



Year 12: Cycle of Topics

1. Health & Wellbeing

2. Drugs & Risk Education

3. Sixth Form Careers

4. Diversity, Safety & Health

5. Positive Wellbeing

6. Personal Finance

Year 12 Overview

PSHEE at Arnold Lodge is based on six core themes: 1. Rights, responsibilities and British Values, 2. Celebrating Diversity & Equality, 3. Relationships and Sex Education, 4. Staying Safe online and offline, 5. Health & Wellbeing, 6. Life Beyond School.

These themes spiral throughout the PSHEE curriculum in the senior school and are based on the recent statutory PSHE and RSE (Relationships and Sex Education) guidance.

Pupils are not formally assessed in PSHEE. In KS5, PSHEE sessions take place during mentor time once a week. Copies of lesson resources are available for families upon request. Please contact Rachel Davenport on rdavenport@arnoldlodge.com

In Year 12, pupils will start the year by focusing on health and wellbeing. They will explore a range of issues from mental health to healthy eating, as well as looking at disease and immunisations. In HT2 they will move on to Drugs & Risk where pupils will build on their knowledge of legal and illegal substances as well as exploring the consequences on individual health and society.

In the Spring term, pupils will look towards their futures as they learn about different Post 16 pathways, as well as learning about interview techniques and how to write a personal statement. In the fourth unit, pupils will look at diversity in the UK where they will discuss LGBTQ+ prejudice and toxic masculinity. They will also learn about health topics such as cancer and stem cell research.

In HT5, pupils move on to studying positive wellbeing where they will learn coping strategies for stress as well as learning to recognise the warning signs of anxiety. To finish the year, pupils will learn about personal finance where they will explore income tax, paperwork associated with employment and the benefits system.



HT1	Health & Wellbeing Theme 5	<ul style="list-style-type: none">• To develop a range of methods to improve my own and others health & wellbeing• To understand how to replace unhealthy snacks and foods with healthier alternatives• Describe the difference between communicable and non-communicable diseases.• To evaluate the impacts of obesity on individuals• To understand what help is available for prevention and treatment of eating disorders• To understand the short and long term impacts stress can have on our bodies and our life
HT2	Drugs and Risk Education Theme 4	<ul style="list-style-type: none">• To explore the consequences of alcohol consumption• To define the term substance misuse and understand the way drugs effect users• To explore why people take illegal drugs• To learn more about Spice (Synthetic Cannabinoid) and the impact this drug has on society• To explore the physical and mental impact on LSD users• To learn more about MDMA / Ecstasy and the impact this drug has on society• To evaluate what support networks are available to help support those who use drugs as a coping mechanism or addicted to drugs
HT3	Careers Theme 6	<ul style="list-style-type: none">• To be able to explore and know where to research the best progression pathway• To be able to make plans and decisions about post 16 education• To understand my core key values that drive me and define me• To be confident in writing a personal statement that reflects your abilities and ambitions• To understand how to create a clear and concise CV• To identify the skills needed for a successful application process• To understand the do's and don'ts during an interview



HT4	Diversity, Safety and Health Theme 2	<ul style="list-style-type: none">• To explore and challenge LGBT+ prejudices and stereotypes that are out there• To explore where toxic masculinity comes from and how damaging it can be to men and women• Understand the importance of speaking out about sexual misconduct and sexual harassment• To understand the legal, emotional and physical consequences of carrying a knife• To identify a range of techniques to manage conflict and anger• I know the risk factors and common symptoms for skin cancer• I understand some of the diagnostic and treatment tools used for cancer• To understand the positives and negatives of stem cell research and gene technology
HT5	Positive Wellbeing Theme 5	<ul style="list-style-type: none">• To explore how depression might make someone feel and act• To learn how to use stress about exams to improve your exam performance• To explore how anxiety might make someone feel and act• To explore how to manage fears and anxiety• To understand ways to boost sleep hygiene and mental health• Learn strategies to improve my own and others emotional wellbeing
HT6	Personal Finance Theme 6	<ul style="list-style-type: none">• To be able to work out the income tax paid on a range of different salaries• Understand the range of mobile banking only services• To understand the purpose of a P45, P60 and other paperwork related to employment• To understand the seriousness of debt and how to overcome it• To know what universal credit is and other state benefits available in the UK• To understand how the government raises and spends money



1. Emotional Wellbeing

2. Revisiting Sexual Health Education

3. Personal Finance

4. Drugs Education

Year 13 Overview

PSHEE at Arnold Lodge is based on six core themes: 1. Rights, responsibilities and British Values, 2. Celebrating Diversity & Equality, 3. Relationships and Sex Education, 4. Staying Safe online and offline, 5. Health & Wellbeing, 6. Life Beyond School.

These themes spiral throughout the PSHEE curriculum in the senior school and are based on the recent statutory PSHE and RSE (Relationships and Sex Education) guidance.

Pupils are not formally assessed in PSHEE. In KS5, PSHEE sessions take place during mentor time once a week.

In Year 13, PSHEE builds on a lot of the skills and knowledge that pupils have acquired over their time in school. The year starts by looking at emotional wellbeing, with an emphasis on mental health and strategies to promote positive emotional wellbeing. They will also explore the impact that social media can have on body image and in turn their sense of self worth. In HT2 pupils will revisit sexual health education. This includes looking back at contraception choices and STIs before looking at issues such as fertility and relationships.

In the Spring term pupils will learn about personal finance, which will be excellent preparation for when they move on from Sixth form. They will learn about budgets, loans and debts, foreign exchange rates and managing money, To finish the year pupils will learn about staying safe by looking at the drugs unit. They will learn about festival safety, drug classifications as well as the impacts that substance abuse has on society.

Topic of Learning

Half-Termly Overview: Knowledge and Skills



Key Stage 5: PSHEE Curriculum Map

<p style="text-align: center; color: #800040; font-weight: bold;">HT1</p>	<p>Emotional Wellbeing</p> <ul style="list-style-type: none"> • Theme 5 	<ul style="list-style-type: none"> • To be able to recognise many of the common symptoms of some mental health illnesses • To explore coping strategies for mental health and positive emotional wellbeing • To explore what happens when you adopt unhealthy lifestyle choices • Understand the concept of appearance ideals and where pressure to achieve them comes from. • To explore the common sources of stress • To have a range of strategies to manage social media wellness
<p style="text-align: center; color: #800040; font-weight: bold;">HT2</p>	<p>Revisiting Sexual Health Education Theme 3</p>	<ul style="list-style-type: none"> • Explore how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self-esteem • To explore what makes women and men fertile and understand ways to improve fertility • To explore alcohol abuse and drink spiking and the risks associated with both • To explore common myths about pregnancy and fertility • To explore which forms of contraception protect against pregnancy, STI's or both • To increase awareness of the process of a young person's sexual health consultation at a clinic • To be able to describe what love is and what love is not
<p style="text-align: center; color: #800040; font-weight: bold;">HT3</p>	<p>Personal Finance</p> <ul style="list-style-type: none"> • Theme 6 	<ul style="list-style-type: none"> • Be able to evaluate the most useful method of payment in different circumstances • To understand what an average household budget might look like • To understand the benefits and risks of borrowing money. • To understand the importance of getting value for money • I can evaluate the different methods that can be used to pay for things abroad • To understand what causes inflation • I understand how foreign exchange markets make money •



Key Stage 5: PSHEE Curriculum Map

<p>HT4</p>	<p>Drugs Education Theme 4</p>	<ul style="list-style-type: none">• To consider the differences classification of drugs• To understand the risks associated with parties and festivals and experimenting with drugs• To evaluate whether cannabis should be legalised in the UK• To evaluate how governments can tackle the illicit drugs trade• To understand how to protect yourself from peer pressure to experiment with NPS drugs• To explore why GHB is the drug of choice for those committing sexual assaults• To evaluate what support networks are available to help support those who use drugs as a coping mechanism or addicted to drugs•
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