



Valley College

# Long Term Mapping PSD and Citizenship Valley College



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		1 Year Cycle
Autumn	1	Making Informed Choices About Health and Well Being
	2	Making Informed Choices About Health and Well Being
Spring	1	British Values/Citizenship
	2	Maintaining physical, mental and emotional health and wellbeing/Relationships & SRE
Summer	1	Assessing and managing risks to health and to stay and keep others safe
	2	Rights and Responsibilities as part of diverse communities

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**Valley College PSD and Citizenship MEDIUM TERM PLAN**

<b>Valley College PSD and Citizenship MEDIUM TERM PLAN</b>							
<b>Aspiration for Life</b>	Differentiated, aspirational targets dependent on learner needs.	<b>Language for Life</b>	Explicit teaching/ exposure to new and known vocabulary.	<b>Learning for Life</b>	Opportunities to develop cross curricular skills e.g. Work Experience		
To facilitate and offer opportunities for our learners to learn about hygiene routines and how to lead and long and healthy life. To know how our country is ruled and how we can help our communities as a whole.	Making Informed Choices About Health and Well Being	Making Informed Choices About Health and Well Being	Brish Values & Citizenship	Maintaining physical, mental and emotional health and wellbeing. SRE	Assessing and managing risks to health and to stay and keep others safe	Rights and Responsibilities as part of diverse communities	
	Autumn 1 - 7 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 6 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks	
	To maintain a Healthy Diet To complete a good hygiene routine	To maintain a Healthy Diet To complete a good hygiene routine To learn about drugs and alcohol	To learn about British Values To know what is right and wrong To learn about stereotypes To make good choices	To look at causes, symptoms and treatments of mental and emotional health disorders (stress, anxiety, depression) To know strategies for managing mental health To know services for help and support with mental and emotional help To learn about healthy relationships/SRE	To know what hazards and risks are in the home To know what hazards and risks are in the work place	To know what volunteering is and know different ways to contribute to the community.	
	<b>SUGGESTED FUNCTIONAL ACTIVITIES</b> <i>(Choose from or use suitable alternative)</i>						
	Talking about why we need to eat a healthy diet. To practise cooking healthy food To learn why we need to have good hygiene routines. To practise hygiene routines	Talking about why we need to eat a healthy diet. To practise cooking healthy food To learn why we need to have good hygiene routines. To practise hygiene routines To learn about drugs and alcohol	Talk about British Values and what that means Look at what's right and wrong Making good choices Mutual respect Learn about stereotypes	To know the different causes of mental and emotional health disorders. Use NHS/BBC websites for resources on depression and managing stress and anxiety Look at health relationships/friendships/ our bodies/ becoming an adult/SRE areas relevant to group	Sensory World Website	Government/ BBC Websites	
<b>VOCABULARY EXAMPLES</b>							

		Diet Vegetables Carbohydrates Vitamins Minerals Fitness Exercise Brushing Cutting	Diet Vegetables Carbohydrates Vitamins Minerals Fitness Exercise Brushing Cutting Drugs Alcohol	British Values Right and wrong Stereotypes Making choices Mutual respect	Depression Anxiety Stress Emotion Relationships Friendships Our body	Hazard Corrosive Flammable Electrical Poisonous Trip	Volunteer Work Community Diversity
	<b>IMPLEMENTATION</b>						
<b>INTENT</b>	Week 1 - 6 Hygiene Routines Week 7: Assessment	Week 1 – 6 Healthy Diets Week 6: Drugs and alcohol Week 7: Assessment	Week 1-2 Right and wrong Week 3-4 British Values Week 5 Stereotypes Week 6: Making choices	Week 1-2 What is our mental Health? And strategies Week 3- Place to find help Week 4- Healthy relationships/friendships Week 5 – Our bodies Week 6: SRE relevant to learners	Week 1-2 Hazards in the home Week 4 – 5 Hazards in the work place Week 5: Assessment	Week 1-2 What is our Community? Week 3-6 How to volunteer and help in the community? Week 7: Assessment	

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