

KS5 PSHE Curriculum

Three core themes run throughout the PSHE curriculum						
Health & Wellbeing	Relatio	nships	Living in the Wider World			
(Core Theme 1)	(Core Theme 2)		(Core Theme 3)			
58 PSHE lessons in Year 12		Total: 82 lessons covering every aspect				
		required for a comprehensive PSHE & Careers				
24 PSHE lessons in Year 13 provision which meets the needs of c			meets the needs of our			
		students.				

Unit Headings						
Year 12	Year 12 Year 12 Year 12 Year 12					
An Introduction to Sixth Form Life	Wellbeing (Health)	Understanding Society	Developing Study Skills	Relationships & Sexual Health	Careers & Aspiration	
Year 13	Year 13	Year 13	Year 13	Year 13	Exam Season	
Drugs & Risk Education	Wellbeing (Life)	Relationship Safety	Finance	Wellbeing (Mind)		

Statutory RSE Topics	Statutory Health Topics
Topic 1: Families	Topic 1: Mental Wellbeing
Topic 2: Respectful Relationships, including	Topic 2: Internet Safety & Harms
Friendships	
Topic 3: Online & The Media	Topic 3: Physical Health & Wellbeing
Topic 4: Being Safe	Topic 4: Healthy Eating
Topic 5: Intimate & Sexual Relationships,	Topic 5: Drugs, Alcohol & Tobacco
including Sexual Health	
	Topic 6: Health & Prevention
	Topic 7: Basic First Aid
	Topic 8: Changing Adolescent Body

Year 12 Curriculum Overview

Key
GB: Gatsby Benchmark Careers Standard H: Health & Wellbeing (Core Theme 1)
R: Relationships (Core Theme 2)
L: Living in the Wider World (Core Theme 3)

Y12 – An Introduction to Sixth Form Life					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	
-Widening Participation Programme (University of Bristol) -Setting your Subject Specific Alps Minimum Expected Grades -Education & Part- Time Employment — Getting the Right Balance	-Careers -Employability Skills Booklet -Student Services	-LUCID Testing -Plagiarism	Plagiarism	-Character & Culture Quiz -Reflection & Evaluation Survey	
L1, L2, L3, L8 GB7	L1, L2, L3, L4 GB1				



Y12 – Wellbeing (Health)							
Lesson 1	Lesson 1 Lesson 2 Lesson 3 Lesson 4 Lesson 5 Lesson 6						
-EPQ Launch	- Guest speaker:	-EPQ	Guest speaker:	-Being mindful	- Recharge		
-Work	IPSUM (mental	- Guest speaker	being active		-Reflection		
Experience	health and well-	LIFT Psychology		-EPQ	-EPQ		
Launch	being) -EPQ						
-EPQ							
GB6	H1, H4	H6	H13	H13	H4		

Y12 – Understanding Society							
Lesson 1 Lesson 2 Lesson 3 Lesson 4 Lesson 5							
-Local & National	-PPE Week 1	-Extremism & Hate	-Radicalisation	-Social Justice			
Politics		Speech	Online / Intolerance	-Reflection &			
-How to Vote		-EPQ	& Radicalisation	Evaluation Survey			
-EPQ	-EPQ -EPQ -EPQ						
	N/A	R25	R21, R23, R24, R25	R25			

Y12 – Developing Study Skills					
Lesson 1 -Work Experience Week -EPQ Week	Lesson 2 -Chunking to Revisit Information -Cognitive Load Theory -EPQ	Lesson 3 -Flipped Learning -Interleaving -EPQ	Lesson 4 -Keeping Active During Revision -Spacing & Timing of Revision	Lesson 5 -Using Flash Cards for Revision -Reflection & Evaluation Survey -EPQ	Lesson 6 Getting into Your Top Choice Seminars (five lessons)
L8, L9, L10 GB6			H13		H1, L2, L3 GB3, GB7

Y12 – Relationships & Sexual Health						
Lesson 1 Lesson 2 Lesson 3 Lesson 4 Lesson 5						
-Feminism -Toxic & Positive Masculinity	-Gender Identity, Transgender & LGBT+ -Guest speaker: safer streets Healthy relationships workshop	-STDs & STIs - Guest speaker: safer streets Healthy relationships workshop	-Date Rape, Consent & Sexual Assault	-Miscarriage & Unplanned Pregnancy -Reflection & Evaluation Survey		
R1, R2	R2, R3, R6, R7	H18, H19, H20	R11, R12, R13	R18		

Y12 – Careers & Aspiration					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	
-Post 18 – Personal Branding	-Post 18 – Applications	-PPE Week 2	-Post 18 Destinations Week (25 lessons)	-Organisation of Work Experience & Personal Statements -Reflection & Evaluation Survey	
L5, L6 GB1	L1, L2, L3 GB1	N/A	L1, L2, L3, L4, L5, L6, L7 GB1, GB2, GB3, GB5, GB7	L9, L10 GB6	



Y13 – Drugs & Risk Education							
Lesson 1	Lesson 1 Lesson 2 Lesson 3 Lesson 4 Lesson 5						
-An Introduction to Y13	-Addiction: Class A Drugs	-Substance Abuse: Class B Drugs	- Guest speaker: Alcoholics Anonymous	Prescription / Class C Drugs -Reflection & Evaluation Survey			
	H21, H22, H23	H21, H22, H23	H21, H22, H23	H21, H22, H23			

Y13 – Wellbeing (Life)					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
-PPE Week 1	-Introduction to My Life and - Personal Growth	-Self-Awareness -Guest speaker: LIFT Psychology	-Managing Change	-Connections	-Self Care, Self- image and Pride -Reflection & Evaluation Survey
	H1	H4	H1, H4	H6, H7	H6

Y13 – Relationship Safety						
Lesson 1 Lesson 2 Lesson 3 Lesson 4 Lesson 5						
-Sex & The Media	-Coercive & Controlling Relationships	-Alice Ruggles Trust – Relationship Safety -Guest speaker: Safer Streets Healthy Relationships	-Alice Ruggles Trust – Relationship Safety -Guest speaker: Safer Streets Healthy Relationships	-Alice Ruggles Trust – Relationship Safety -Reflection & Evaluation Survey		
L20, L21	R5, R6, R8	R1, R5, R6	R8, R9	R22		

Y13 – Finance						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5		
-Independent Living:	PPE Week 2	Student Banking:	-Payday Loans &	-Pensions		
living away from		budgeting and	Debt	-Reflection &		
home and taking a		finance, handling		Evaluation Survey		
gap year, health at		finance, tax and				
university and away		welfare				
from home		- Applying for				
		Student Finance:				
		applying for tuition				
		fees, maintenance				
		loans, grants and				
		bursaries				
L1, L2, L3	L13, L14	L18	L18	L14		

Y13 – Wellbeing (Mind)						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5		
Year 13 assessment	-An Introduction to	-Mental Health,	-Emotionally Fit &	-Self Management &		
week	My Mind, Healthy	Stigma & Feelings.	Emotional	Resilience		
	Body & Healthy Mind		Intelligence	-Reflection &		
				Evaluation Survey		
	H4	H4, H5, H6, H7	H4, H5, H6, H7	H1, H4		