PSHE AT PLECKGATE
YEAR 11 LEARNING JOURNEY

Summer Preparation for KS5

Life Beyond Pleckgate

Review of learning

End of year Evaluation

5. Coffee Shop
- Understand how coffee is made.
- Explain the importance of diffusion in coffee making and the smell of coffee.
- Explain the effects of caffeine on the body.

4. Handling the exam Period
- Understand how to look after yourself during the exam period.
- Identify how to be at your best.

3. Revision Techniques 1&2
- Explore a range of revision techniques.
- Identify the benefits of each revision technique.
- Practice each revision technique.

2. Managing Revision Time
- Understand the importance of being motivated for your exams.
- Identify key strategies to help you stay motivated.
- Map out your own motivational strategy.

1. Exam Motivation
- Understand the importance of being motivated for your exams.
- Identify key strategies to help you stay motivated.
- Map out your own motivational strategy.

Review of learning

5. Positivity
- Understand the meaning of positivity
- Recognise positive qualities about ourselves
- Strategies & top tips to keep positive

4. Stigma
- Understand what stigma is
- Understand the stigma surrounding mental health problems
- Consider attitudes about mental illness
- Exhibit a realistic and positive understanding of mental illness

1 in 4 of us will experience mental health problems in our lifetimes.

2. Mental Health Part 2
- Understand the different types of mental health problems
- Understand common myths and facts associated with mental health
- Apply knowledge to the stages of the mental health continuum

LITWW Term 3

RSE- Intimate and Sexual Relationships - Year 11 RE
- Matters of Life and Death

6. Self Awareness
- Understand self-awareness and why we should develop it
- Recognise your own strengths and weaknesses
- Identify how to make some positive changes

3. Mental Health Part 3
- Identify the warning signs of poor mental health
- Understand how can you help yourself and someone else with mental health problems

6. College Applications

5. Update Unifrog/ College Applications

H&W Term 2

1. Mental Health Part
- An introduction to mental health: What and who it affects.
- Understand ways to maintain positive mental health.

Review of learning

7. College Applications

4. Personal statement

2. Interview Skills
- Understand that interviews help the employer and employees/colleges assess their match for one another
- Identify different types of interview and their purpose.

Welcome to Year 11 PSHE:
What will I learn?

LITWW Term 1

3. Setting Goals
- Identify the smaller steps and strategies they need to take to work towards a larger goal.
- Explain what the SMART acronym stands for and how this strategy can be used ti make goals attainable

1. CV Writing
- Explain what a CV is used for and be familiar with formats
- Understand that a CV should highlight the skills, personal qualities, qualifications, interests and experience that a potential employer/college is looking for

H&W – Health and wellbeing | RSE – Relationship and Sex Education | LITWW – Living in the Wider World