

Year 11

**Wednesday 27th
September
Health and Wellbeing**

- First Aid training
- Fitness activities
- Stress management
- Sleep

Health and wellbeing PSHE association core theme 1

Students learn . . .

- H2. how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this
- H4. strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing
- H5. the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people’s mental health
- H6. about change and its impact on mental health and wellbeing and to recognize the need for emotional support during life changes and/or difficult experiences
- H7. a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns
- H8. to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available
- H11. to make informed lifestyle choices regarding sleep, diet and exercise
- H13. to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health
- H24. to increase confidence in performing emergency first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators

**Thursday 23rd
November
Being a positive
bystander**

- Sexualised language
- Racism, discrimination, isms
- Normalised behaviours
- Hate crime
- The School Charter

Relationships PSHE association core theme 2

Students learn . . .

- R1. the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality
- R5. the legal rights, responsibilities and protections provided by the Equality Act 2010
- R16. to recognise unwanted attention (such as harassment and stalking including online), ways to respond and how to seek help
- R28. to recognise when others are using manipulation, persuasion or coercion and how to respond
- R30. to recognise when a relationship is abusive and strategies to manage this
- R31. the skills and strategies to respond to exploitation, bullying, harassment and control in relationships
- R32. about the challenges associated with getting help in domestic abuse situations of all kinds; the importance of doing so; sources of appropriate advice and support, and how to access them
- R34. strategies to challenge all forms of prejudice and discrimination

Living in the wider world PSHE association core theme 3

Students learn . . .

- L29. to recognise the shared responsibility to challenge extreme viewpoints that incite violence or hate and ways to respond to anything that causes anxiety or concern

Tuesday 23rd January
Next Steps

- Introduction to the 6th form talks
- Revision strategies
- Mock reflection
- Interview skills
- Post 16 pathways

Living in the wider world PSHE association core theme 3

Students learn . . .

- L2. to evaluate their own personal strengths and areas for development and use this to inform goal setting
- L3. how their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability
- L4. about the range of opportunities available to them for career progression, including in education, training and employment
- L5. about the need to challenge stereotypes about particular career pathways, maintain high aspirations for their future and embrace new opportunities
- L6. about the information, advice and guidance available to them on next steps and careers; how to access appropriate support and opportunities
- L10. to develop their career identity, including values in relation to work, and how to maximise their chances when applying for education or employment opportunities
- L11. the benefits and challenges of cultivating career opportunities online