

Year 11

**Wednesday 24th
September**

Health and Wellbeing

- First Aid training
- Fitness activities
- Unifrog - careers

Health and wellbeing PSHE association core theme 1

Students learn . . .

H2. how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this

H4. strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing

H5. the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health

H6. about change and its impact on mental health and wellbeing and to recognize the need for emotional support during life changes and/or difficult experiences

H7. a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns

H8. to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available

H11. to make informed lifestyle choices regarding sleep, diet and exercise

H13. to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health

H24. to increase confidence in performing emergency first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators

**Tuesday 25th
November**

Finance and Choices

- Budgeting
- Managing money
- Payslips
- Debt / gambling

Living in the wider world PSHE association core theme 3

Students learn . . .

L20. to recognise and manage the influences on their financial decisions, (including managing risk, planning for expenditure, understanding debt and gambling in all its forms); to access appropriate support for financial decision-making and for concerns over money, gambling etc.

L21. to be a critical consumer of goods and services (including financial services) and recognise the wider impact of their purchasing choices

L22. their consumer rights and how to seek redress

**Thursday 29th
January**

Next Steps

- Introduction to the 6th form talks
- Revision strategies
- Mock reflection
- Interview skills
- Post 16 pathways

Living in the wider world PSHE association core theme 3

Students learn . . .

L2. to evaluate their own personal strengths and areas for development and use this to inform goal setting

L3. how their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability

L4. about the range of opportunities available to them for career progression, including in education, training and employment

L5. about the need to challenge stereotypes about particular career pathways, maintain high aspirations for their future and embrace new opportunities

L6. about the information, advice and guidance available to them on next steps and careers; how to access appropriate support and opportunities

L10. to develop their career identity, including values in relation to work, and how to maximise their chances when applying for education or employment opportunities

L11. the benefits and challenges of cultivating career opportunities online