

PSHE Curriculum Overview

Year 11

Knowledge Overview	Topic 1 (7 weeks)	Topic 2 (7 weeks)	Topic 3 (6 weeks)	Topic 4 (6 weeks)	Topic 5 (7 weeks)
CORE THEME	LIVING IN THE WIDER WORLD	HEALTH AND WELLBEING	RELATIONSHIPS	HEALTH AND WELLBEING	RELATIONSHIPS
Topic	Careers	Personal Wellbeing	Diversity	Emotional Wellbeing	Healthy Relationships
<i>Overview</i>	<i>Application processes, and skills for further education, employment and career progression.</i>	<i>Stress management, self-motivation, resilience and self-efficacy, balancing ambition and dealing with abuse, especially online.</i>	<i>Personal values and self-awareness, assertive communication and dealing with unwanted attention and abuse within a relationship.</i>	<i>Personal safety in the wider world and risk taking, positivity, perseverance, and procrastination, first aid, including CPR.</i>	<i>Dealing with stalking and harassment, forced marriage, parenting and pornography.</i>
Skills Overview	Topic 1 (7 weeks)	Topic 2 (7 weeks)	Topic 3 (6 weeks)	Topic 4 (6 weeks)	Topic 5 (7 weeks)
Focus*	T, Di, Q, DM	T, DM, Q, Di	Q, Di, DM	CS, Di, Q	Di, Q, CS

Skills Key

Teamwork: Students develop the skills necessary to work effectively and efficiently as part of a group.

Discussion: Students know how to talking about something in order to reach a decision or to exchange ideas in a civil manner.

Debate: Students understand how to engage in an effective formal discussion on a particular matter.

Questioning: Students know how to question so as to elicit information in a manner which does not cause offence.

Decision making: Students understand how to reach a conclusion or resolution after consideration of issues or facts.

Coping strategies: Students develop the skills required to deal effectively with difficulties including stress and anxiety.

* All key skills are built in and explored to varying degrees in all topics delivered. The ones identified in the overview are those which are the biggest focus in that particular topic