

Curriculum Sequencing - Year 11



Year 11 Health and Wellbeing		
Topics covered: revision and wellbeing sleep exercise and stress Vaping - 2023-4 only Online gambling	How it links to what has been studied before: You have studied a number of risk factors for your physical and mental health and a number of strategies to help you maintain good mental and physical health, you are now linking this to the exams and dealing with stress.	How it links to what will be studied: Depending on what your next steps are and which college you go to, you will continue to study elements of this programme.
Key words: Revision, wellbeing, stress, debt		Key skills: Discussion, debate, empathy, reflection
Assessment focus: Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson		Where to get support: <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544 Contact pastoral leads in school or the safeguarding lead. Check the information page at the back of your book.
Why we study it: Learning in health and wellbeing ensures that you develop the knowledge and understanding, skills, capabilities and attributes which you need for mental, emotional, social and physical wellbeing now and in the future. It helps you to learn how to effectively, cope with day-to-day challenges, and develop into resilient young adults.		

Year 11 Living in the wider world		
Topics covered: Communication skills interpersonal skills confidence and achievement independent living payday loans and personal finance Employment law and trade unions	How it links to what has been studied before: You have started to look at your personal finances in year 10 and started to think about College and University applications. You will have most likely completed some work experience and the Big Interview event.	How it links to what will be studied: Depending on what your next steps are and which college you go to, you will continue to study elements of this programme.
Key words: interpersonal, communication, loans, debt, interest, rights, trade unions.		Key skills: Discussion, debate, empathy, reflection

Assessment focus: Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson	Where to get support: <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544 Contact pastoral leads in school or the safeguarding lead. Check the information page at the back of your book.
Why we study it: This includes learning about the different roles and responsibilities people have within their community. The benefits of living in a diverse community and strategies for challenging stereotypes and prejudice. Helping you to understand your feelings about money, financial decisions, careers and the economy is a vital part of preparing you for adult life, with clear links to health outcomes and relationships.	

Year 11 Relationship and sex education		
Topics covered: Consent revenge porn Bullying online	How it links to what has been studied before: Building on the work we did in year 10 on relationships, public sexual harassment and coercive control	How it links to what will be studied: Depending on what your next steps are and which college you go to, you will continue to study elements of this programme.
Key words: Consent, bullying, intimidation, legal.		Key skills: Discussion, debate, empathy, reflection
Assessment focus: Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson		Where to get support: <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544 Contact pastoral leads in school or the safeguarding lead. Check the information page at the back of your book.
Why we study it: To give you the information you need to help you develop healthy, nurturing relationships of all kinds, not just intimate relationships. To know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. You will also develop an understanding of what is acceptable and unacceptable		

behaviour in relationships. This will help you understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

