



Curriculum Map

Subject: CPSHE

Year Group: 11

	Autumn 1/Autumn 2	Autumn 2	Autumn 2/Spring 1	Spring 2	Summer
Content	<p>Immunisations – What immunisations are for, how they protect us and the wider community.</p> <p>The ending of relationships – How to manage the ending of relationships in a mature way that does not break any laws or put ourselves in vulnerable situations</p> <p>Disability Awareness – General awareness of different disabilities. How to approach people with disabilities whilst showing respect.</p>	<p>Being your best self – Understanding that there will be increased opportunities to show your best self. How to do this in an effective way.</p> <p>Everyday media- Critical thinking of what the media shows us.</p> <p>Empathy- Building on personal life skills, understanding that empathy is a skill that can be used in many contexts.</p> <p>Employability – Making ourselves employable. How can we ensure that we make ourselves the most employable we can.</p>	<p>Dangers online – Developing and pulling together everything learnt from KS3 to now.</p> <p>The effects of sleep- Why sleep is important and the positive and negative affects it can have on our bodies.</p>	<p>Abusive relationships – Exploring and recognising the different characteristics of abusive relationships. What to do and how to get help.</p> <p>Managing exams successfully – Understanding the stress and worry that exams can cause. Learning how to manage this in an effective way.</p>	<p>School Reflection – Reflecting on the academic and personal journey in a constructive and reflective way whilst setting personal and academic goals for the future.</p>
Skills	<p>Health Responsibility Living in the wider world Citizenship Empathy</p>	<p>Motivation Empathy Leadership Life skills Responsibility Future planning</p>	<p>Staying Safe Actions and Consequences Responsibility Health benefits</p>	<p>Safety The law Accessing help Mental Health Time management</p>	<p>Goal setting Health and Wellbeing Self-esteem Planning</p>
Key questions	<p>Why are immunisations used? What impact do immunisations have on the greater community?</p>	<p>What is your best self? What do you want others to see? Why is this important? How can we show empathy?</p>	<p>What are the key dangers online? What are the consequences of not being safe online in relation to the law?</p>	<p>What are key signs of an abusive relationship? Where can we get help?</p>	<p>What are our achievements this year? How should we set goals to ensure they are achievable?</p>

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		What skills do we have that makes us employable? How can I work on developing these skills?	Why is sleep important? Do you need to increase the amount of sleep you get? What could it affect?	How can we help someone in this situation? How can we prioritise? How can we manage our time effectively? How can we ensure that we have positive mental health even in stressful times?	How can we improve on the year gone? What options are available to you post -16, which suits you best? Where do you see yourself in the future and how can we help to get you there?
Assessment	Plenaries, reflection, fact checking, role play.	Plenaries, reflection, set tasks, class discussion, forward planning.	Plenaries, reflection, planning tasks, fact checking.	Plenaries, reflection, class discussions and debates.	Plenaries, reflection, class discussions
Literacy/ Numeracy/ SMSC/ Character	Statistics	Statistics Writing Tasks	Statistics	Statistics Writing Tasks	Writing Tasks