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| **Year 13** | Autumn 1  Physical & Emotional Health & Wellbeing | | Autumn 2  Physical & Emotional  Health & Wellbeing | Spring 1  Living in the wider world | | Spring 2  Living in the wider world | | Summer 1  Preparing 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** | |
| 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 | | |
| 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 development  27. 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** |