

Year 11 - PSHE/RSE Curriculum Road Map

In Key Stage 4, In Years 10 and 11, the City of Derby Academy's PSHE curriculum progressively equips students with essential knowledge, skills, and resilience for navigating adolescence and adulthood. The Academy and it's staff recognise the students are moving more towards being 'trainee adults' and have tailored the curriculum to their evolving maturity, we focus on health, relationships, and societal issues to empower students to make informed decisions and navigate complexities. The curriculum fosters confidence and responsibility.

• Building for the Future

Key Skills:

Students learn how to manage the judgement of others and challenge stereotyping. Students learn how to balance ambition and unrealistic expectations. Students learn how to develop self-efficacy, including motivation, perseverance and resilience. Students learn how to maintain a healthy self-concept. Students learn about the nature, causes and effects of stress. Students learn stress management strategies, including maintaining healthy sleep habits. Students learn about positive and safe ways to create content online and the opportunities this offers. Students learn how to balance time online.

Key words:

self-efficacy, stress management, resilience, self-concept, ambition, perseverance, healthy sleep, content creation, online safety, time management

Assessment Unit Title:

HEALTH & WELLBEING - BUILDING FOR THE FUTURE.

• Next Steps

Autumn 1

Autumn 2

Key Skills:

Students learn how to use feedback constructively when planning for the future. Students learn how to set and achieve SMART targets. Students learn effective revision techniques and strategies. Students learn about options post-16 and career pathways. Students learn about application processes, including writing CVs, personal statements and interview technique. Students learn how to maximise employability, including managing online presence and taking opportunities to broaden experience. Students learn about rights, responsibilities and challenges in relation to working part time whilst studying. Students learn how to manage work/life balance.

Key words:

feedback, smart targets, revision techniques, post-16 options, career pathways, application processes, CVs, interview, technique, employability, work/life balance

Assessment Unit Title:

LIVING IN THE WIDER WORLD - NEXT STEPS.

• Communication in Relationships

Key Skills:

Students learn about core values and emotions. Students learn about gender identity, gender expression and sexual orientation. Students learn how to communicate assertively. Students learn how to communicate wants and needs. Students learn how to handle unwanted attention, including online. Students learn how to challenge harassment and stalking, including online. Students learn about various forms of relationship abuse. Students learn about unhealthy, exploitative and abusive relationships. Students learn how to access support in abusive relationships and how to overcome challenges in seeking support.

Key words:

values, emotions, gender identity, sexual orientation, assertive communication, contraception, sexual health, harassment, stalking, abuse

Assessment Unit Title:

RELATIONSHIPS - COMMUNICATION IN RELATIONSHIPS.

Spring 1

Spring 2

Key Skills:

Students learn how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads). Students learn emergency first aid skills. Students learn how to assess emergency and non-emergency situations and contact appropriate services. Students learn about the links between lifestyle and some cancers. Students learn about the importance of screening and Students learn how to perform self-examination. Students learn about vaccinations and immunisations. Students learn about registering with and accessing doctors, sexual health clinics, opticians and other health services. Students learn how to manage influences and risks relating to cosmetic and aesthetic body alterations. Students learn about blood, organ and stem cell donation.

Key words:

risk management, personal safety, emergency first aid, assessment skills, cancer prevention, self-examination, vaccinations, accessing health services, body alterations, organ donation

Assessment Unit Title:

HEALTH & WELLBEING - INDEPENDENCE.

• Independence

Key Skills:

Students learn about different types of families and changing family structures. Students learn how to evaluate readiness for parenthood and positive parenting qualities. Students learn about fertility, including how it varies and changes. Students learn about pregnancy, birth and miscarriage. Students learn about unplanned pregnancy options, including abortion. Students learn about adoption and fostering. Students learn how to manage change, loss, grief and bereavement. Students learn about 'honour-based' violence.

Key words:

family structures, parental responsibilities, fertility, pregnancy, miscarriage, abortion, adoption, fostering, grief, honour-based violence

Assessment Unit Title:

RELATIONSHIPS - FAMILIES.

Summer 1

Summer 2

