



Living Education (PSHE) Year 11 Medium Term Scheme of Work from 2023

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 9 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



<p>Autumn 2 Oct half term - Christmas</p>	<p>Careers 5 Your post-16 plan</p>	<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>	<p>Y11 Unit E - H1, H2, L1, L10, L11, L13</p> <p>Y11 Unit F - H2, L1, L10, L11, L13, L19</p> <p>Y11 Unit G - H17, L10, L11, L13, L15, L19</p> <p>Y11 Unit H - L10, L13, L14, L15, L17, L19</p> <p>Y11 Unit I - H12, H14, L10, L13, L14, L15, L17, L19</p>
<p>Spring 1 Christmas – Feb half term</p>	<p>Relationships 9 Self-esteem and relationships. Longer-term commitments.</p>	<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 	<p>Y11 Unit J - H6, H14, R1, R2, R6, R8, R13, R14, R15, R16, R20, R21, R22, R29, L8</p> <p>Y11 Unit K - H6, H14, R1, R5, R7, R8, R14, R15, R16, R17, R19, R29, L7, L8, L9</p> <p>Y11 Unit L - H1, H3, H6, H14, R1, R3, R5, R6, R7, R9, R10, R11, R12, R15, R16, R17, R18, R20, R29, L3, L7</p> <p>Y11 Unit M - H14, R1, R3, R5, R6, R7, R8, R9, R10, R11, R12, R16, R17, R20, R29, L2, L3</p>
<p>Spring 2 Feb half term - Easter</p>	<p>Health and Wellbeing 10 Drugs education 5 and coping with exams</p>	<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 	<p>Y11 Unit N - H7, H12, H13, H14, H17, R2, R29, L21</p> <p>Y11 Unit O - H7, H12, H13, H14, R29</p> <p>Y11 Unit P - H6, H7, H8, H15, H16,</p>



		<ul style="list-style-type: none"> • Dealing with peer pressure and influence • The wider costs and implications of drug use and abuse • Opinions and evidence about e-cigarettes 	H18 Y11 Unit Q - H6, H7, H8, H15, H16, H18
Summer 1 Easter – May half term	Health and Wellbeing 11 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

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 11 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 and on CVE days.