

Yearly overview

Subject: Year 11 Personal and Professional Development

Term 1	Term 2	Term 3	Term 4	Term 5	RSE
<p>Prior Knowledge:</p> <p>Health</p> <p>Pupils will have previously explored issues around mental health, ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p>Prior Knowledge:</p> <p>Living in the Wider World</p> <p>Pupils will have previously undertaken their work experience.</p> <p>They will be prepared for their work experience and complete an evaluation for their certification (Y10 T5)</p>	<p>Prior Knowledge:</p> <p>Relationships</p> <p>Pupils will have previously learned about relationships and expectations around sexual intimacy, myths, pleasure and challenges, including the impact of the media and pornography.</p>	<p>Prior Knowledge:</p> <p>Health</p> <p>Pupils will have previously explored peer influence and the impact of drugs, gangs, role models and the media</p>	<p>Prior Knowledge:</p> <p>Living in the Wider World</p> <p>Pupils will have learned and developed the skills to work independently and set goals in Term 1 and 2.</p>	<p>Relationships and Sex Education (RSE) lessons are undertaken throughout the academic year. RSE lessons are delivered by subject specialists who are experienced in delivering these sensitive topics.</p> <p>Personal Tutor groups learn from the same teacher throughout Key Stage 4, who deliver the sessions on a termly basis. The lessons build on prior learning that students undertook at Key Stage 3.</p> <p>RSE lessons are planned in line with the DFE statutory framework and guidance from the PSHE Association. The resources are adapted from quality assured organisations, including PSHE Association and the CEOP.</p> <p>Should you require any further information about the content of the RSE lessons please contact Kerry Loan via the school office.</p> <p>A full list of the lessons can be seen below.</p>
Term 1 knowledge	Term 2 knowledge	Term 3 knowledge	Term 4 knowledge	Term 5 knowledge	
<p>This term:</p> <p>This term pupils will explore how to build resilience for the future. Pupils will learn skills for self-efficacy and stress management strategies in relation to studying.</p>	<p>This term:</p> <p>This term pupils will examine and begin planning for their next steps at post 16. Students will learn about the application processes, and skills for further education, employment and career progression</p>	<p>This term:</p> <p>This term pupils will develop their understanding of Communication in relationships Personal values,, relationship challenges and abuse, including and forced marriage</p>	<p>This term:</p> <p>This term pupils will develop their understanding of health as they become independent adults. They will learn how to make responsible health choices and explore risk and safety in different contexts that young adults may experience.</p>	<p>This term:</p> <p>This term pupils will undertake independent study for their GCSE examinations</p>	
<p>Future Knowledge:</p> <p>N/A</p>	<p>Future Knowledge:</p> <p>N/A</p>	<p>Future Knowledge:</p> <p>N/A</p>	<p>Future Knowledge:</p> <p>N/A</p>	<p>Future Knowledge:</p> <p>N/A</p>	

The Relationships and Sex Education curriculum for Key Stage 4

Healthy Relationships, consent, intimacy and pleasure

- Relationship values and the role of pleasure in relationships
- How to communicate assertively
- How to communicate wants and needs

Online Relationships

- The opportunities and risks of forming and conducting relationships online
- How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours

Healthy and Unhealthy Relationships

- The ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent
- How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support

Diversity of attraction

- about myths, assumptions, misconceptions and social norms about sex, gender and relationships
- about gender identity, gender expression and sexual orientation

Exploitation, Harassment and Stalking

- How to handle unwanted attention, including online
- How to challenge harassment and stalking, including online
- about various forms of relationship abuse
- How to recognise unhealthy, exploitative and abusive relationships
- How to recognise and challenge victim blaming
- How to access support in abusive relationships and how to overcome challenges in seeking support

Parenthood

- how to evaluate readiness for parenthood and positive parenting qualities
- Fertility, including how it varies and changes

Extremism

- How a young person may be radicalised.
- The risks associated with extremism and terrorism in their communities.
- Identify extremist groups and the strategies used to radicalise young people.
- How to access support in cases of radicalisation.

****Note, these lessons may be delivered in a different order***