



Long Term Mapping Key Stage 4



		Cycle 1 (2020-2021)	Cycle 2 (2021-2022)
Autumn	1	Making informed choices about health and wellbeing	Understanding the role and influence of the media on lifestyle
	2	Personal Finance	Maintaining physical, mental and emotional health and wellbeing. Making informed choices about health and wellbeing
Spring	1	Making informed choices about health and wellbeing	Maintaining physical, mental and emotional health and wellbeing. Identifying and accessing help advice and support
	2	British values: Rights and Responsibilities as part of diverse communities	Making informed choices and being ambitious and enterprising
Summer	1	British values and equalities: Rights and Responsibilities as part of diverse communities	British values: Rights and Responsibilities as part of diverse communities.
	2	Citizenship	Assessing and managing risks to health and to stay and keep others safe Managing Transition



MEDIUM-TERM PLANNING

PSHE – KS4

Aspiration for Life		Differentiated, aspirational targets dependent on pupil needs.		Language for Life		Explicit teaching/ exposure to new and know vocabulary.		Learning for Life		Opportunities to develop cross curricular skills e.g. drama		
CYCLE 1 - 2020-2021 Intent: We will promote, develop, equip and prepare healthy learners for life.	Making informed choices about health and wellbeing	Personal Finance		Making informed choices about health and wellbeing		British values: Rights and Responsibilities as part of diverse communities		British values and equalities: Rights and Responsibilities as part of diverse communities		Citizenship		
	Autumn 1 7 weeks	Autumn 2 7 weeks		Spring 1 6 weeks		Spring 2 6 weeks		Summer 1 5 weeks		Summer 2 7 weeks		
	Maintaining a balanced diet Making informed choices on healthy and unhealthy food Categorise foods into group's protein, carbohydrates, dairy and fats Physical activity Planning a healthy lifestyle	Bank Accounts/saving accounts Bill paying Managing money Gambling and its consequences Income and expenditure Credit and debt Insurance Pensions Financial products and services Work		Alcohol Tobacco Understanding terminology – habit, dependence, addiction Support available and where this can be found Wider risks and consequences of legal and illegal substance use Personal safety career relationships including online relationships and future lifestyle		Respect for community areas e.g. litter/graffiti Where to find guidance and support within the community Different ways citizens can contribute to the improvement of the community Active volunteering		Radicalisation Prejudice: tolerance and knowledge of race and culture Inclusive Communities Rights and - Responsibilities as part of a community/society Human Rights International Law Legal systems How the law helps society Diverse national, regional, religious and ethnic identities and having mutual respect.		Parliamentary democracy and key elements of constitution Power of the government Role of Citizens in Parliament, Power and roles in Parliament Different electoral systems Democratic and electoral processes Democratic and non-democratic government Local, regional and international governance – UK, Europe, Commonwealth and the Wider World		
	SUGGESTED ACTIVITIES											
	Yoga Physical activity Differentiate between healthy and unhealthy food Food planner Week planner	Plan and spend a weekly budget Plan activities and Work for money, including budgeting Monopoly Dangers of credit cards and buying on credit		List risks to health Legal and illegal drugs and consequences of taking them Effects of alcohol and drugs Making life decisions/scenarios How to critically consider online friendships How information and data is shared and used online		Walk round local community litter picking and tidying Learn about our local community and where important things are important and whose important Draw/create our local community Britain as a community		Learn about radicalisation with case studies Prejudice worksheets and get pupils initial reactions to people of certain jobs e.g. man as a builder What are human rights and rights for children and why, draw/write what's important How the legal system works How diverse the country is, religion, ethics and mutual respect		Learn about the government and what they do from Local government up. Create your own political party to make Tor View a better place, rosettes, policies, and vote in a leader and write a manifesto and vote with ballot papers. (3 weeks) Learn about Rossendale council and the parties International governance and leaders of other powerful countries compare countries.		
	VOCABULARY											
	Wellbeing Healthy Unhealthy Physical Emotional Positive	Budget Finance Income Expenditure Insurance Pensions Debt		Alcohol Tobacco Addiction Dependence Legal/Illegal Consequences		Citizens Respect Community Volunteering Council Government Britain		Radicalisation Prejudice Race Inclusive Rights and responsibilities Human rights International law Legal systems Society Diverse		Parliament Government Local council Constituency Democracy Electoral process Policies Manifesto Ballot Citizenship		

		IMPLEMENTATION					
INTENT		Week 1: Introduce wellbeing Week 2: Yoga Week 3: Physical lesson Week 4: Healthy food Week 5: Unhealthy food Week 6: Food groups Week 7: Plan a healthy life Week 8: Assessment	Week 1: Introduce Week 2-4: Give pupils a budget, plan a way to make money, execute plan and count. Week 5: Gambling, Credit and debt Week 6: Plan personal finances Week 7: Assessment	Week 1: Alcohol and tobacco Week 2: Addiction Week 3: Legal and illegal drugs and consequences Week 4: Making life decisions and looking at scenarios Week 5: Plan a career with relationships and future lifestyle Week 6: Assessment	Week 1: Learn about our local community Week 2-3: Explore local area and litter pick Week 4: Draw/create our local community Week 5: Britain as a community Week 6: Assessment	Week 1: Radicalisation Week 2: Prejudice Week 3: Human rights Week 4: Legal system and the diverse country Week 5: Assessment	Week 1: Introduce the government and what they do Week 2, 3 + 4: Create your own political party Week 5: Local council Week 6: International leaders and countries Week 7: Assessment



TOR VIEW

A SPECIALIST LEARNING COMMUNITY

MEDIUM-TERM PLANNING PSHE – KS4

Aspiration for Life	Differentiated, aspirational targets dependent on pupil needs.	Language for Life	Explicit teaching/ exposure to new and know vocabulary.	Learning for Life	Opportunities to develop cross curricular skills e.g. drama
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CYCLE 2 – 2021-2022	Intent: We will promote, develop, equip and prepare healthy learners for life.	Understanding the role and influence of the media on lifestyle	Maintaining physical, mental & emotional health & wellbeing. Making informed choices about health and wellbeing	Maintaining physical, mental & emotional health & wellbeing. Making informed choices about health and wellbeing	Making informed choices and being ambitious and enterprising	British values: Rights and Responsibilities as part of diverse communities.	Assessing and managing risks to health and to stay and keep others safe Managing Transition
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		<p align="center">7 weeks</p> <p>Recognising and managing feelings about their bodies Understanding influences on their body image Understanding media portrayal of idealised and artificial body shapes Health risks and issues about body image Cosmetic procedures How the media can have an effect on our self-esteem/mental health Influence of the media on our day to day lives Social media and recognising the importance of being respectful online including when we are anonymous</p>	<p align="center">7 weeks</p> <p>Evaluating self-confidence and self-esteem and how these are affected by the judgement of others Characteristics of emotional and mental health Dealing with emotional health Dealing with mental health Drugs Understanding terminology – habit, dependence, addiction Support available and where this can be found Wider risks and consequences of legal and illegal substance use Personal safety, career, relationships and future lifestyle</p>	<p align="center">6 weeks</p> <p>Causes, symptoms and treatments of mental and emotional health disorders (stress, anxiety, depression) Strategies for managing mental health including stress, anxiety, depression, self-harm and suicide Services for help and support with mental and emotional help How to deal with it if it happened to us Making effective use of constructive feedback Differentiating between helpful feedback and unhelpful feedback Where to obtain health information, advice and support</p>	<p align="center">6 weeks</p> <p>Types of skilled employability and what is required to qualify Processes to achieve qualifications and employment Skills needed to be enterprising Types of business and how they are organised and financed Different types of work; employment, self-employment, voluntary work Laws and by-laws related to young peoples permitted hours and types of employment Unacceptability of any discrimination Setting goals/achievable targets Ambitions for jobs and careers Benefits of being ambitious and enterprising Skills</p>	<p align="center">5 weeks</p> <p>Critical thinking on extremism and tolerance Understanding concept of 'shame' and 'honour based violence' Shared responsibility to protect the community How to respond to anything that causes anxiety or concern</p>	<p align="center">7 weeks</p> <p>Looking out for the health of friends and family How to deal with ill health in the family Support for carers/young carers Knowing where to get help Street safety – always stay on a well-lit street etc. Safety in the home – when home alone what to do. Basic first aid How to cope with transition Help and support Managing feelings about transition Career pathways</p>

SUGGESTED ACTIVITIES

<p>How the media influences how you feel about your body Cosmetic surgery and risks Draw a man/woman see how they match up with the medias image of a perfect body Show pictures of people who have and have not had plastic surgery see if pupils can guess Create a Social media profile – appropriate / inappropriate one Draw/write an advertisement for food/objects/ holiday influencing other pupils Write a song/film or product review and influence the class to buy/listen or watch.</p>	<p>List risks to health Legal and illegal drugs and consequences of taking them, where to find help if you become addicted Effects of alcohol and drugs Making life decisions/scenarios Mental health what makes us feel good about ourselves and strategies to help us build our self-confidence and self esteem Basic emotions and things that make us happy, sad, angry, excited and scared Personal safety, career, relationships and future lifestyle choices</p>	<p>Mental health- causes and symptoms. Also strategies for managing mental health. Health information, advice and support and where to find it. What is MIND? Physical wellbeing lesson- bikes, running or football. Yoga/meditation Mindfulness session-selection of mindfulness activities Mindfulness colouring Make a poster on Mental health</p>	<p>Types of skills needed for various work and making you employable. Write a CV. Set goals and achievable targets for the future and research skills and qualifications needed for this. Pupils get into two groups and come up with an idea to make money in school, e.g. car washing, making toast. Budget and implement plan.</p>	<p>What makes us British? List of activities that British people do and makes us British? Tea parties? Bunting. British animals. List British food and taste them. Extremism and examples of it, how it occurs and develops. Also honour and shame based violence.</p>	<p>Identify safe places in our community. Safety at home in each room. Basic first aid treatment Go through people who can help us with a selection issues. E.g. youth support and where and how we would contact them. Selecting our career pathway and how we would start. Job dress up role-play. A lesson on transition and where people are going, walk up to FE and see the department.</p>
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		VOCABULARY					
		Media Body image Artificial Body shape Cosmetic procedures Self esteem Mental health Media influence Social media	Evaluating Self-confidence Self-esteem Emotional and mental health Drugs Dependence Habit Addiction Consequences Legal/illegal	Symptoms Treatments Stress Anxiety Depression	Employability/Employment Qualifications Business Finance Ambition Enterprise Discrimination	British Values Extremism Tolerance Shame Honour Violence Anxiety	Health Support Safety Career Career pathway Transition
		IMPLEMENTATION					
	INTENT	Week 1: Media influence on body image and feelings Week 2: Cosmetic surgery, what you can have done and health risks Week 3: How the media has an impact on our self esteem Week 4: How the media influences what food we buy Week 5: Social Media Week 6: How reviews influence what we buy. Week 7: Assessment	Week 1: Emotions Week 2: Mental health Week 3: Drugs Week 4: Effects of addiction and where to seek help Week 5-6: Personal safety, career, relationships and future lifestyle choices Week 7: Assessment	Week 1: Introducing mental health Week 2: MIND-what is it and what they do. Week 3: Physical wellbeing lesson Week 4: Yoga/meditation Week 5: Create a poster on how to maintain wellbeing Week 6: Assessment	Week 1: Introduce employability and skills needed Week 2: Write a CV Week 3: Set goals and what pupils want to do and how to achieve it Week 4 + 5: Enterprise activity, plan and implement Week 6: Assessment	Week 1: What makes us British? Week 2: British food Week 3: British Animals Week 4: British Tea Party Week 5: Assessment	Week 1: Safe places in our community Week 2: People who can help us Week 3-4: Safety at home Week 5: Select career pathway Week 6: Transition Week 7: Assessment

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