

YEAR 11 — MEDIUM-TERM I			
Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources
Autumn 1 Health & wellbeing	Building for the future Self-efficacy, stress management, and future opportunities. PoS refs: H2, H3, H4, H8, H12, L22	<ul style="list-style-type: none"> • how to manage the judgement of others and challenge stereotyping • how to balance ambition and unrealistic expectations • how to develop self-efficacy, including motivation, perseverance and resilience • how to maintain a healthy self-concept • about the nature, causes and effects of stress • stress management strategies, including maintaining healthy sleep habits • about positive and safe ways to create content online and the opportunities this offers • how to balance time online 	(See regularly-updated pdf. version for latest Quality Assured resources) The PSHE Association Mental health and emotional wellbeing PSHE Association- The Sleep factor Rise Above-Dealing with change Rise Above Exam stress

YEAR 11 — MEDIUM-TERM 2			
Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
Autumn 2 Relationships	<p>Communication in Relationships</p> <p>Personal values, assertive communication (including in relation to contraception and sexual health, relationship challenges and abuse.</p>	<ul style="list-style-type: none"> • about core values and emotions • about gender identity, gender expression and sexual orientation • how to communicate assertively • how to communicate wants and needs • how to handle unwanted attention, including online • how to challenge harassment and stalking, including online 	<p>PSHE Association- Teaching about consent</p> <p>NSPCC-Making sense of relationships</p> <p>Alice Ruggles Trust-Relationship safety</p>

Year 11- Medium -Term Overview

YEAR 11 — MEDIUM-TERM 3			
Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
Spring 1 Living in the wider world	<p>Next steps</p> <p>Application processes, and skills for further education, employment and careers progression.</p> <p>PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21</p>	<ul style="list-style-type: none"> • how to use feedback constructively when planning for the future • how to set and achieve SMART targets • effective revision techniques and strategies • about options post-16 and career pathways • about application processes, including writing CVs, personal statements and interview technique • how to maximise employability, including managing online presence and taking opportunities to broaden experience • about rights, responsibilities and challenges in relation to working part time whilst studying • how to manage work/life balance 	<p>Barclays -Life skills</p> <p>Environment Agency -Growing careers for positive change</p>

Year 11- Medium -Term Overview

YEAR 11 — MEDIUM-TERM 4			
Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources
Spring 2 Health & wellbeing	Independence Responsible health choices, and safety in independent contexts. PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24	<ul style="list-style-type: none"> • how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) • emergency first aid skills • how to assess emergency and non-emergency situations and contact appropriate services • about the links between lifestyle and some cancers • about the importance of screening and how to perform self examination • about vaccinations and immunisations • about registering with and accessing doctors, sexual health clinics, opticians and other health services • how to manage influences and risks relating to cosmetic and aesthetic body alterations 	(See regularly-updated pdf. version for latest Quality Assured resources) The PSHE Association Mental health and emotional wellbeing Movember-Happier, healthier, longer Coppafeel!-Breast Cancer Awareness Teenage cancer trust-What is Cancer NaCTSO-Run, hide, tell British red cross-First Aid British Heart Foundation-Call Push Rescue

Year 11- Medium -Term Overview

		about blood, organ and stem cell donation	
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YEAR 11 — MEDIUM-TERM 5

Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
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Year 11- Medium -Term Overview

<p>Summer 1</p> <p>Relationships</p>	<p>Families</p> <p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.</p> <p>PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33</p>	<ul style="list-style-type: none">• about different types of families and changing family structures• how to evaluate readiness for parenthood and positive parenting qualities• about fertility, including how it varies and changes• about pregnancy, birth and miscarriage• about unplanned pregnancy options, including abortion• about adoption and fostering• how to manage change, loss, grief and bereavement• about 'honour based' violence and forced marriage and how to safely access support	<p>PSHE Association –Family life: Exploring relationships, marriage and parenting</p> <p>Freedom Charity-FGM AND Forced Marriage</p>
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