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| **Year 13** | Autumn 1Physical & Emotional Health & Wellbeing | Autumn 2Physical & EmotionalHealth & Wellbeing | Spring 1Living in the wider world | Spring 2Living in the wider world | Summer 1Preparing for A-Level Exams | Summer 2 |
| PSHE Topics | * 1. L2L & Project Introduction
* 2. Healthy eating balanced diet (learning/researching)
* 3. Black History Month Equality Act/Discrimination
* 4. Winners cooking others reflecting
 | * 1. MOCKS
* 2. Learning 2 Learn/work with year 8
* 3. Managing exam stress and anxiety
 | * 1. L2L & registering to vote
* 2. Confidently managing transition and Yipiyap
* 3. MOCKS
 | * 1. L2L & Taxation
* 2. Unidosh- Financial and literacy
* 3. Easter PSHE (last day)
 | * 1. L2L & Employing techniques for revision

2. Exploring the influence and impact of role models and the media | * **N/A Year 13 finished for exams**
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| Students will learn | * The impact of stereotyping, prejudice and discrimination
* The need to promote inclusion and challenge discrimination, and how to do so safely, including online
* To further develop the skills of clear communication, negotiation and compromise
* How to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep, and balancing time online
 | * How to plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university)
* To understand and manage salary deductions including taxation, national insurance and pensions
* To evaluate savings options
* To exercise consumer rights, including resolving disputes and accessing appropriate support
 | * To recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety
* A broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns
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| Link to UN Declaration on the Rights of the Child | * 2. No discrimination
* 8. Identity
* 30. Minority culture, language and religion
 | 6. Life, survival and development27. Food, clothing, a safe home | * 6. Life, survival and development
 | 26. Social and economic help | * 12. Respect for children’s views
* 15. Setting up or joining groups
 | * **N/A Year 13 finished for exams**
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