks associated with house parties and alcohol</li> <li>&gt; Explore alcohol abuse, drink spiking and the risks associated with both</li> <li>&gt; Evaluate what and who impacts our decisions about our own health and the choices we make</li> </ul>	<p><b>Post-16 Destination Data confirmation</b></p> <ul style="list-style-type: none"> <li>&gt; Confirm application status with teacher, and Post-16 provider location applied for</li> <li>&gt; Consider changes if required</li> <li>&gt; Complete applications if this is yet to happen</li> </ul>	<p><b>Revision Timetabling &amp; Further Strategies</b></p> <ul style="list-style-type: none"> <li>&gt; Recap simple metacognition and the reasons to why revision is important- review strategies and time given to them</li> <li>&gt; Review mock performance, identifying specific areas of weakness. Appreciate 'Eat the Frog' approach to dealing with difficult/unpleasant things</li> <li>&gt; Complete a substantial plan for 'Academic Sprints' over the Easter holiday and lead up into the summer exams</li> </ul>		
Teacher Assessment	JRL	RAL	JRL	RAL	RAL & JRL		
Additional Support	<p><a href="https://www.healthforteens.co.uk/">https://www.healthforteens.co.uk/</a> - specific for West Sussex under Brighton link</p> <p><a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a> - specific for reporting exploitation</p> <p><a href="https://www.childline.org.uk/info-advice/">https://www.childline.org.uk/info-advice/</a> - specific for matters relating wellbeing</p>			<p><b>CFS YouTube channel</b> has revision videos to support learning how to revise <a href="https://www.chichesterfreeschool.org.uk/">https://www.chichesterfreeschool.org.uk/</a> - Revision webpage under 'SCHOOL'</p>			

W/C	Week 32- 34	Week 35 – 37	SUMMER
Core Theme	Life Beyond School		
Topic	Revision for outstanding exams		
Learning Objectives  (Core/ Extension/ Challenge)	<p><b>Study Leave:</b> additional support offered for those that require it in school and during timetabled lessons.</p>	<p><b>Exams and school concluded</b></p> <p>Remember to change your Unifrog registered email from your school email to a personal email. This will enable you to continue to have access to your records during CFS, as well as all the Career, Apprenticeship and University search tools thereafter.</p> <p><b>Should you need future references, please email the CFS office:</b></p> <p><a href="mailto:Office@chichesterfreeschool.org.uk">Office@chichesterfreeschool.org.uk</a></p>	
Teacher Assessment			
Additional Support			