



Living Education (PSHE) Year 11 Medium Term Scheme of Work from 2021

Half term	Topic	In this unit of work, students learn...	PSHE Association Programme of Study refs: H = Health & Wellbeing R = Relationships L = Living in the Wider World
Autumn 1 Sept – Oct half term	Team St Michael's Setting new ground rules. School Council election. Patrons. Health and Wellbeing 8 Resilience and managing stress	<ul style="list-style-type: none"> • Ground rules for respectful discussions • Election of tutorial school council representative • Who is my tutorial patron and what makes them a good role model • The power of positivity • Finding your motivation • Recognising and dealing with exam stress • Your revision timetable and making an action plan • Finding your support • Circles of control • Problem solving and coping strategies • Helping others • The Five Ways to Wellbeing • How to recognise and reframe negative thinking patterns • When and how to get help with mental ill health 	Y1 Unit A - H1, H2, H3, R1, R29, L1, L10 Y11 Unit B - H1, H3, H4, H5, H6, R1, R2, R29 Y11 Unit C - H2, L1, L10, L11, L12 Y11 Unit D - H2, L1, L10, L11, L12
Autumn 2 Oct half term - Christmas	Careers 5 Your post-16 plan	<ul style="list-style-type: none"> • What do you want to do when you leave St Michael's? • Planning for the transition to KS5 • What options are available for post-16 study or training? • Personal statements and the art of self-reflection • Advice for completing application forms • What to include in a cover letter • Starting to build your CV <p style="color: red;">Information letter sent home to parents.</p>	Y11 Unit E - H1, H2, L1, L10, L11, L13 Y11 Unit F - H2, L1, L10, L11, L13, L19 Y11 Unit G - H17, L10, L11, L13, L15, L19 Y11 Unit H - L10, L13, L14, L15, L17, L19



			Y11 Unit I - H12, H14, L10, L13, L14, L15, L17, L19
Spring 1 Christmas – Feb half term	Relationships 8 Self-esteem and relationships. Longer-term commitments.	<ul style="list-style-type: none"> • What is 'sexuality' and how does this relate to self-esteem? • Recognising influences on our self-image and self-esteem • Using positives to build self-esteem • The power and importance of self-care • Communicating assertively in relationships • When might a person be ready (or not ready) for intimacy? • Long term commitments and marriages • The laws regarding marriage in the UK • Arranged vs forced marriages • What is sexualised online bullying? • Boundaries, consent and the impact of sexual harassment 	Y11 Unit J - H6, H14, R1, R2, R6, R8, R13, R14, R15, R16, R20, R21, R22, R29, L8 Y11 Unit K - H6, H14, R1, R5, R7, R8, R14, R15, R16, R17, R19, R29, L7, L8, L9 Y11 Unit L - H1, H3, H6, H14, R1, R3, R5, R6, R7, R9, R10, R11, R12, R15, R16, R17, R18, R20, R29, L3, L7 Y11 Unit M - H14, R1, R3, R5, R6, R7, R8, R9, R10, R11, R12, R16, R17, R20, R29, L2, L3
Spring 2 Feb half term - Easter	Health and Wellbeing 7 Drugs education 5 and coping with exams	<ul style="list-style-type: none"> • Reflections about coping with change • Finding a good work-life balance • Knowing your NHS services and where to get help • Recap previous learning about drugs and why people might use them • Drugs propaganda vs case studies • Dealing with peer pressure and influence • The wider costs and implications of drug use and abuse • Opinions and evidence about e-cigarettes 	Y11 Unit N - H7, H12, H13, H14, H17, R2, R29, L21 Y11 Unit O - H7, H12, H13, H14, R29 Y11 Unit P - H6, H7, H8, H15, H16, H18 Y11 Unit Q - H6, H7, H8, H15, H16, H18



Summer 1 Easter – May half term	Health and Wellbeing 9 Taking responsibility for health	<ul style="list-style-type: none">• Signs and self-checking for testicular cancer• Breast cancer and self-checking• Where to find out more about health issues that affect young people• The tanning trend – is it safe?• Understanding the risks of cosmetic surgery• Being a critical consumer of information about health	Y11 Unit R - H6, H7, H8, H9, H18, R29 Y11 Unit S - H3, H5, H6, H7, H8, H9, H13, H15, H18, R22, R26, R27, R29 Y11 Unit T - H1, H6, H7, H10, H11, R14, R17
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Relationships/Health and Wellbeing are statutory elements of the course.
For more information please refer to the RSE and Drugs Education policies.

Other elements within the Year 10 Living Education programme

- Careers Education
- Citizenship and British Values
- Financial capability (some outcomes also covered in Maths)
- Open Water Danger

Elements of **Citizenship education** are taught cross-curricular.