

Subject: PSHE
Year 11

<p>Autumn HT 1 Building for the future- Self-efficacy, stress management, and future opportunities</p>	<p>Autumn HT 2 (RS Curriculum)</p>	<p>Spring HT 1 Next steps- Application processes, and skills for further education, employment and career progression</p>	<p>Spring HT 2 (RS Curriculum)</p>	<p>Summer HT 1 Independence- Responsible health choices, and safety in independent contexts</p>	<p>Summer HT 2 Exam Season</p>
<ul style="list-style-type: none"> • Know how to manage the judgement of others and challenge stereotyping • Know how to balance ambition and unrealistic expectations and develop self-efficacy, including motivation, perseverance and resilience • Know how to maintain a healthy self-concept and about the nature, causes and effects of stress • Know how stress management strategies, including maintaining healthy sleep habits • Know about positive and safe ways to create content online and the opportunities this offers • Know how to balance time online 		<ul style="list-style-type: none"> • How to use feedback constructively when planning and setting SMART targets • Know about options post-16 and career pathways • About application processes, including writing CVs, personal statements and interview technique • How to maximise employability, including managing online presence and taking opportunities to broaden experience • Know about rights, responsibilities and challenges in relation to working part time whilst studying • Know how to manage work/life balance • I have a dream (career aspirations) 		<ul style="list-style-type: none"> • Know how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) • Know emergency first aid skills • About the importance of screening and how to perform self-examination • About blood, organ and stem cell donation • How to manage influences and risks relating to cosmetic and aesthetic body alterations 	

Ludus Admirandus