**PHSE Scheme of Work 2022-2023: YEAR 11**

|  |  |  |
| --- | --- | --- |
| **AUTUMN TERM 1: SEPT - OCT** | **AUTUMN TERM 2: OCT - DEC**  | **SPRING TERM 1: JAN - FEB**  |
| **Relationships** | **Sex, sexuality and sexual health** | **Alcohol, tobacco and other drugs**  |
| **AO: to investigate types of relationships**This unit really gets the students thinking about the different types of relationships in their life.**Topics:*** Relating to others
* Skills for successful relationships
* Parenting skills and family
* Exploitation and abuse in relationships
* Help and support for relationships
 | **AO: to prepare for sexual relationships and knowing my choices**In this unit students will revisit different types of relationships and sexual health.**Topics:*** Consent
* Sexual relationships
* Sexual health
* Pregnancy choices
* Pornography
 | **AO: to understand the dangers of drugs**In this unit pupils will consider the dangers of both legal and illegal drugs.**Topics:*** Drugs
* Alcohol
* Addiction and dependency
 |
| **SPRING TERM 2: FEB - MAR** | **SUMMER TERM 1: APR - MAY** | **SUMMER TERM 2: JUN - JUL** |
| **Emotional Wellbeing and mental health** | **Healthy lifestyle** | **Communities** |
| **AO: to develop strategies to have healthy mental health** This unit really gets the students thinking about their own mental health and encourages pupils to develop coping strategies for dealing with stress.**Topics:*** Emotional wellbeing
* Dealing with stress
* Pressures and influences
* Facing challenges
* Work-life balance
* Bereavement
 | **AO: To develop an awareness of a healthy lifestyle**This unit explores what is a healthy lifestyle is and makes pupils consider how to make healthy choices for their future health.**Topics:*** Influences on health
* Planning healthy meals and being active
* Being health aware
 | **AO: to consider equality and discrimination for those living in Britain**To understand what is meant by British values. Pupils will explore equality and discrimination. **Topics:** * Living in Britain
* The Equality Act and hate crimes
* Discrimination through invisibility
* Challenging discrimination
* Democracy and voting
 |