

Featherstone High School

PSHE Department Scheme of Work

Date of last Review:
2023

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SOW Title:	Year 11 PSHE	Specification / NC:	PSHE, RSE
Year Group	11	Mode of Assessment:	Informal teacher AFL
Duration	1 year	Final Assessment Task:	Observed discussion and book look
Objectives		Assessment Details and Requirements:	
See below Red = RSE objectives and Green = health NB each objective runs for a fortnight and capacity is planned in for matters arising (eg. Epidemic, serious incident etc.).		Final lesson of each term: book look and holistic AFL to inform a values-based judgement (general behaviours and skills in form can inform this). Simplified assessment 'working at' levels will be provided. No graded 'formal' assessment.	

Lesson:	Objective	Core Learning	Resources
1	Self expression & respect (anti-misogyny/homophobia and pro-self expression)	1. to respect equality and be a productive member of a diverse community	
2	Smoking, Vaping, Shisha Alcohol	1. how to make informed choices about health and	

		<p>wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*</p> <ol style="list-style-type: none"> 2. how to assess and manage risks to health; and to keep themselves and others safe 3. how to identify and access help, advice and support 4. the role and influence of the media on lifestyle 	
4	Time management and study skills (refresher)	<ol style="list-style-type: none"> 3. how to manage transition 5. 4. how to maintain physical, mental and emotional health and wellbeing; (i.e. preventing stress and poor health resulting) 	
5	Stress and the online world - social media loops and bubbles/algorithms/doom scrolling	<ol style="list-style-type: none"> 1. how to assess and manage risks to health; and to keep themselves and others safe 2. how to identify and access help, advice and support 3. the role and influence of the media on lifestyle 	

6	<p>Pregnancy and fertility science 3 - follow on from Y10 content To include terminations, miscarriage, stillbirth and baby loss (NB please check staff for trauma).</p>	<ol style="list-style-type: none"> 1. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health* 2. about parenthood and the consequences of teenage pregnancy 	
7	<p>Different relationships and families 3 - Same sex families - debate/discussion around homophobic and misogynistic laws eg in USA.</p>	<ol style="list-style-type: none"> 1. how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills <p>how to recognise and manage emotions within a range of relationships</p> <p>about managing loss including bereavement, separation and divorce</p>	
8	<p>Mental health - healthier vs riskier coping mechanisms 2 - refresher prior to mocks</p>	<p>how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco;</p>	

	Risks around energy drinks, excessive screen time, alcohol/drugs, signs of mental health problems.	maintaining a balanced diet; physical activity;	
9	Mental health when studying for exams - strategies to plan time, take rest, eat well when studying and busy. What is "burn out" - MH first aid	1. how to assess and manage risks to health; and to keep themselves and others safe 2. how to identify and access help, advice and support how to respond in an emergency, including administering first aid	
10	Mental & Physical health First Aid 3 (refresher)	1. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health* 2. how to assess and manage risks to health; and to keep themselves and others safe	
11	Discussion lessons - human rights and responsibilities. Why do some people want to take rights/control?	1. to respect equality and be a productive member of a diverse community	
12	What is positive and healthy masculinity? Discussion around victim/aggressor stereotypes and male mental health.	1. to respect equality and be a productive member of a diverse community	

13	Refresher on coercive control & boundaries in both sexual and non-sexual relationships. Financial control Abusive employment models as well as romantic control	how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills how to recognise and manage emotions within a range of relationships how to deal with risky or negative relationships	https://www.bbc.co.uk/teach/class-clips-video/is-this-coercive-control/z2bbsk7
14	Refresher on STIs and contraception.	about the concept of consent in a variety of contexts (including in sexual relationships)	
15	Study skills/mental health/preparing for next stage		
16	Study skills/mental health/preparing for next stage		
17	Study skills/mental health/preparing for next stage		
	Matters arising space		
	Matters arising space		

Essential Skills and Attributes developed through the Programme of Study across all Key Stages and Year Groups

<p>Personal Effectiveness</p> <ol style="list-style-type: none"> 1. Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and effective goal-setting) 2. Identifying unhelpful ‘thinking traps’ (e.g. generalisation and stereotyping) 	<p>Interpersonal and Social Effectiveness</p> <ol style="list-style-type: none"> 1. Empathy and compassion (including impact on decision-making and behaviour) 2. Respect for others’ right to their own beliefs, values and opinions 3. Discernment in evaluating the arguments and opinions of others (including challenging ‘group think’)
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<ol style="list-style-type: none"> 3. Resilience (including self-motivation, perseverance and adaptability) 4. Self-regulation (including promotion of a positive, growth mind set, managing strong emotions and impulses) 5. Recognising and managing peer influence and the need for peer approval, including evaluating perceived social norms 6. Self-organisation (including time management) 7. Strategies for identifying and accessing appropriate help and support 8. Clarifying own values (including reflection on the origins of personal values and beliefs) and re-evaluating values and beliefs in the light of new learning, experiences and evidence 9. Recalling and applying knowledge creatively and in new situations 10. Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) 	<ol style="list-style-type: none"> 4. Skills for employability, including <ul style="list-style-type: none"> • Active listening and communication (including assertiveness skills) • Team working • Negotiation (including flexibility, self-advocacy and compromise within an awareness of personal boundaries) • Leadership skills • Presentation skills 5. Enterprise skills and attributes (e.g. aspiration, creativity, goal setting, identifying opportunities, taking positive risks) 6. Recognising, evaluating and utilising strategies for managing influence 7. Valuing and respecting diversity 8. Using these skills and attributes to build and maintain healthy relationships of all kinds
<p>Managing Risk and Decision Making</p> <ol style="list-style-type: none"> 1. Identification, assessment (including prediction) and management of positive and negative risk to self and others 2. Formulating questions (as part of an enquiring approach to learning and to assess the value of information) 3. Analysis (including separating fact and reasoned argument from rumour, speculation and opinion) 4. Assessing the validity and reliability of information 5. Identify links between values and beliefs, decisions and actions 6. Making decisions 	

Health & Well Being

3. how to manage transition
4. how to maintain physical, mental and emotional health and wellbeing;
5. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*
6. about parenthood and the consequences of teenage pregnancy*
7. how to assess and manage risks to health; and to keep themselves and others safe
8. how to identify and access help, advice and support
9. how to respond in an emergency, including administering first aid
10. the role and influence of the media on lifestyle

Relationship and Sex education

1. how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills
2. how to recognise and manage emotions within a range of relationships
3. how to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse, sexual and other violence and online encounters
4. about the concept of consent in a variety of contexts (including in sexual relationships)
5. about managing loss including bereavement, separation and divorce
6. to respect equality and be a productive member of a diverse community
7. how to identify and access appropriate advice and support – taught in every lesson