

**PHSE Scheme of Work 2023 to 2024: [YEAR 11](#)**

AUTUMN TERM 1: SEPTEMBER - OCTOBER	AUTUMN TERM 2: OCTOBER - DECEMBER	SPRING TERM 1: JANUARY - FEBRUARY
<b>Healthy Lifestyle</b>	<b>Relationships, Sex and Sexual Health</b>	<b>Planning for the Future</b>
<p><b>AO: To understand how to be healthy</b></p> <p>Pupils will explore different ways to maintain their physical health. They will understand what being healthy actually means and discuss healthy eating and exercise and how this impacts your physical health.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Definition of 'being healthy'</li> <li>• Influences on health</li> <li>• Planning healthy meals</li> <li>• Being active</li> <li>• Being health aware</li> </ul>	<p><b>AO: To understand how to be safe in a relationship</b></p> <p>Pupils will focus on intimate relationships and how to stay safe in these. They will also explore the legality of sexual relationships and how to remain healthy in sexual relationships.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Relating to others</li> <li>• Successful relationships</li> <li>• Exploitation and abuse in relationships</li> <li>• Consent</li> <li>• Contraception</li> </ul>	<p><b>AO: To plan for sixth form or college</b></p> <p>Pupils will explore their options for after GCSEs including college and A Levels. They will have time to discuss their applications and how to improve them.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• A Levels</li> <li>• Colleges</li> <li>• Open days</li> <li>• How to apply</li> </ul>
SPRING TERM 2: FEBRUARY - MARCH	SUMMER TERM 1: APRIL - MAY	SUMMER TERM 2: JUNE - JULY
<b>Finance</b>	<b>Emotional Wellbeing and Mental Health</b>	<b>Reflecting on Year 11</b>
<p><b>AO: To understand how to manage money</b></p> <p>Pupils will explore how to manage money and take into account what needs to be included in a realistic budget.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Money</li> <li>• Bills</li> <li>• Tax</li> <li>• How to create a realistic budget</li> </ul>	<p><b>AO: To understand our emotions and how they link to mental health.</b></p> <p>Pupils will explore what their emotional wellbeing is and how it is linked to mental health. There will be a specific focus on wellbeing linked to exams.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Emotional wellbeing</li> <li>• Dealing with exam stress</li> <li>• Revision techniques</li> <li>• Work life balance</li> </ul>	<p><b>AO: To evaluate Year 11 and plan for the future.</b></p> <p>Pupils will reflect on their successes from Year 11 and everything that they have learnt. They will use this to create a plan to be successful in the future and set clear goals in order to achieve this.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Reflecting on successes</li> <li>• Identifying strengths and weaknesses</li> <li>• Growth mindset</li> <li>• Setting targets and goals</li> </ul>