

## Curriculum Map

Subject: RSHE

Year Group: 11

Time Period	Autumn Term	Spring Term	Summer Term
<b>RSHE Life Skills Content (Tutor Time)</b>	<p><u>Memory and Revision</u></p> <ul style="list-style-type: none"> <li>• Prepare for success: Your working environment</li> <li>• What is encoding?</li> <li>• What are cues and how do they trigger memory</li> <li>• Pomodoro method</li> <li>• The dos and don'ts of last minute revision</li> <li>• How to relieve stress when in an exam</li> </ul> <p><u>Our Community- Plastic world</u></p> <ul style="list-style-type: none"> <li>• Launch of UniFrog with head of careers ES and SLT link ZA</li> </ul>	<p><u>Careers Research</u></p> <ul style="list-style-type: none"> <li>• Career options using a series of online tests</li> <li>• Research universities, colleges and apprenticeships</li> <li>• How to apply for jobs</li> <li>• Writing personal statements and letters of intent</li> </ul> <p><u>Managing a budget</u></p>	<p><u>Revision and exam focus</u></p> <ul style="list-style-type: none"> <li>• Each week, students will be given a task to do for a core subject</li> </ul>
<b>RSHE Content covered in curriculum subjects</b>	<p><u>CSE</u></p> <p><u>Drugs and Alcohol</u> Students will investigate the use of alcohol and drugs in modern Britain. They will look at the law and the possible dangers of these substances.</p> <p><u>Science</u> Inherited disorders, IVF, abortion and the ethics of embryo screening</p>	<p><u>CSE</u></p> <p><u>Stress and Wellbeing</u> Students discuss key issues related to stress and Wellbeing. Stress, anxiety, mental health, mindfulness, self-harm.</p>	<p><u>CSE</u></p> <p><u>Stress and Wellbeing before the exams</u> To help students to prepare for the exams in the summer with the most positive mindset.</p>

————— **Grow and Succeed** —————

High Expectations | Mutual Respect | Quality Learning | Success for All