

PSHE at KS5

Overview

PSHE is taught to all year groups for one lesson a fortnight. It is delivered by form tutors in vertical form groups across years 12 and 13 and we often host outside speakers and guests. We aim to help our students develop into well-informed and well-rounded individuals who are confidently prepared for the challenges they may face.

Year 12/13* PSHE

The course focuses on current affairs, relationships, higher education and careers as well as preparation for exams.

UNIT 1: Careers, Finance and Independence

Apprenticeships, applications and university personal statements, UCAS, employability skills, plagiarism, job research, work ethic motivation, leadership skills, payday loans, personal branding, pensions and retirement, renting or buying a property/car, careers problem solving, my bank, Barclays LifeSkills.

UNIT 2: Sex, Relationships and Society

Global warming, critical thinking - fake news, honour violence, social justice, date rape, feminism, free speech/hate speech, ageism, controlling relationships, sex and media, cultural appropriation, online subcultures and extremism, sex readiness and encounters, identity and rights - LGBT, disability access.

UNIT 3: Health and Well-being

Drugs – A, B and C, tobacco, gender and identity, relaxation, alcohol awareness, healthy eating/diet/mental health, emotional well-being, healthy eating, obesity and BMI, STI clinics and advice, yoga.

UNIT 4: Exam Stress

Elevate Education - time management, 'Ace Your Exams', study elevation, memory and mnemonics, study sensei, effective note taking.

*Note: course content for years 12 and 13 is identical because the course is taught in vertical form groups across both year groups.