

Year 13 guidance/scheme of work KS5

Tutor time sessions (TUESDAY'S) - Teachers have 25 minutes once a week to deliver the content planned out below. In addition to this, students receive PSHE/RSHE assemblies throughout the academic year, reinforced with enrichment mornings and afternoons. Also, external speakers frequently deliver important sessions to students to reinforce their existing knowledge on topics related to PSHE.

External speaker sessions consist of presentations and drama delivered by the following companies in addition to workshops organised internally:

- ✚ West Midlands Police Force knife crime trainers covering real life incidents.
- ✚ DSM Foundation with a focus on recreational drug use and the devastating impact to life (parent workshops also organised to further support this)
- ✚ University of Birmingham discussing career paths and university choices (life skills)
- ✚ Alison Cope - Knife crime
- ✚ School of sexuality - importance of communication and consent in relationships

Assessment: Before each theme (RSE, Health and Well-being and Living in the Wider World) students are to complete a mind-map on all knowledge known prior to lesson and add to the mind-map at the end of the lesson to show progress. This can be done together as a group with the tutor forming the mind-map on a whiteboard.

Sequencing: All knowledge builds on year 12 content. The curriculum was developed with the school council to address topics students are keen to learn about. Some content has been recapped to refresh students' knowledge on important topics e.g. contraception.

Lesson	Topic	Additional points	Modern British Values
Introductory lesson	Ground rules discussed for PSHE, learning journeys discussed, general discussion on the subject and what knowledge was gained last year.	Powerpoint All students to sign the ground rules.	<ul style="list-style-type: none"> • Democracy • Individual liberty • Mutual respect • Tolerance of those with different faiths and beliefs • The rule of law
Lesson 1 Strand: RSE	<u>Relationships and sex education:</u> Managing difficult relationships. Toxic relationships (friendships and romantic relationships).	Powerpoint Tier 2: Advocate, articulate, pivotal Tier 3: healthy, unhealthy	<ul style="list-style-type: none"> • Democracy • Individual liberty • Mutual respect • Tolerance of those with

		relationships, diversity	<ul style="list-style-type: none"> different faiths and beliefs The rule of law
Lesson 2 Strand: RSE	<p><u>Relationships and sex education:</u> To recognise, respect and, if appropriate challenge the ways different faith or cultural views influence relationships. Communicating with respect.</p> <p>*learning about different cultures and faiths"</p>	<p>Powerpoint,</p> <p>Tier 2: Adequate, articulate, attribute</p> <p>Tier 3: healthy, unhealthy relationships, diversity</p>	<ul style="list-style-type: none"> Democracy Individual liberty Mutual respect Tolerance of those with different faiths and beliefs The rule of law
Lesson 3 Strand: RSE	<p><u>Relationships and sex education:</u> To manage the ending of relationships safely and respectfully, including online.</p>	<p>Tier 2: decipher, context, conformity</p> <p>Tier 3: relationships, grief</p>	<ul style="list-style-type: none"> Democracy Individual liberty Mutual respect Tolerance of those with different faiths and beliefs The rule of law
Lesson 4 Strand: RSE	<p><u>Relationships and sex education:</u> To understand the emotional, physical, social and legal consequences of failing to respect others' right not to give or withdraw consent. Also, being able to use contraception with a sexual partner without coercion. To include stealthing.</p>	<p>Powerpoint</p> <p>Tier 2: consistent, authority, articulate</p> <p>Tier 3: abuse, stealthing, coercion</p>	<ul style="list-style-type: none"> Democracy Individual liberty Mutual respect Tolerance of those with different faiths and beliefs The rule of law

<p>Lesson 5</p> <p>Strand: RSE</p>	<p><u>Relationships and Sex Education:</u> RESFRESHER - How to effectively use different contraceptives, including how and where to access them. Also, to evaluate the most appropriate methods of contraception in different circumstances [including emergency contraception]. To access the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support quickly.</p> <p>*reminder sexuality - relationships</p>	<p>Powerpoint</p> <p>Tier 2: diverse, implications, facilitate</p> <p>Tier 3: healthy, unhealthy relationships, contraception</p>	<ul style="list-style-type: none"> • Democracy • Individual liberty • Mutual respect • Tolerance of those with different faiths and beliefs • The rule of law
<p>Lesson 6</p>	<p><u>Relationships and Sex Education:</u> How to recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities A3 sheets required *18+ safeguarding - What to do once over the age 18? * SC</p>	<p>Powerpoint</p> <p>Tier 2: Advocate, facilitate</p> <p>Tier 3: professionals</p>	<ul style="list-style-type: none"> • Democracy • Individual liberty • Mutual respect • Tolerance of those with different faiths and beliefs • The rule of law
<p>Lesson 7</p>	<p><u>Relationships and Sex Education:</u> To understand the rights in relation to harassment (including</p>	<p>Powerpoint</p> <p>Tier 2: Advocate, articulate, pivotal</p>	<ul style="list-style-type: none"> • Democracy • Individual liberty

	online) and stalking, how to respond and how to access support.	Tier 3: sexual harassment, sexualised bullying	<ul style="list-style-type: none"> • Mutual respect • Tolerance of those with different faiths and beliefs • The rule of law
Lesson 1 Strand: Living in the Wider World	<u>Living in the Wider World</u> To set realistic yet ambitious career and life goals which are matched to personal values, interests, strengths and skills.	Powerpoint Tier 2: Advocate, articulate, inferred Tier 3: trajectory, career prospects	<ul style="list-style-type: none"> • Democracy • Individual liberty • Mutual respect
Lesson 2 Strand: Living in the Wider World	<u>Living in the wider world:</u> How to produce a concise and compelling curriculum vitae and prepare effectively for interviews.	Powerpoint Tier 2: Articulate, compelling, consistent Tier 3: CV	<ul style="list-style-type: none"> • Individual liberty
Lesson 3 Strand: Living in the Wider World	<u>Living in the wider world:</u> To understand and appreciate the importance of workplace confidentiality and security including cyber-security and data protection.	Powerpoint Tier 2: Insinuate, exemplify Tier 3: cyber-security	<ul style="list-style-type: none"> • Individual liberty • The rule of law
Lesson 4 Strand: Living in the Wider World	<u>Living in the wider world:</u> To recognise bullying and harassment in the workplace in all its forms and ways to seek or provide support to resolve the situation	Powerpoint Tier 2: Advocate, articulate, pivotal Tier 3: healthy, unhealthy relationships, diversity	<ul style="list-style-type: none"> • Individual liberty • The rule of law

<p>Lesson 5</p> <p>Strand: Living in the Wider World</p>	<p><u>Living in the wider world:</u> To effectively challenge online content that adversely affects their personal or professional reputation.</p> <p>X younger years</p>	<p>Powerpoint</p> <p>Tier 2: inherent, context, decipher</p> <p>Tier 3: online abuse</p>	<ul style="list-style-type: none"> • Individual liberty • The rule of law
<p>Lesson 6</p> <p>Strand: Living in the Wider World</p>	<p><u>Living in the wider world:</u> To be a critical consumer of online information in all its forms, including recognising bias, propaganda and manipulation.</p>	<p>Powerpoint</p> <p>Tier 2: Advocate, articulate, ideology</p> <p>Tier 3: propaganda, fake news</p>	<ul style="list-style-type: none"> • Individual liberty • The rule of law
<p>Lesson 7</p> <p>Strand: Living in the Wider World</p>	<p><u>Living in the wider world:</u> The role of trade unions and professional organisations; when and how to constructively challenge workplace behaviours</p>	<p>Tier 2: Advocate, articulate, pivotal</p> <p>Tier 3: workplace environment</p>	<ul style="list-style-type: none"> • Individual liberty • The rule of law
<p>Lesson 1</p> <p>Strand: Health Education</p>	<p><u>Health Education:</u> To recognise signs of change in mental health and well-being and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety.</p> <p>Statistics - different forms of meditation</p>	<p>PowerPoint</p> <p>Tier 2: advocate, articulate, implications</p> <p>Tier 3: mental well-being</p>	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law
<p>Lesson 2</p> <p>Strand: Health Education</p>	<p><u>Health Education:</u> To recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote well-being.</p>	<p>Powerpoint</p> <p>Tier 2: Advocate, articulate, pivotal</p> <p>Tier 3: mental well-being</p>	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law

	*how to support others with their mental health		
Lesson 3 Strand: Health Education	Health Education: To recognise illnesses that particularly affect young adults, such as 'freshers' flu' *how to look after yourself during busy periods	Powerpoint. Tier 2: inferred, predominant, turbulent Tier 3: freshers flu	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law
Lesson 4 Strand: Health Education	Health Education: To understand how alcohol and drug use can affect decision making and personal safety, including looking out for friends, safe travel and drink-spiking. *injections *types of drugs	Powerpoint Tier 2: significant, validity, stability Tier 3: spiking	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law
Lesson 5 Strand: Health Education	Health Education: How to maintain a healthy diet, especially on a budget. *average student loan Varying different ways Payments	Powerpoint Tier 2: pivotal, perspective, justification Tier 3: financial	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law
Lesson 6 Strand: Health Education	Health Education: How to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep, and balancing time online. Independence Paying bills Taxes - NI, student loan,	Powerpoint Tier 2: sufficient, pivotal, integrity Tier 3: work/life balance	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law

Lesson 7 Strand: Health Education	Health Education: How to support individuals with poor mental health.	Powerpoint Tier 2: Advocate, articulate, albeit Tier 3: mental health and well-being	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law
Lesson 1 Strand: Health Education	Health Education: How to recognise symptoms of poor physical health. To include, cancer and dementia	Tier 2: attribute, articulate, adjacent Tier 3: health and well-being	<ul style="list-style-type: none"> • Democracy • Individual liberty
Lesson 2 Strand: Health Education	Health Education: The risks of being a passenger with an intoxicated driver and ways to manage this	Tier 2: Advocate, articulate, authority Tier 3: intoxicated	<ul style="list-style-type: none"> • Democracy • Individual liberty
Lesson 3 Strand: Health Education	Health education: First Aid CPR refresher - identifying the signs of a heart attack	Tier 2: Advocate, articulate, pivotal Tier 3: CPR	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law • Mutual respect
Lesson 4 Strand: Health Education	Health education: First Aid - Choking	Tier 2: attribute, advocate, adequate Tier 3: first aid	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law • Mutual respect
Lesson 5 Strand: Health Education	Health Education: First Aid - Burns and wounds	Tier 2: attribute, advocate, adequate Tier 3: first response	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law • Mutual respect
Lesson 6 Strand: Health Education	Health Education: First Aid - Recovery position	Tier 2: attribute, advocate, adequate Tier 3: first response	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law • Mutual respect
Lesson 1 Strand: Living in the Wider World	Living in the wider world: Basic food recipes	Tier 2: Adequate, assimilate, feasible	<ul style="list-style-type: none"> • Democracy • Individual liberty

		Tier 3: healthy living	<ul style="list-style-type: none"> • The rule of law • Mutual respect
Lesson 2 Strand: Living in the Wider World	<u>Living in the wider world:</u> Voting system - citizenship link	<p>Tier 2: attribute, advocate, adequate</p> <p>Tier 3: political voting system</p>	<ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law • Mutual respect