

Year 11 PSHCE Programme 2022-23



Unit title		Content
Personal Well-being Informed & positive choices - RSE & SMSC	Monday 12 Sept period 2 Monday 26 Sept period 3 Monday 10 Oct period 4	1. RSE – Self Worth – 1010 resources – Tutor led session 2. Time Management 1 of 3 – External speakers - Elevate 3. RSE - Gender roles (Toxic masculinity) - External speaker - Chris Hemmings
Personal & Economic Wellbeing Careers & Choices & RSE	Tuesday 8 Nov period 2 Tuesday 22 Nov period 3 Tuesday 6 Dec period 4 Tuesday 10 Jan period 5 Wednesday 25 Jan period 2 Wednesday 8 Feb period 3	4. RSE - Internal Anti-Bullying Week – during tutor time – Preparation for Mocks 5. Careers Session - CV's 6. Careers Session - Interview Skills 7. Careers Session - Mock Interviews/networking 8. Careers Session - RSE - Internal e-safety wk – during tutor time 9. RSE - Children's Mental Health Week - Student elevation 2 of 3 - Elevate (coping with exam stress)
Citizenship Relationships & Diversity, FBV & SMSC	Wednesday 1 March period 4 Thursday 16 March period 2 Thursday 20 April period 3	10. National Careers Week 11. RSE -Consent & sexualized behaviour – External Speakers - Isla tricht – Mclellan Practice 12. Ace your exams 3 of 3 - External speakers - Elevate
Personal Well being Informed choices & study skills	Thursday 4 May period 4 Friday 19 May period 2 Friday 9 June period 3 Friday 23 June period 4	13. Preparation & Revision for examinations 14. Preparation & Revision for examinations 15. Preparation & Revision for examinations 16. Preparation & Revision for examinations

RSE = Relationships and Sex Education Programme

FBV = Fundamental British Values within *

*SMSC = Spiritual, Moral, Social, Cultural requirements

Themed weeks