

# 1. Life Skills – 13 sessions

		Assessment:
PSHE PoS / National Curriculum Citizenship Jigsaw	Resources	<ol style="list-style-type: none"> <li>Design a social media ad campaign about one of the topics we have looked at</li> <li>PfWL Exam questions</li> </ol>
<b>Step 1</b>		
<p>Core theme 1 H1-14, H17-18</p> <p>BM (Being Me)</p> <p>HM (Healthy Me) Being and keeping safe and healthy</p> <p>The legal system in the UK, different sources of law and how the law helps society deal with complex problems</p>	<p>Jigsaw resources – Being Me in My World / Healthy Me</p> <p>Being Kind to Yourself Resources</p> <p>D&amp;A Lessons</p> <p>Crime &amp; Punishment Lessons</p> <p>Alcohol / Driving Lessons</p> <p>Careers – drug charges can stay on your record forever</p>	<p><b>Making the Right Choices</b></p> <p><b>Risk &amp; Drinking / Drugs</b></p> <p>Rights</p> <p>Anti-Social Behaviour – what is it? What can it lead to?</p> <p>Identifying risk and managing personal safety online and in the real world</p> <p>Strategies for risky situations - Smoking / Drinking / Drugs and their effects (inc. Drinks Spiking) including First Aid</p> <p><b>Diagnostic feedback Opportunity – journey of a drug</b></p> <p>Drink &amp; Drug Driving</p> <p>Crime &amp; Punishment</p>
<b>Step 2</b>		
<p>Core theme 1 H1-10 H21-23</p> <p>Core Theme 2 R35-38</p>	<p><b>Life Skills</b></p> <p>Money Management Lessons</p> <p>Barclays Life Skills <a href="https://barclayslifeskills.com/">https://barclayslifeskills.com/</a></p>	<p>Finances Recall</p> <p>Buying a house / mortgages</p> <p>Wages &amp; Salaries recall</p> <p>Being Enterprising</p> <p><b>Assessment - Ros is 25 years old. She has a full-time job and is buying her own house. She needs to budget carefully and plan for her future.</b></p> <p><b>Explain why it is important for Ros to budget carefully</b></p> <p><b>Marks to be entered onto a spreadsheet</b></p>
<b>Step 3</b>		

<p>Core Theme 1 H12, H22 Core Theme 2 R14-15 Core Theme 3 L22-29</p>	<p><i>Time Management</i></p> <p><i>Study skills folder</i></p> <p><i>Equipment as prizes?</i></p>	<p><b>Revision Planning and Study Skills</b></p> <p>Preparation for mock exams Time management, how to revise</p> <p>Social media / gaming Positive peer pressure and influencing others Self-assessment and reflection</p> <p><i>Evaluating and developing study &amp; employability skills, personal strengths and areas for development.</i></p> <p><i>Recognising positive and safe ways of creating and sharing content online</i></p> <p><i>Understanding the risks of social media and peer pressure</i></p>
<p><b><u>Suggested homework tasks:</u></b></p> <p>Research support services Signposting where to get help Revision</p>		<p><b><u>Differentiation</u></b></p> <p><i>Students to plan schemes of work</i> <i>Questioning / self-reflection</i> <i>Group work/pair work</i> <i>Modelling of answers</i> <i>Peer and self-assessment</i> <i>Extension activities</i> <i>Scaffolding and writing frames for ad campaign</i></p>

**2. Rights, Relationships & The Future  
(5 sessions)**

		Assessments: Scenario Plan
<p><b>PSHE PoS /</b> <b>National Curriculum</b> <b>Citizenship</b></p>	<p><b>Resources</b></p>	
<b>Step 1</b>		
<p><i>Core Theme 2</i> <i>R1, R9</i> <i>R3, R12</i></p> <p><i>human rights and international law</i></p>	<p><i>Human Rights</i></p> <p><i>Genocide – examples from throughout history</i></p>	<p>DO NOW: Fill in book covers for key words from previous module</p> <ul style="list-style-type: none"> <li>• Recall work from last term</li> <li>• Show learning journey for this term</li> <li>• Student Voice</li> </ul> <p><i>Human Rights</i> <i>What can happen when rights are denied</i> <i>Rights within relationships</i></p>

## Step 2

H23 R23-24  <b>RL (Relationships)</b> Building positive, healthy relationships	Jigsaw Relationships Modules 1-6  Relationships folder	<i>Relationships – recall</i>  Healthy, Long-term relationships Love and loss Healthy Connections / Don't Believe What you See Better together? Rights around fertility, pregnancy & abortion <b>Diagnostic Feedback Opportunity – Views on Abortion</b>
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## Step 3

<b>DG (Dreams and Goals)</b> Aspirations, how to achieve goals and understanding the emotions that go with this Core Theme 2 R33-34 Core Theme 3 L1-3, 22-29  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  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  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	Jigsaw Dreams and Goals Modules 1-6  <b>Careers - MPs</b>	<i>Ideas about the Future – recall</i>  Relationships and Health Work/Life Balance A Healthy Balance  Life in Modern Britain (inc Politics)  Local & general elections - Worries about the future
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<u><b>Suggested homework / Extra Curricular opportunities:</b></u>  <i>Relationships in the media</i> <i>Watching the news about elections</i> <i>Research political parties</i> <i>Discussions around voting, with people at home</i>	<u><b>Differentiation</b></u>  <i>Questioning</i> <i>VAL – Visual, audio, kinaesthetic</i> <i>Texts according to reading ability (eg audiobook)</i> <i>Modelling of answers</i> <i>Storyboard</i>
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### 3. Mindfulness (5 sessions)

PSHE PoS	Resources	
<b>Step 1</b>		
Core Theme 1 H11 Core Theme 2 R33-34 Core Theme 3 L22-29	Rise Above for Schools  Breathing exercises  <a href="https://www.bbc.co.uk/newsround/51896156">https://www.bbc.co.uk/newsround/51896156</a>	<b>Breathing and Sleep</b>  Mindfulness techniques The importance of sleep Confidence and skills / qualities Influences on self-esteem and mental health  <i>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</i>
<b>Step 2</b>		
Core Theme 1 H5-10 Core Theme 2 R33-34 Core Theme 3 L22-29	Wellbeing activities – being good to yourself  <b>Careers - Counsellors</b>	<b>Emotional Health &amp; Wellbeing (recall)</b>  The Power of Positive thinking Empathy / Supporting others Warning signs and triggers How to get help and support Change / planning for the future  <i>Understanding the characteristics of mental health; change and its impact; strategies for managing emotional wellbeing and avoiding negative thoughts; recognising warning signs and triggers</i>

NB Schemes of work are flexible and subject to change, based on school / local priorities and need, as well as current affairs and social trends.