

YEAR 11 CURRICULUM PLAN FOR PSHCE



TOPIC	KEY LEARNING	ASSESSMENT
Learning to Learn: Managing Change	<ul style="list-style-type: none"> ➤ Explore the challenges of Year 11, review aspirations and check progress against them, and explore how to balance ambition with unrealistic expectations ➤ Understand how to develop self-management and self-efficacy, including motivation, reframing and negative thinking loops. ➤ Review poor sleep-hygiene ➤ Review the nature, causes and effects of stress and explore how to balance time online, academia, friendships and mental health ➤ Re-explore the identification of negative thinking patterns and evaluate self-concept, including the importance of failure and how to respond to disappointment ➤ Understand how to recognise signs of mental ill-health, who to tell and when to access support 	<p><i>Formative Assessment:</i> Baseline trackers Then and now I can statements RAG statements</p> <p><i>Summative Assessment:</i> Firefly Reflection Page</p>
Careers	<ul style="list-style-type: none"> ➤ Review aspirations and goals, and understand how they relate to the future and careers ➤ Understand key employability skills, evaluate own skills and how they can create a career path ➤ Explore C.V writing, including understanding what to include, identifying skills, adapting to job specification and layout ➤ Understanding interview technique including different types of interview, testing and what interviewers are looking for ➤ Explore how personal social media and digital footprint can filter in to careers 	<p><i>Formative assessment:</i> Questioning Recall and review Written C.V</p> <p><i>Summative Assessment:</i> Firefly Reflection Page</p>
Relationships: Communication family and Independence	<ul style="list-style-type: none"> ➤ Explore relationship core values and ideals, including understanding changing and evolving emotions and the value of independence ➤ Understand passive, assertive and aggressive communication and know how to communicate assertively wants and needs ➤ Know strategies to manage the strong emotions associated with different stages of relationship including how to safely and responsibly manage intimacy and changes, especially ending of relationships ➤ Explore how to recognise threat and unwanted attention (including harassment and stalking) and know ways to respond and seek help. ➤ Understand unhealthy, exploitative and abusive relationship, the challenges associated with DA and the law relating to 'forced marriage' ➤ Understand the importance of committed relationships including the rights and protections that come with marriage, civil partnerships and the legal status of other long term relationships, and the commitment of marriage should be entered into freely without force, threat of coercion ➤ Understand how to manage grief and the impact of separation, divorce and bereavement within the family ➤ Know the importance of parenting skills and qualities for family life 	<p><i>Formative Assessment:</i> Baseline trackers Then and now I can statements RAG statements Mindmaps</p> <p><i>Summative Assessment:</i> Firefly Reflection Page</p>
Pressure: drugs, alcohol and nicotine	<ul style="list-style-type: none"> ➤ Explore why someone of this age may become reliant and dependent on drugs, alcohol or nicotine and the triggers that cause this ➤ Understand the consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities ➤ Review specifically the identification and classification of cannabis, cocaine ecstasy, nitrous oxide, vaping (nicotine salts) ketamine and performance enhancing drugs, and their physical and mental effects. ➤ Understand how alcohol and drugs affect decision making, including the situations in which risks may be taken and the impact of those risks ➤ Explore wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle ➤ Understanding ways of accessing help and support for the effects of, or the cessation of, drug, alcohol and nicotine use. 	<p><i>Formative Assessment:</i> Then and now I can statements RAG statements True or False Mindmaps</p> <p><i>Summative Assessment:</i> Firefly Reflection Page</p>
Exam Preparation: Learning to Learn	<ul style="list-style-type: none"> ➤ Explore metacognition ➤ Understand how to plan time effectively ➤ Review how to create and use flashcards including the Leitner System ➤ Review how to use Dual Coding effectively ➤ Review how to effectively use mind-maps, two column testing and diagrams 	
Exam	<ul style="list-style-type: none"> ➤ GCSE Exams 	