

Lesson No	Topic & Objectives	Big Question – What will students learn?	Key Activities & Specialist Terminology (Do Now Task / Starter/Tasks/Plenary)	Planned Assessment	Homework or flipped learning resources DODDLE resources	Lit Num SMSC Codes Stat links
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## Scheme of Work 2020-2021

### Subject: PSHE

**Year Group: 11**

Exercise book resources – In their exercise books, students should have the following:

- Inside Front cover – Learning Journey sheet
- Inside back cover – project success feedback sheet
- At the beginning of each half term – Confidence checker sheet glued in for the upcoming half term of lessons
- At the end of each half term – STAR Analysis sheet

Assessment:

- Students will fill in their confidence checker at the beginning and end of each lesson
- Students will complete a STAR analysis at the end of unit and there will be space for the teacher to comment on the progress and highlight misconceptions in the STAR.
- STAR = Skills and knowledge, Thoughtful reflection, Advice and tips, Risks and warnings

Home learning:

Students in year 11 are asked to just keep up to date with the current news.

Link codes:

GB – Gatsby Benchmark Careers Standard

BV – British Values

SH – Statutory Health

- T1 – Mental wellbeing
- T2 – Internet safety and harms
- T3 – Physical health and wellbeing
- T4 – Healthy eating
- T5 – Drugs, alcohol and tobacco
- T6 – Health and prevention
- T7 – Basic First Aid

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- T8 – Changing adolescent body
- RSE – Statutory RSE
- T1 – Families
  - T2 – Respectful relationships, including friendships
  - T3 – Online and the media
  - T4 – Being safe
  - T5 – intimate and sexual relationships, including sexual health
- CIT – Citizenship

Sequencing notes for delivering specialists and non-specialists:

The sequence of lessons throughout the year has been planned alongside the number of weeks in each half term. There will be times where certain classes or year groups miss lessons due to AP's/visitors etc. It is the expectation that the first week of each half term begins the new topic for all year groups. It is the responsibility of the delivering member of staff to ensure the majority of the essential content has been covered within each half term. This could be by condensing lessons together or skipping a lesson in favour of a higher statutory required lesson. If you need any support with this then please contact Z Thomas (HoD).

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Autumn 1  
Key Theme: Life beyond school  
Topic: Your future and beyond

1	<b>Time management</b>	Explore how technology and social media can negatively impact on your mental health  To evaluate how technology and smart phones can both be	Keywords: Addiction, FOMO, Blue Light, smart phone, Social media, Echo Chambers, Filter Bubbles  Do Now: Self assessment confidence checker  Main tasks: <ul style="list-style-type: none"> <li>• I am aware of the dangers associated with smart phone and screen addiction</li> </ul>	Self assessment confidence checker pre and post lesson	Current affairs	SH -T2 So7 M1 Sp1 Sp3 Sp10 C1 M7
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		rewarding and damaging in our lives	<ul style="list-style-type: none"> <li>I understand what makes a good environment to sleep and study in</li> <li>I can explain the benefits and drawbacks of increasing use and reliance on technology in my life</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links:</p>			
2	<b>How to revise</b>	<p>To explore different techniques and ways of revising</p> <p>To create a revision timetable suited to my lifestyle</p>	<p>Keywords: Study Skills, learning styles, motivation, resilience, organisation</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> <li>Explore 5 ways of revising using pomodoro style 5 minute sessions</li> <li>Evaluate the benefits of each one and create a revision timetable using the techniques</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links:</p>	Self assessment confidence checker pre and post lesson	Current affairs	So7 M1 Sp1 Sp3 Sp10 C1 M7
3	<b>Dealing with anxiety and exam stress</b>	<p>To explain the science behind 'flight' 'Fright' or 'Freeze' responses to stress</p> <p>To recognise that stress is only</p>	<p>Keywords: Relaxation, stress and calmness Para-sympathetic, Cortisol, Hormones, Meditation, Yoga, Diet</p> <p>Do Now: Self assessment confidence checker</p>	Self assessment confidence checker pre and post lesson	Current affairs	SH -T6 So7 M1 Sp1 Sp3 Sp10 C1

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		<p>beneficial in the short term and over the long term can effect you physically and emotionally</p> <p>To identify how to manage stress and relaxation</p>	<p>Main tasks:</p> <ul style="list-style-type: none"> <li>• I can identify the symptoms of stress</li> <li>• I know range of ways to deal with any exam stress I have</li> <li>• I understand how different amounts of stress can impact my performance and ability to think clearly</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a></p>			
4	Writing a CV	<p>To identify the purpose of a CV</p> <p>To describe how to create a clear and concise CV</p>	<p>Keywords: Qualifications, Interests, hobbies, referees &amp; work experience</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> <li>• I understand why a CV is important</li> <li>• I am confident in creating my own CV</li> <li>• I understand how to layout a CV and what I should avoid in order to make it look professional</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: <a href="http://www.futurelearn.org.uk">www.futurelearn.org.uk</a></p>	Self assessment confidence checker pre and post lesson	Current affairs	GB So7 M1 Sp1 Sp3 Sp10 C1 M7

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5	<b>Writing a CV</b>	<p>Active lesson – writing a CV</p> <p>To explore how to create a clear and concise CV</p> <p>Evaluate my CV against my peers</p>	<p>Keywords: Qualifications, Interests, hobbies, referees &amp; work experience</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks: Computer room task – Writing a CV</p> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links:</p>	Self assessment confidence checker pre and post lesson	Current affairs	GB So7 M1 Sp1 Sp3 Sp10 C1 M7
6	<b>LGBTQ+ Rights across the world</b>	<p>To describe the varying views and laws on homosexuality across the world</p> <p>To explore the work of LGBT activists and the international community on combating the criminalisation of homosexuality</p> <p>To discuss and debate sensitive LGBT topics regarding religion, politics, law and homosexuality</p>	<p>Keywords: Death penalty, Sharia law, Decriminalisation, Abolish Homosexuality, Discrimination</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> <li>• I can identify countries that have discriminatory laws against the LGBT community</li> <li>• I understand how to improve LGBT rights around the world</li> <li>• I can explain why the UK has a moral responsibility in helping to decriminalise homosexuality around the globe</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p>	Self assessment confidence checker pre and post lesson	Current affairs	BV So7 M1 Sp1 Sp3 Sp10 C1

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			Charity / advise links: <a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a>			
7	<b>Instalife vs real life</b>	<p>To describe the differences between real life and social media life</p> <p>To explore the impact social media influencers have on society</p> <p>To identify coping strategies for social media wellness and improving self esteem</p>	<p>Keywords: Online Identity, Self Esteem, Addiction, Influencer, fake profiles</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> <li>I am aware that what I see on social media is not reflective of real life</li> <li>I can explain the positive and negative impact following social media influencers has on me</li> <li>I can identify the four main ways social media stresses people</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links:</p>	<p>STAR ASSESSMENT</p> <p>Self assessment confidence checker pre and post lesson</p>	Current affairs	<p>SH -T2 RSE -T3 So7 M1 Sp1 Sp3 Sp10 C1</p>

Autumn 2  
Key Theme: Health and wellbeing  
Topic: Adult health and looking after yourself

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8	<b>Organ donating and donating blood</b>	<p>To be aware of blood donation, and other forms of donation, including stem cell donation</p> <p>To explain how the law on 20th May 2020 is changing in relation to Organ Donation</p> <p>To evaluate the medical ethics of gene technology and stem cell research</p>	<p>Keywords: Organ donation, Donor, transplant, Gene technology, Blood, Liver disease,</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> <li>I am aware of different forms of organ donation and the NHS waiting lists</li> <li>I can explain the importance of giving blood I Know how the law is changing in relation to organ donation</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links:  <a href="http://www.organdonation.nhs.uk">www.organdonation.nhs.uk</a>  <a href="http://www.blood.co.uk">www.blood.co.uk</a>  <a href="http://www.anthonynolan.org">www.anthonynolan.org</a></p>	- Self assessment confidence checker pre and post lesson	Current affairs	SH -T3 So7 M1 Sp1 Sp3 Sp10 C1
9	<b>Teenage pregnancy choices</b>	<p>To describe the consequences of an unplanned pregnancy</p> <p>To identify what to do if you think you or a friend is pregnant</p> <p>To explore and assess the options available for unplanned pregnancies</p>	<p>Keywords: Abortion, Miscarriage, Pregnancy, Fertility, Adoption, GP , Pregnancy Test</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> <li>I understand the signs that someone may be pregnant</li> <li>I understand the range of options available to someone who is pregnant</li> </ul>	- Self assessment confidence checker pre and post lesson	Current affairs	RSE -T6 So7 M1 Sp1 Sp3 Sp10 C1

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			<ul style="list-style-type: none"> <li>I can identify a range of methods that will and will not get me pregnant</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: <a href="http://www.familylives.org.uk">www.familylives.org.uk</a> <a href="http://www.brook.org.uk">www.brook.org.uk</a></p>			
10	<b>Abortion (morals, laws, thoughts)</b>	<p>Examine what is meant by abortion and the law regarding abortion.</p> <p>Consider different reasons why women have abortions.</p> <p>To be able to explain the religious and legal perspectives on abortion in the UK and Northern Ireland</p>	<p>Keywords: Conception, abortion, Conceive, Contraception, Moral, Rights, Pro-life, Pro-choice</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> <li>I can explain what the legal position is on abortion in the UK</li> <li>I understand a range of views that are pro-life and pro-choice</li> <li>I can explain why abortion is such a controversial topic around the world</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: <a href="http://www.mind.org.uk">www.mind.org.uk</a></p>	Self assessment confidence checker pre and post lesson	Current affairs	RSE -T6 So7 M1 Sp1 Sp3 Sp10 C1



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11	<b>Testicular and prostate cancer</b>	<p>I know the risk factors and common symptoms of testicular cancer</p> <p>Exlpain how to perform a testicular self examination</p> <p>Evaluate how difficult prostate cancer can be to detect</p>	<p>Keywords: Prostate Cancer, Testicular cancer, examination, malignant, tumours, self-examination, bladder</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> <li>I can explain the signs and symptoms of testicular cancer</li> <li>I know how to conduct a self-examination of mine or my boyfriends testicles</li> <li>I understand what prostate cancer is</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: <a href="http://www.prostatecanceruk.org">www.prostatecanceruk.org</a> <a href="http://www.orchid-cancer.org.uk">www.orchid-cancer.org.uk</a></p>	Self assessment confidence checker pre and post lesson	Current affairs	SH -T6 So7 M1 Sp1 Sp3 Sp10 C1
12	<b>Cervical, breast and ovarian cancer</b>	<p>Identify the risk factors and common symptoms of breast cancer</p> <p>I explain how to perform a breast self-examination</p> <p>Evaluate the importance of a smear test and cervical screening</p>	<p>Keywords: Breast Cancer, self - examination, malignant, tumours, Cervical, Smear test, Ovarian Cancer</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> <li>I can explain the signs and symptoms of breasts cancer</li> <li>I know how to conduct a self-examination of mine or my girlfriends breasts</li> <li>I understand the significance of a smear test and cervical screening</li> </ul> <p>Plenary:</p>	Self assessment confidence checker pre and post lesson	Current affairs	SH -T6 So7 M1 Sp1 Sp3 Sp10 C1

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			Reflection: Self assessment confidence checker  Charity / advise links: <a href="http://www.nationalbreastcancer.org.uk">www.nationalbreastcancer.org.uk</a> <a href="http://www.jostrust.org.uk">www.jostrust.org.uk</a> <a href="http://www.coppafeel.org">www.coppafeel.org</a>			
13	Parenthood	<b>Identify what is involved in parenthood</b>  <b>Describe the day in a life of a parent with a new-born baby</b>  <b>Evaluate the positive and negatives of parenthood</b>	Keywords:  Do Now: Self assessment confidence checker  Main tasks: <ul style="list-style-type: none"> <li>Scenario cards for class role play to highlight the different experiences of parenthood</li> </ul> Plenary:  Reflection: Self assessment confidence checker  Charity / advise links:	Self assessment confidence checker pre and post lesson	Current affairs	RSE -T1 So7 M1 Sp1 Sp3 Sp10 C1
14	Love and abuse are not the same thing	To describe a positive and healthy relationship.  To explain the different types of abuse that exist  To identify where to turn to for help with abusive relationships	Keywords: Coercion, Domestic Abuse, Domestic Violence, Intimidation, Emotional physical and sexual Abuse  Do Now: Self assessment confidence checker  Main tasks: <ul style="list-style-type: none"> <li>I can describe what domestic abuse and domestic violence is</li> <li>I understand a range of things that can cause conflicts in a relationship</li> </ul>	STAR ASSESSMENT  Self assessment confidence checker pre and post lesson	Current affairs	RSE -T1 So7 M1 Sp1 Sp3 Sp10 C1

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			<ul style="list-style-type: none"> <li>I understand the barriers and coping strategies for leaving an abusive relationship</li> </ul> <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links:  <a href="http://www.mind.org.uk">www.mind.org.uk</a>  <a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a>  <a href="http://www.womensaid.org.uk">www.womensaid.org.uk</a>  <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>  <a href="http://www.brook.org.uk">www.brook.org.uk</a></p>			