**Derby Cathedral School PSHE KS5 Long term Plans**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 12** | **Study skills for 6th form**  How to be an effective Year 12, expectations and guidance | **Art of brilliance well being award**  An external set of lessons around mental Health with a well being qualification attached | **Unifrog part 1**  Post 18 options, recognising skills, intro to UCAS forms, choosing university subjects and places. | **Work skills and me**  6th form and working, online and reputation, personal brand, my strengths and weaknesses | **Mock exams and revision time**  Dedicated revision time for end of Year 12 exams | **Unifrog part 2**  Drafting a personal statement, apprenticeships, finding and applying for, interviews and university open days, finalising personal statements |
| **Year 13** |  |  |  |  |  |  |