

Year 11 PSHEE Curriculum Overview

MICHAELMAS 1	
	<p>Pupils will know/learn:</p> <ul style="list-style-type: none"> ● what topics you are going to study this year. ● why young people carry knives. ● impact knife crime has on individuals and the community ● how the government can intervene to reduce knife crime. ● physical risks of being stabbed and explain how to give emergency first aid at the scene AND know how perpetrators of knife crime are treated in law. ● long term impact of a knife wound AND consider if current sentences for knife crime are effective at preventing knife crime. ● mental health effects on a victim of knife crime AND evaluate the benefits of restorative justice in these circumstances.
MICHAELMAS 2	
	<p>Pupils will know/learn:</p> <ul style="list-style-type: none"> ● the choices available for contraception, explain consent and consider the options available for an unplanned pregnancy. ● short term and long term effects of sexual health and pregnancy. ● ways to keep yourself safe in relationships and reflect on how your choices may impact on your family or partner. ● risks associated with sexting and how to keep yourself safe. ● how to protect yourself if a relationship ends. ● explain different relationships and how they carry different legal status. ● consider the emotional wellbeing of an individual when considering the type of relationship they are choosing and identifying warning signs of abusive relationships ● implications of high-risk behaviours including early sexual activity and becoming involved in an abusive relationship ● strategies for dealing with problem solving involving others and for dealing with pressure being exerted to have sexual relationships

LENT 1	
	<p>Pupils will know/learn:</p> <ul style="list-style-type: none">● How to identify ways they can manage their time effectively and sustainably through the revision season.● The difference between passive and active revision.● How to produce an effective revision plan for the revision season including leisure/rest periods and the importance of this.● Effective strategies for revision and which ones work best for them.● How to use different revision methods for different elements of their GCSE courses.● Healthy routines in terms of diet, rest and sleep will be important during the examination period.● How to prepare for adult life.
LENT 2	
	<p>Pupils will know/learn:</p> <ul style="list-style-type: none">● What mental health is and who it affects.● Ways to maintain positive mental health.● Different types of mental health problems.● How to differentiate between myths and facts associated with mental health.● The warning signs of poor mental health.● How they can help themselves and someone else with mental health problems● Understand what stigma is and the stigma surrounding mental health.● That there are different attitudes displayed to those suffering with mental health.

TRINITY 1

Pupils will know/learn:

- The meaning of positivity and how positive qualities relate to themselves.
- Strategies to keep themselves positive.
- What self awareness is and why we should develop it.
- How to recognise their own strengths and weaknesses
- Know how to make some positive changes.

Any additional PSHEE related learning needed before pupils stand down.