

# Year 12 PSHE 2020-21



		PSHE Lesson Focus	Lesson Structure	
Autumn	Week 1	Health and Well-Being & Relationships Self-Concept & Forming Respectful Relationships  Skills and Strategies to confidently manage transitional life phases (H1) To manage mature friendships, including making friends in new places (R1)	Introduction to Lift Off and Purpose/Outcome of this Half Term- To produce an activity for World Mental Health Day (10 <sup>th</sup> October 2020) Kooth- External Speaker Team Building Activities within forms.	
	Week 2	Health and Well-Being Self- Concept  To recognise how idealised images of bodies and pressure to confirm, can adversely affect body image and self-esteem; strategies to manage this pressure (H2) To understand the issues and considerations relating to body enhancement or alteration, including long-term consequences (H3)	Classes on a rotation between 5 sessions (see weeks 2,3,4, 6,7).  Rotations: Body Image & Eating Disorders Depression & Self Harm Stress and Anxiety Compulsive Behaviours Work-Life Balance- Sleep and Exercise  Students to take part in 3 sessions. Class to them select an activity from the strategies they have learnt to be delivered to main school during the celebration of WMHD.	
	Week 3	Health and Well-Being Health and Emotional Well-Being  To recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety (H4) To recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours [NB It is important to avoid teaching methods and resources that provide instruction on ways of self-harming, restricting food/inducing vomiting, hiding behaviour from others etc., or that might provide inspiration for students who are more vulnerable (e.g. personal accounts of weight change). (H5) To recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing (H6) To analyse and evaluate support available to manage common mental health issues, and how to access the most appropriate support (H7) To consistently access reliable sources of information and evaluate media messages about health (H9) How to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep, and balancing time online (H13)		
	Week 4	Health and Well-Being Self- Concept & Health and Emotional Well-Being H4, H5, H6, H7, H2, H3, H9, H13		
	Week 5	Health and Well-Being Self- Concept & Health and Emotional Well-Being H4, H5, H6, H7, H2, H3, H9, H13		Students plan their activity for WMHD
	Week 6	Health and Well-Being Self- Concept & Health and Emotional Well-Being H4, H5, H6, H7, H2, H3, H9, H13		Rotations Continue so students have completed all
	Week 7	Health and Well-Being Self- Concept & Health and Emotional Well-Being H4, H5, H6, H7, H2, H3, H9, H13		Rotations Continue so students have completed all
	Additional Lift Off Lesson	E-Safety (H14) (L25) Professionalism within Emails E-Safety- how to ensure we have a health well-being through e-safety.		Presentation by DSL Team on E-Safety and KHA/HJS on Professionalism within Emails

OCTOBER HALF TERM

Autumn 2	Week 8 Week 1	Health and Well-Being Drugs, Alcohol and Tobacco to manage alcohol and drug use in relation to immediate and long-term health (H21)	External Speaker Year 12 & 13 Assembly
	Week 9 Week 2	Relationships (incl. RSE) Relationship Values  How to articulate their relationship values and to apply them in different types of relationships (R1)	Students are to keep production notes on each topic with the outcome being: -Form video recording for main school resource -Personal pledge of respect for themselves.
	Week 10 Week 3	Relationships (incl. RSE) & Health and Well Being Contraception & Parenthood & Sexual Health  To develop a nuanced understanding of how to select appropriate contraception in different contexts (H18) To negotiate, and if necessary be able to assert the use of contraception with a sexual partner (R15) How to effectively use different contraceptives, including how and where to access them (R16) To evaluate the most appropriate methods of contraception in different circumstances (including emergence contraception) (R17)	
	Week 11 Week 4	Relationships (incl. RSE) Forming and Maintaining Respectful Relationships  To develop and maintain healthy, pleasurable relationships and explore different levels of emotional intimacy (R6) To evaluate different degrees of emotional intimacy in relationships, the role of pleasure, how they understand the difference between 'love' and 'lust' (R7)	
	Week 12 Week 5	Relationships (incl. RSE) Forming and Maintaining Respectful Relationships  To use constructive dialogue to support relationships and negotiate difficulties (R8) To manage the ending of relationships safely and respectfully, including online (R9)	
	Week 13 Week 6	Relationships (incl. RSE) & Health and Well Being  Sexual Health STIS- Reduce the risk of contracting or passing on an STI (H19) How to take responsibility for their sexual health and know where, and how, to access local and national advice, diagnosis and treatment (H20)	
	Week 14 Week 7	Relationships (incl. RSE) R1, R15, R16, R17, R6, R7, R8, R9	
	Additional PSHE Session	Love vs Lust	Lesson Delivered by Teachers

**CHRISTMAS HOLIDAYS**

<b>Spring 1</b>	Week 16 Week 1	Relationships (incl. RSE) Relationship Values  To recognise and challenge prejudice and discrimination and understand rights and responsibilities with regard to inclusion (R2) To recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships (R3) Ways to celebrate cultural diversity, promote inclusion and safely challenge prejudice and discrimination (R25)	Students to learn about a different culture and their approach to relationships
	Week 17 Week 2	Relationships (incl. RSE) Relationship Values  To recognise and challenge prejudice and discrimination and understand rights and responsibilities with regard to inclusion (R2) To recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships (R3) Ways to celebrate cultural diversity, promote inclusion and safely challenge prejudice and discrimination (R25)	Student to plan sharing their research through an installation where the classroom is decorated to celebrate that culture whilst issues/views on relationships are taught
	Week 18 Week 3	Relationships (incl. RSE) Relationship Values  To recognise and challenge prejudice and discrimination and understand rights and responsibilities with regard to inclusion (R2) To recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships (R3) Ways to celebrate cultural diversity, promote inclusion and safely challenge prejudice and discrimination (R25)	Students to visit each other's rooms to share work and knowledge.
	Week 19 Week 4	Relationships (incl. RSE) Forming and Maintaining Respectful Relationships and Bullying, Abuse and Discrimination  To manage personal safety in new relationships including meeting someone for the first time who you met online (R5) To recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online (R19)	Working with Year 13 on a challenge
	Week 20 Week 5	Living in the Wider World National Apprenticeship Week To evaluate the 'next step' options available, such as apprenticeships (L3)	Use National Apprenticeship Week Resources Invite Tina Patel in to do assembly that week
	Week 21 Week 6	Wobble Week Mental Health Week in Sixth Form (H6)	Well Being exercises with Years 12 & 13 together (mixed form groups)
	Additional PSHE Session	Knife Crime	External Speaker/ PCSO to lead

**FEBRUARY HALF TERM**

<b>Spring</b>	Week 22 Week 1	Relationships (incl. RSE) Bullying, Abuse and Discrimination  To recognise and manage different forms of abuse, sources of support and exit strategies for unhealthy relationships (R20) To recognise forced marriage and 'honour' based violence; to get help for themselves or others they believe to be at immediate or future risk (R21) To understand their rights in relation to harassment (including online) and stalking, how to respond and how to access support (R22)	Student Research Task
	Week 23 Week 2	Relationships (incl. RSE) Bullying, Abuse and Discrimination  To understand the legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people's right to give, not give, or withdraw consent (R11)	Student Research Task- Presentations

			To understand the emotional, physical, social and legal consequences of failing to respect others' right not to give or to withdraw consent (R12) To recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities (R13)	
	Week 24 Week 3	Living in the Wider World Choice and Pathways & Work and Career	To set realistic yet ambitious career and life goals which are matched to personal values, interests, strengths and skills (L2) The implications of the global market for their future choices in education (L4) How to recognise career possibilities in a global economy (L7) To evaluate the 'next steps' options available such as higher education, further training (L3)	UCAS session led by UCAS Coordinator Research into courses opportunity
	Week 24 Week 4	Living in the Wider World Choice and Pathways & Work and Career	To evaluate the 'next step' options available, such as Gap Year opportunities ( L3)	
	Week 26 Week 5	Living in the Wider World Choice and Pathways L1, 2, 3, 4, 5, 7		Personal Statements Danny North- external speaker Coventry University
	Additional PSHE Session		Inspirational Speaker (Aspire) Double session for Week 6	Aspire Speaker to be booked
<b>EASTER HOLIDAYS</b>				
Summer	Week 27 Week 1	Living in the Wider World Choice and Pathways & Work and Career	The implications of the global market for their future choices in education (L4) How to recognise career possibilities in a global economy (L7) To evaluate the 'next steps' options available such as higher education, further training (L3) To set realistic yet ambitious career and life goals which are matched to personal values, interests, strengths and skills (L2) How to identify and evidence their strengths and skills when applying and interviewing for future roles and opportunities (L5)	Setting of new targets and reflections based on Competitive Action Packs Review Personal Branding Research into courses opportunity
	Week 28 Week 2	Living in the Wider World Choice and Pathways L1, 2, 3, 4, 5, 7		Personal Statement/ Apprenticeship Application Preparations Include time for Careers Meetings with NDN
	Week 29 Week 3	Living in the Wider World Choice and Pathways L1, 2, 3, 4, 5, 7		
	Week 30 Week 4	Living in the Wider World Choice and Pathways L1, 2, 3, 4, 5, 7		
	Week 31 Week 5	Living in the Wider World Choice and Pathways L1, 2, 3, 4, 5, 7		
	Additional PSHE Session		Continue with Personal Statement to ensure drafts are ready for after May Half Term	
<b>MAY HALF TERM</b>				

Summer	Week 33 Week 1	Living in the Wider World Future choices  Study Skills – Memory Skills	
	Week 34 Week 2	Living in the Wider World Future choices Insights into Industry- Career Journeys, Advice and Tips	External Speaker- Insights in the Industry
	Week 35 Week 3	Living in the Wider World Future choices  Study Skills- Time Management	
	Week 36 Week 4	Living in the Wider World Future choices Study Skills	External Speaker Motivation/ Study Skills
	Week 37 Week 5	Living in the Wider World Politics  To know what Parliament is and how it works	
	Week 38 Week 6	Living in the Wider World Politics  To understand government	
	Week 39 Week 7	Living in the Wider World Politics  To understand local government and voting Laws	
	Additional PSHE Session	Living in the Wider World Politics  All of the above	Create a campaign that could be used by the academy next year