

Overview of Life skills/PSHE at SJC



Key Stage 4

At Key Stage 4, pupils extend and rehearse the skills, further explore attitudes and values, and deepen knowledge and understanding acquired during Key Stage 3.

PSHE education reflects the fact that learners are moving towards an independent role in adult life, taking on greater responsibility for themselves and others. By Key Stage 4 increasing numbers of pupils may be gaining direct experience of issues taught through Life skills/PSHE education.

Teachers should not feel constrained by specific guidelines and should adapt their planning to reflect their pupils' needs and local priorities.

Suggested Scheme of Work for Life skills/PSHE

Year 10: Overview

Year	Lesson Heading	Lesson Content	Learning outcomes
10	The media and young people	<ul style="list-style-type: none"> ▪ Body image ▪ The cult of celebrity ▪ Health 	<ul style="list-style-type: none"> ○ How the media influences the way we see ourselves ○ How issues of body image in the media effect people's health ○ How males and females feel differently about body image
10	Healthy choices	<ul style="list-style-type: none"> ▪ Taking responsibility for your health ▪ Sex and relationships 	<ul style="list-style-type: none"> ○ Learn about factors that contribute towards a healthy lifestyle. ○ Learn about relationships and sexually transmitted infections (STIs)
10	Drug Use Within Society	<ul style="list-style-type: none"> ▪ Exploring the impact of drug and alcohol use on society ▪ Recognising the influence of the media 	<ul style="list-style-type: none"> ○ Develop awareness of own values ○ Reflect on impact on society, to user, family and wider community ○ Debate how laws reflect individual and society values ○ Use a range of media sources to discuss how alcohol and drug use is presented
10	Emotional & mental health	<ul style="list-style-type: none"> ▪ Recognising and balancing emotions ▪ Stresses, pressures and exams ▪ Work-life balance ▪ Facing challenges 	<ul style="list-style-type: none"> ○ Learn about physical and emotional signs of stress ○ Learn about sleep habits and managing stress ○ Learn about emotional and financial costs of misusing money
10	Relationships	<ul style="list-style-type: none"> ▪ Relating to others ▪ Parenting skills and family life ▪ When relationships go wrong ▪ Help and support 	<ul style="list-style-type: none"> ○ Learn about different types and levels of relationships ○ Learn about the factors that make relationships successful or difficult.
10	Diversity & British values	<ul style="list-style-type: none"> ▪ Shared identity – shared experiences ▪ Challenging discrimination 	<ul style="list-style-type: none"> ○ Learn about factors that can unite people who come from different backgrounds ○ Learn about what it means to be British. How shared experiences might bring people together.

Suggested Scheme of Work for Life skills/PSHE

Year 11: Overview

Year	Lesson heading	Lesson Content	Learning outcomes
11	Values	<ul style="list-style-type: none"> ▪ Individual, family and community values ▪ Diverse and conflicting values 	<ul style="list-style-type: none"> ○ Learn about different values ○ Learn about different ways of describing society ○ Learn about the effect of conflicting values
11	Knowledge Of Drugs And Emergency Procedures	<ul style="list-style-type: none"> ▪ Reviewing knowledge of illegal drugs and alcohol ▪ Risks of mixing drugs/alcohol/medications 	<ul style="list-style-type: none"> ○ Extend learning about the effects of drugs on mental and physical health ○ Demonstrate understanding of the risks associated with mixing drugs/alcohol/medications ○ Display skills to use appropriate first aid and emergency procedures
11	Consumerism & personal finance	<ul style="list-style-type: none"> ▪ Responsible consumerism ▪ Ethical consumerism ▪ Budgeting ▪ Credit and debt 	<ul style="list-style-type: none"> ○ Learn about advertising techniques that encourage spending. ○ Learn about taxes and budgeting ○ Learn about savings and pensions
11	The future	<ul style="list-style-type: none"> ▪ At what age can I? ▪ Moving on ▪ Study or employment 	<ul style="list-style-type: none"> ○ Learn about the multiple roles and responsibilities that people have in society ○ Learn how to manage change and transition ○ Learn ways of recognising your rights and responsibilities
11	Employability	<ul style="list-style-type: none"> ▪ Types of employment ▪ Creating a CV ▪ Skills and qualities needed for employment ▪ Rights and responsibilities at work ▪ Employment opportunities 	<ul style="list-style-type: none"> ○ Learn about the different types of opportunities that are available ○ Learn about the advantages and disadvantages of different types of employment ○ Learn how external factors could affect your employment decisions ○ Learn about relationships between employees and employers
11	Business & enterprise	<ul style="list-style-type: none"> ▪ Business structure and organisation ▪ The world of business ▪ Entrepreneurship and risk 	<ul style="list-style-type: none"> ○ Learn about advantages and disadvantages of various business structures ○ Learn about the importance of business in society ○ Learn about the reasons businesses need financing