

PSHE and Wellbeing SOW overview

Kings Langley School PSHE Curriculum Scheme of Learning					
	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term	<p>Resilience</p> <p>L1 - Introduction to the Programme L2 - Link between Thoughts and Feelings L3 - Thinking Styles L4 - Alternatives and Evidence L5 - Looking for Evidence: The File Game L6 - Putting it into perspective L7 - The Hot Seat: Real time resilience L8 - Review of lessons 1-7</p> <p>Homework: Follow resilience booklet</p> <p>Character development focus- <i>empathy</i></p>	<p>PSHE: L2L</p> <p>L1 - How do I learn and icebreakers L2 - PLTS L3 - Active Listening L4 - Rubric and Assessment L5 - Decision Making L6 - Becoming a better self-manager L7 - Developing group work Additional Lesson - Fire and Safety (Nick Ashman)</p> <p>Homework: Produce a 'my strengths and areas to develop' personal plan</p> <p>Character Development focus- <i>stickability</i></p>	<p>PSHE Wellbeing</p> <p>L1 - Introduction to Smoking: History and Advertising L2 - The Effects of Smoking L3 - Tobacco Industry Talk Show L4 - Should we ban smoking? L5 - Sexting: staying safe and managing risk L6 - Teenage Pregnancy L7 - STIs and Contraception L8 - Pornography and the distortion of the media</p> <p>Homework: Create a collage to show all the different types of contraception available and the pros and cons of each</p> <p>Character development focus- <i>self regulation</i></p>	<p>PSHE Developing Self</p> <p>L1 - Tensions between parents and teenagers L2 - Marriage and Divorce L3 - How are families changing in the UK today? L4 - Celebrating Diversity</p> <p>Extension Task: Reflect on your relationship with your parents and set yourself 3 goals for the future</p> <p>Character development- <i>empathy</i></p>	<p>PSHE Relationships and SexEd</p> <p>L1 - Age of consent L2 - Contraception L3 - Sexually Transmitted Diseases L4 - Wellbeing: Knowing my strengths and SMART targets</p> <p>Extension Task: Write a diary entry (one week) of life of a teenage mother.</p> <p>Character development focus- <i>self regulation and empathy</i></p>
	Anti Bullying Week				
	<p>PSHE: Relationships (E)</p> <p>L1 - Who am I and why am I here? L2 - What are relationships & why are they important? L3 - Empathy and what happens when relationships go wrong? L4 - Bullying (Anti-bullying week) L5 - Why people join gangs L6 - Resisting Peer Pressure L7 - Social Networking and Cyberbullying L8 - Gender Stereotyping</p> <p>Homework: Relationships Collage</p> <p>Character development focus-<i>empathy</i></p> <p>Billy's Wish Year 7 Project</p>	<p>L2L</p> <p>L8 - Learning lessons to improve group work L9 - Being an Independent Inquirer L10 - Exploring Multiple Intelligences L11 - Verbal and Linguistic Intelligence L12 - Visual and Spatial Intelligence Summary lesson to finish L13 - Write up a summary of lessons to show what you have learned this term about L2L</p> <p>Homework: Type up your final summaries</p> <p>Lesson for anti - bullying week (see folder for resources you can use) Character development focus- self regulation</p>	<p>PSHE Mini Enterprise (S)</p> <p>L1 - Team Building L2 - Deciding on product and company name L3 - Roles and Business Cards L4 - Meeting and agenda L5 - Meeting L6 - Final Sale Preparation L7 - After the 'sale' feedback</p> <p>Sale Date</p> <p>Homework: Write a report to explain 'what went well' and 'even better if'</p> <p>Character development focus- <i>stickability</i></p> <p>The ACT 'Behind Closed Doors' workshop and presentation Preparation in registration</p>	<p>PSHE: Healthy Body, Healthy Mind</p> <p>L1 - Link between exercise and wellbeing L2 - What's happening in America? Are we following suite? L3 and 4 - Addiction</p> <p>Extension Task: Write an article to explain some addictions and their causes. Explain how addictions have changed over the last 20 years</p> <p>Character development focus- <i>self regulation</i></p>	<p>PSHE: Careers</p> <p>L1 - Careers Education and pathways available to me L2 - The labour market L3 - Making sense of my money L4 - NatWest Session (please see individual timetable)</p> <p>Extension Task: Draw a table to show the pros and cons of going to university</p> <p>Character development focus- <i>stickability</i></p>
Christmas Holidays					

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Spring Term	<p>Resilience</p> <p>L9 - Assertiveness L10 - Negotiation L11 - Coping Strategies L12 - Solving Dilemmas and Visualised Relaxation L13 - Overcoming Procrastination and Social Skills Training L14 - Review of lessons 9-13</p> <p><u>Homework: Personal Reflection</u></p> <p>Character development focus- <i>self regulation</i></p>	<p>PSHE: Are you what you eat? (SR)</p> <p>L1 - What is a balanced diet? L2 - Obesity L3 - Are we obsessed with our image? L4 - Eating Disorders L5 - Vegetarianism L6 - Ethical Eating L7 - Supermarket Wars L8 and 9 - Active Citizenship Campaign</p> <p><u>Homework: Plan and deliver your Active Citizenship Campaign</u></p> <p>Character Development focus- <i>self regulation</i></p>	<p>PSHE: Options and Careers</p> <p>24th Jan - Options Assembly</p> <p>L1 - Youth Connexions Group Session (see individual timetable for date and time of session) L2 - The Options Process introduction L3 - Why learn languages? L4 - What motivates you? L5 - Apprenticeships - what are they?</p> <p><u>Homework: Complete Options form and hand in by due date</u></p> <p>Character development focus- <i>self regulation</i></p>	<p>PSHE: Thinking about my future</p> <p>L1 - Banks and Banking L2 - Debt and credit cards - should I borrow? L3 - The credit crunch - what happened?</p> <p><u>Extension Task: Planning for Personal Finance Day</u></p> <p>Personal Finance Day - Planning your school prom date tbc.</p> <p>Character Development focus- <i>self regulation</i></p>	<p>PSHE: Employability</p> <p>L1 - Employability - Skills and Qualities L2 - Interview Skills L3 - Your Working Life</p> <p><u>Extension Task: Create a revision timetable to include a variety of activities</u></p> <p>Character development focus- <i>stickability</i></p>
	<p>Citizenship What are my rights and responsibilities?</p> <p>L1 - Wants and Needs L2 - Origin of Human Rights L3 - Rights in School L4 - Human Rights in the UK L5 - Human Rights around the World</p> <p><u>Homework: Create a list of ten rights you feel are most important for young people today</u></p> <p>Character development focus - <i>self regulation</i></p> <p><u>Colin Arnott - Personal Safety Morning Date tbc</u></p>	<p>PSHE: Healthy Relationships (E)</p> <p>L1 - Puberty L2 - Healthy Relationships L3 - Healthy Relationships II L4 - Staying safe online L5 - Alcohol</p> <p><u>Homework: Write an information leaflet to show people suffering from an abusive relationship how and where to get help</u></p> <p>Character Development focus- <i>self regulation and empathy</i></p>	<p>PSHE: Challenging Beliefs (S)</p> <p>L1 - Homophobia L2 and L3 - Prejudice L4 - Challenging Prejudice and resisting peer pressure L5 - Leadership and Leading by example</p> <p><u>Homework: Write a Facebook profile for someone who has inspired you to explain what they have done and why</u></p> <p>Character development focus - <i>empathy</i></p> <p><u>Speaker- LGBT</u></p>	<p>PSHE: Work Experience</p> <p>L1- Work Experience Preparation L2 - CV Writing L3 - Telephone and Body Language Skills</p> <p><u>Homework Task: Complete your CV and type it up using the pro forma</u></p>	<p>PSHE - Employability</p> <p>L4 and L5 - C.V. Writing (book IT room) L6 - Creating a revision timetable</p> <p><u>Extension Task: Type up your C.V. using an exemplar</u></p> <p>Character development focus- <i>empathy</i></p>
Easter Holidays					

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Summer Term	<p>Resilience</p> <p>L15 - Decision Making L16 - Social Problem Solving L17 - Problem Solving and review L18/19 - Review and Celebrate L20 - Student Voice</p> <p>Character development focus- <i>stickability</i></p> <p>Remaining 2 lessons can be used to recap concepts covered</p>	<p>PSHE and Citizenship : Drugs and The Law (SR)</p> <p>L1 - What are drugs? L2 - Effects of drugs L3 - Why do people take drugs? L4 - Should we legalise cannabis? L5 - Dangers of Knives - Billy's Wish L6 - Road Safety L7 - Drink Driving Additional Lesson - Steroids</p> <p>Homework: Persuasive Writing: Should cannabis be legalised? Letter</p> <p>Speaker- Billy Dove Trust</p> <p>Character development focus- <i>self regulation</i></p>	<p>Citizenship: Communities</p> <p>L1 - Causes of conflict L2 - Effects of conflict L3 - The London Riots L4 - Blood diamonds L5 - Celebrating Diversity in the community L6 - Voluntary work and benefits</p> <p>Homework: Create a collage to represent and celebrate the different groups within our community</p> <p>Character development focus- <i>self regulation</i></p>	<p>Citizenship: Democracy and Representation</p> <p>L1- How and why are laws made L2 - Parliament L3 - The coalition government L4-6 - Voting and Elections</p> <p>Extension Task: Create a mock trial and describe the proceedings</p> <p>Character development focus- <i>self regulation</i></p>	<p>PSHE: Study Skills</p> <p>L1 - Improving Exam Technique L2 - Memorizing technique</p> <p>Extension Task: Exam Preparation!</p> <p>Character development focus- stickability and self-regulation</p>
	<p>Citizenship</p> <p>Communities and Identity (E)</p> <p>L1 - Diversity L2 - Developing Empathy L3 - Global Connections L4/5 - Fairtrade L6 - Reading Activity</p> <p>Homework: Fairtrade Extension Task</p> <p>Character development focus- <i>empathy</i></p>	<p>Citizenship: Managing Money (SR)</p> <p>L1 - Ethics of Money L2 - Wants and Needs L3 - Personal Budgeting and Managing Finances L4 - Bank Accounts and ID Fraud L5 - Planning for the summer holidays L6 - Researching the best bank account for 13 year olds (IT lesson)</p> <p>Homework - Write a summary to explain which bank account would be most suitable for you and why.</p> <p>Character development focus- <i>self regulation</i></p>	<p>Citizenship :Parliamentary Democracy</p> <p>L1 - Decisions and Democracy L2 - Political parties L3 - Political Representation L4 - Voting L5 - Voting and Systems L6 - Parliament and the law L7 - Making laws</p> <p>Homework: Write a list of 5 laws you would bring in if you were in charge of the country!</p> <p>Character development focus- <i>self regulation</i></p>	<p>PSHE Me and My Community</p> <p>L1 - Morality L2 - Community Cohesion L3 - Migration L4 - Asylum Seekers</p> <p>Extension Task: Write a business plan for a product you think the world would benefit from</p> <p>Character development focus- <i>empathy</i></p>	<p>Year 11 on study leave</p>