##  Key Stage 4 - Year 11 PSHE

|  | **Autumn 1** **Health and Wellbeing** | **Autumn 2****Living in the wider world** | **Spring 1****Relationships** | **Spring 2****Health and Wellbeing** | **Summer 1****Relationships** | **Summer 2****Living in the wider world** |
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| Learning outcomes/ composite knowledge:Pupils will be able to… | **Building for the future** Self-efficacy, stress management, and future opportunities | **Next steps** Application processes, and skills for further education, employment and career progression  | **Communication in relationships** Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse | **Independence** Responsible health choices, and safety in independent contexts | **Families**Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships |  |
| Knowledge Components | Health and wellbeing | * 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
* opportunities this offers
* how to balance time online
 |  |  | * 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
* about blood, organ and stem cell donation
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| Relationships |  |  | * about core values and emotions
* about gender identity, gender expression and sexual orientation
* how to communicate wants and needs
* how to handle unwanted attention, including online
* how to challenge harassment and stalking, including online
* about various forms of relationship abuse
* about unhealthy, exploitative and abusive relationships
 |  | * 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
* about ‘honour based’ violence and forced marriage and how to safely access support
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| Living in the wider world | * how to manage the judgement of others and challenge stereotyping
* how to balance ambition and unrealistic expectations
* about positive and safe ways to create content online and the
 | * 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
 | * how to communicate assertively
* how to access support in abusive relationships and how to overcome challenges in seeking support
 |  | * how to manage change, loss, grief and bereavement
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| National Curriculum reference  | H2, H3, H4, H8, H12, L22  | L1, L2, L3, L4, L6, L7, L8, L11, L12, L21  | H26, H27, H28, H29, R16, R17, R21, R23, R32 | H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24 | H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33 |  |
| Common misconceptions | These vary from pupil to pupil and their experience of PSHE at previous schools. Misconceptions will be addressed in lessons and through assessment.  |