Scheme of Learning: Year 11 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview: The Year 11 Topic on Health & Well begins with lessons on focusing on how to identify and assess the risks and potential consequences of substance use, building on the key stage 3 lessons. These lesson consider the effects of alcohol and other drug choices on personal safety. We explore addiction & fend with targeted lessons on how to mange strass & anxiety ahead of the GCSE exams.

PSHCE Themes

British Values addressed

1.Mutual Respect 2.Tolerance of Others 3. Individual Liberty 4.Democracy 5.Rule of Law

SMSC addressed

Spiritual Moral Social Cultural

Health & Wellbeing

Lesson Sequence:

Substance use and assessing risk Pupils learn about the impact of substance use on risk-taking and personal safety. In the next lesson they move on to

Substance use and managing influence

Pupils learn how to manage influence in relation to drug and alcohol use

Help seeking and sources of support Pupils learn about the support available for individuals with problematic substance use, including addiction and dependency

Understanding Addiction

Pupils will learn about addiction & how addiction can make someone lose control over their actions. They crave and seek out drugs, alcohol, or other substances no matter what the cost—even at the risk of damaging friendships, hurting family, or losing jobs.

How to manage stress & anxiety

We explore strategies & support options for pupils with a focus on managing exam pressure.

My Future

We complete the PSHCE journey with lesson focused on The future & life outside of Toynbee school!

Sequence of Lessons:		Topic Resources:					
1	Substances & assessing risk		Health and Well Being		Prescribed Sources:	https://pshe- association.org.uk	
•		Assessment	ssessment:				
	Help seeking & sources of support	Knowledge:		10 Question Assessment			
2	2 Help seeking & sources of support		of	Class Debate			
•	Help seeking & sources of support	Supportive Reading:					
3				Young people's substance misuse treatment statistics 2021 to 2022: report - GOV.UK (www.gov.uk)			
4	Understanding Addiction						
5	How to manage stress & Pressure			<u>talk to frank - Google Search</u>			
6	My Future	No Limits (Southampton Charity Supporting Young People) (nolimitshelp.org.uk)					