






Curriculum overview 2023/2024 - Year 11 PSHE.

Week:	Session title/topic outline:
Half term 1:	
1	Introduction to the subject - Introduction to self-awareness, planning forward and positive mental health
2	The benefits of physical activity, sleep and informed lifestyle choices
3	World religion 
4	Careers - initial research: Personal attributes, skills, goals and career planning (G1, G3, G4, G8)
5	Cosmetic procedures and personal hygiene
6	Substance use and mis-use (drugs, alcohol, tobacco)
7	Careers - employability skills: CV writing (G1, G2, G3, G4, G8)
Half term 2:	
8	Careers - employability skills: interview techniques and transferable skills (G1, G2, G3, G4, G8)
9	Self-esteem and social media
10	Mental health – articulating emotions and positive coping strategies
11	World religion 
12	Careers - further education visits (college, university) (G1, G2, G3, G4, G5, G7, G8)
13	Careers - further education visits (workplaces) (G1, G2, G3, G4, G5, G6, G8)
Half term 3:	
14	Keeping safe online and in risky/emergency situations
15	Careers - work experience: researching and securing placements (G3, G5, G6, G8)
16	Contraception and sexually transmitted infections
17	Careers - visits/talks from industry professionals to give insight into different career areas (G1, G2, G5, G8)
18	World religion 
19	Different types of relationships
Half term 4:	
20	Sex and the media, sexual orientation and gender identity
21	Marriage and forced marriage
22	Careers - WORK EXPERIENCE WHOLE WEEK PLACEMENT (G1, G3, G5, G6)
23	Abusive behaviour and exploitation
24	Loss, separation and bereavement
25	World religion 
Half term 5:	
26	Consent and sharing sexual images, sextortion
27 - 28	Careers - Progression applications: college, apprenticeship, employment, introduction to UCAS (G1, G2, G3, G4, G5, G7)
29	Stereotyping and prejudice
30	Careers - The importance of a contingency plan: results, realistic career aspirations (G2, G3, G7, G8)
31	Harassment, coercion and domestic abuse
Half term 6:	
32	Peer pressure and gangs
33	Preparing for independent living (in preparation for financial literacy programme Words that Count in the following weeks)
34-39	Literacy Trust – Words that Count

Topics covered: Physical health, mental health, personal safety, RSE (including growing and changing), bullying and discrimination, media and digital literacy, money and careers, community and responsibility (in line with the PSHE Association recommendations for KS4 as the only national programme of study for PSHE signposted to by the Department for Education.)

*Linked to the 8 Gatsby benchmarks

 World religion: topical religious education sessions