



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	Personal Finance
Spring	1	Maintaining physical, mental and emotional health and wellbeing. Relationships/SRE
	2	British Values & Citizenship
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

Aspiration for Life		Differentiated, aspirational targets dependent on learner needs.	Language for Life	Explicit teaching/ exposure to new and known vocabulary.	Learning for Life	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	Personal Finance	Maintaining physical, mental and emotional health and wellbeing. Making informed choices about health and wellbeing	British Values & Citizenship	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 know about bank accounts/saving accounts To know how to pay bills To know how to manage money	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 about parliamentary democracy and key elements of constitution To know who our government is and the power of the government and the role of Citizens in Parliament, Power and roles in Parliament.	To know what hazards and risks are in the home To know what hazards and risks are in the work place To know about e-safety To keep safe using social media	To know what volunteering is and know different ways to contribute to the community.	
	SUGGESTED FUNCTIONAL ACTIVITIES <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	To look at different bank accounts and what interest rates are. To know what different types of bills you have to pay when running a house. To look at using excel to balance money and bills.	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	Government/ BBC Websites	Sensory World Website	Government/ BBC Websites	
VOCABULARY EXAMPLES							

		Diet Vegetables Carbohydrates Vitamins Minerals Fitness Exercise Brushing Cutting	Bank Money Mortgage Rent Loan Bill Insurance	Depression Anxiety Stress Emotion Relationships Friendships Our body changes SRE	Voting Prime Minister MP's Councillor British Values Stereotypes Right & wrong Mutual Respect	Hazard Corrosive Flammable Electrical Poisonous Trip E-safety Social media	Volunteer Work Community Diversity
		IMPLEMENTATION					
	INTENT	Week 1 - 4 Hygiene Routines Week 5 – 6 Healthy Diets Week 7: Assessment	Week 1 What is a bank account and opening one. Week 2 – 6 Balance sheet using Excel. Including Income and Expenditure Week 7 Look at Insurance	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 Voting -Who is our government? Week 3- British Values Week 4- stereotypes Week 5- Right and wrong Week 6- Making choices	Week 1-2 Hazards and managing risks Week 4 – 5 E-safety and social media Week 5: Assessment	Week 1-2 What is our Community? Week 3- How to volunteer and help in the community? Week 4- Finding out what our council does Week 7: Assessment

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