KHS Wellbeing (Year 11) 2022-23

Key Kirkby Child Values: Positive Attitude, Confident

1. Life Skills – 12 sessions

		Assessment: 1. **Design a social media ad campaign about one of the topics we have looked at**
PSHE PoS / National Curriculum Citizenship Jigsaw	**Resources**	
Step 1		
Core theme 1 H1-14, H17-18 BM (Being Me) **HM** (Healthy Me) Being and keeping safe and healthy	*Jigsaw resources – Being Me in My World / Healthy Me* *Being Kind to Yourself Resources*	**Making the Right Choices** **Human Rights** human rights and international law **Risk & Drinking / Drugs** Rights Anti-Social Behaviour – what is it? What can it lead to? Identifying risk and managing personal safety online and in the real world Strategies for risky situations Smoking / Drinking / Drugs and their effects First Aid
Step 2		
Core theme 1 H1-10 H21-23 Core Theme 2 R35-38	**Life Skills**	Finances Buying a house / mortgages Wages & Salaries
Step 3		
Core Theme 1 H12, H22 Core Theme 2 R14-15 Core Theme 3	Jigsaw Resources	Life in Modern Britain & abroad Active Citizenship – getting involved Government, politics, democracy

L22-29 parliamentary democracy and the key elements of the constitution of the United Kingdom, including the power of government, the role of citizens and Parliament in holding those in power to account, and the different roles of the executive, legislature and judiciary and a free press the different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond local, regional and international governance and the United Kingdom's relations with the rest of Europe, the Commonwealth, the United Nations and the wider world		Design a media campaign to raise awareness of one of the topics we've looked at this module Can use Jigsaw – Changing me – Changing Society & Me
Suggested homework tasks: Research support services Signposting where to get help		***Differentiation*** *Students to plan schemes of work* *Questioning / self-reflection* *Group work/pair work* *Modelling of answers* *Peer and self-assessment* *Extension activities* *Scaffolding and writing frames for ad campaign*

2. Rights, Relationships & The Future (6 sessions)

PSHE PoS / National Curriculum Citizenship	**Resources**	Assessments: Scenario Plan
Step 1		
Core Theme 2 *R1, R9* R3, R12 human rights and		DO NOW: Fill in book covers for key words from previous module • the legal system in the UK, different sources of law and how the law helps society deal with complex problems • the different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond

international law		
Step 2		
H23 R23-24 **RL** (Relationships) Building positive, healthy relationships	Jigsaw Relationships Modules 1-6	*Relationships – recall* Healthy, Long-term relationships Love and loss Healthy Connections Don't Believe What you See Better together?
Step 3		
DG (Dreams and Goals) Aspirations, how to achieve goals and understanding the emotions that go with this	Jigsaw Dreams and Goals Modules 1-6	*Ideas about the Future – recall* Relationships and Health Work/Life Balance A Healthy Balance

Suggested homework / Extra Curricular opportunities: *Relationships in the media*	***Differentiation*** *Questioning* *VAL – Visual, audio, kinaesthetic* *Texts according to reading ability (eg audiobook)* *Modelling of answers* *Storyboard*

3. **Mindfulness (6 sessions)**

PSHE PoS	Resources	
Step 1		
Core Theme 1 H11 Core Theme 2 R33-34	Rise Above for Schools Breathing exercises	**Breathing and Sleep** Mindfulness techniques

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Core Theme 3 L22-29	https://www.bbc.co.uk/newsround/51896156	The importance of sleep Confidence and skills / qualities Influences on self-esteem and mental health *Making informed lifestyle choices regarding sleep, diet and exercise* *Understanding how self-confidence, self-esteem and mental health are affected positively and negatively by internal and external influences*
Step 2		
Core Theme 1 H5-10 Core Theme 2 R33-34 Core Theme 3 L22-29	Wellbeing activities – being good to yourself	**Emotional Health & Wellbeing (recall)** Positive thinking Empathy Supporting others Warning signs and triggers How to get help and support Change / planning for the future *Understanding the characteristics of mental health; change and its impact; strategies for managing emotional wellbeing and avoiding negative thoughts; recognising warning signs and triggers*
Step 3		
Core Theme 2 R33-34 Core Theme 3 L1-3, 22-29	Time Management Study skills Equipment as prizes?	**Revision Planning and Study Skills** Time management, how to revise Social media / gaming Positive peer pressure and influencing others Self-assessment and reflection *Evaluating and developing study & employability skills, personal strengths and areas for development.* *Recognising positive and safe ways of creating and sharing content online* *Understanding the risks of social media and peer pressure*