



# NDCC PSHCE Curriculum – Years 11-13



<b>DELIVERY</b>	<b>USUAL ORDER OF UNITS</b>	<b>'2020-21 COVID' ORDER OF UNITS</b>
<b>Topic 1</b> <b>Sept-Oct</b>	<b>CITIZENSHIP –</b> What does it mean to be a good British citizen?	<b>RELATIONSHIPS &amp; SEX EDUCATION (RSE) –</b> What do healthy & unhealthy relationships look like?
<b>Topic 2</b> <b>Oct-Nov</b>	<b>CAREERS -</b> What future careers are out there for me?	<b>RELATIONSHIPS &amp; SEX EDUCATION (RSE) –</b> What do healthy & unhealthy relationships look like?
<b>Topic 3</b> <b>Nov-Dec</b>	<b>FINANCIAL WELLBEING –</b> How can I take control of my day-to-day finances?	<b>FINANCIAL WELLBEING –</b> How can I take control of my day-to-day finances?
<b>Topic 4</b> <b>Jan-Feb</b>	<b>HEALTH &amp; WELLBEING –</b> How do I look after my physical & mental wellbeing?	<b>HEALTH &amp; WELLBEING –</b> How do I look after my physical & mental wellbeing?
<b>Topic 5</b> <b>Feb-Mar</b>	<b>RELATIONSHIPS &amp; SEX EDUCATION (RSE) –</b> What do healthy & unhealthy relationships look like?	<b>CITIZENSHIP –</b> What does it mean to be a good British citizen?
<b>Topic 6</b> <b>Mar- Jun</b>	<b>REVISION SUPPORT &amp; WELLBEING</b> How do I best prepare for my exams?	<b>REVISION SUPPORT &amp; WELLBEING</b> How do I best prepare for my exams?

## RATIONAL

At Key Stage 4 and 5, the objectives of the National PSHCE curriculum will partly be covered in subject related lessons. However, the majority of the curriculum is taught and discussed in-depth during a timetabled PSHCE lessons.

PSHCE lessons delivered by the form teachers in each year group on a weekly basis, last lesson on a Friday afternoon for 30 mins. In addition, if any urgent or contemporary issues may arise during the year, which are a danger or risk to our students, they will be addressed either during form time, assemblies/workshops or during PSHCE lessons.

The curriculum is divided into 6 topics: each to be delivered within 1-2-month periods. As Year 11, 12 and 13 will be subject to changes in their scheme of work due to exams and finishing early, their PSHCE curriculum is finished around June time. The months March to June will be taken up with an additional unit focusing on student revision support and mental wellbeing, as this can be a very a period of high anxiety for our students.

There is no National PSHCE Curriculum for Key Stage 5. Therefore, significant topics from the Key Stage 4 curriculum will be taken and adapted to see to the needs of students at Key Stage 5 level, with a focus within these lessons around student debate and high-level discussion.



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## Sept-Oct - RSE Lessons Breakdown – Years 11-13\*

Year 11	Years 12	Year 13
<ol style="list-style-type: none"> <li>1. <b>Consent</b>- what is consent, informed consent and right to withdraw consent.</li> <li>2. <b>Sexual harassment and violence between children</b>.- explore the issue sexual violence, harassment and rape culture in schools and colleges in the UK.</li> <li>3. <b>Gender and Language</b> - the difference between gender and sex and how everyone has different variants of sexual orientation, expression, gender and identity.</li> <li>4. <b>Same Sex Relationships</b> - the challenges that people in same sex relationships face and the meaning of LGBTQAI+</li> <li>5. <b>Safe Sex</b> - the pro’s and con’s of particular forms of contraceptives and where the best place would be for a teenager to get advice and contraception.</li> <li>6. <b>Teenage Pregnancies</b> - options available to young people who find themselves in this situation, where help can be found and what help is available.</li> <li>7. <b>STIs</b> - the symptoms of the most common STIs and how we can protect ourselves from ever getting these diseases.</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Body Image and Mental Health</b> - how media images are often unattainable and whether or not the situation is getting better or worse.</li> <li>2. <b>Coercive Control</b> - the different ways abusers might try to justify their actions and why it can take so long for people to realise they are in coercive and controlling relationships.</li> <li>3. <b>Abusive Relationships</b> - ‘red flags’ that someone may be in an abusive relationship and describe how a person in an abusive relationship could receive help.</li> <li>4. <b>LGBT</b> - the difference between these identities and use the new terms articulately and in the correct context.</li> <li>5. <b>Sexting</b> - the dangers of sexting and describe the social and the legal consequences of sexting.</li> <li>6. <b>Misogyny</b> – The impact of misogyny on society and why it needs to be tackled.</li> </ol>	<p><b>UCAS Applications</b> – to be completed before Christmas Break.</p>

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## Nov- Dec – Careers Lessons Breakdown – Years 11-13\*

Year 11	Years 12	Year 13
<ol style="list-style-type: none"> <li>1. Future Skills Audit</li> <li>2. B1-10: How are you doing?</li> <li>3. C1-4: Your skills and interests</li> <li>4. K: Making applications</li> <li>5. L: Writing a CV</li> <li>6. M: Write a cover letter</li> <li>7. N1-3: Preparing for an interview</li> <li>8. Apprenticeship presentation (via Teams)</li> </ol>	<ol style="list-style-type: none"> <li>1. Future Skills Audit</li> <li>2. Registration on Unifrog</li> <li>3. Post 18 Choices -Unifrog</li> <li>4. Post 18 –planning-Unfrog</li> <li>5. Discover your competencies-Unifrog</li> <li>6. Using the UK Universities Search Tool- Unifrog</li> <li>7. Finding work/volunteer opportunities</li> <li>8. Apprenticeship presentation (via Teams)</li> </ol>	<ol style="list-style-type: none"> <li>1. Future Skills Audit</li> <li>2. Recording Applications-Unifrog</li> <li>3. UCAS Applications</li> <li>4. UCAS Applications</li> <li>5. UCAS Applications</li> <li>6. UCAS Applications</li> <li>7. Preparing for Assessment Centre/interviews- Unifrog</li> <li>8. Apprenticeship presentation (via Teams)</li> </ol>

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## Jan- Feb- Finance Lessons Breakdown – Years 11-13\*

Year 11	Years 12	Year 13
<ol style="list-style-type: none"><li><b>1. Understanding Fraud</b> - how to protect yourself from fraud and how to seek help if you are concerned about someone becoming a victim of fraud.</li><li><b>2. Identity Fraud and Data Protection</b> - understand the importance of online safety strategies to protect us from fraud and how to keep our online data secure</li><li><b>3. Money Mules</b> - why someone might be tempted or deceived into becoming a money mule and how to seek support if I am concerned about myself or a friend.</li><li><b>4. Social Engineering</b> - how to recognise and challenge social engineering</li><li><b>5. Money Laundering</b> - how you can stay out of danger and avoid the consequences of being a money mule.</li></ol>	<ol style="list-style-type: none"><li><b>1. Credit Cards</b> - why some particular financial products may be unsuitable in some circumstances.</li><li><b>2. Pay-day loans</b> - the effect that using payday loans can have on people's lives and the techniques payday loan companies use attract vulnerable customers.</li><li><b>3. Money Management</b> - why we need to be particularly careful at certain points during the transactions.</li><li><b>4. Gambling</b> - discuss the laws about gambling as well as attitudes towards taking risks.</li><li><b>5. Entrepreneurs</b> - analyse the skills and qualities of an enterprising personality entrepreneurs have.</li></ol>	<p><b>Revision for A-level Exams/Could refer to PSHCE Unit 6 – Revision Support</b></p>

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## March-April - Health & Wellbeing Lessons Breakdown – Years 11-13\*

Year 11	Years 12	Year 13
<ol style="list-style-type: none"> <li>1. <b>Smoking Vs Vaping</b> - the different health problems caused by smoking tobacco and cannabis and the link between addiction, nicotine and dopamine.</li> <li>2. <b>Class C Drugs</b> - the dangers of Class C and prescription drugs in detail – including in both the short and long term.</li> <li>3. <b>Class B Drugs</b> - the dangers of Class B drugs in detail – including in both the short and long term.</li> <li>4. <b>Impacts of Mobile Phones</b> - describe and explain the ways in which mobile phones can impact on our health.</li> <li>5. <b>Relaxation</b> - exactly how these healthy methods help our bodies and minds relax and how particular activities work to prohibit this.</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>CPR</b> - learn lifesaving skills, including how to perform CPR on an adult and a child.</li> <li>2. <b>Class A Drugs</b> - the dangers of Class A Drugs and the harm they can cause. Describe how anyone can become addicted to drugs.</li> <li>3. <b>Cosmetic Surgery</b> - the risks in detail and analyse whether on the whole cosmetic and surgical enhancements are beneficial or detrimental to our society.</li> <li>4. <b>Masculinity</b> - how toxic masculinity can damage the emotional range and mental health of males.</li> <li>5. <b>Risks at Festivals</b> - the risks in detail and also describe the actions you can take to minimise harm amongst friends who choose to take risks.</li> </ol>	<p style="text-align: center;"><b>Revision for A-level Exams/ Could refer to PSHCE Unit 6 – Revision Support</b></p>

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## April- May- Citizenship Lessons Breakdown – Years 11-13\*

Year 11	Years 12	Year 13
<ol style="list-style-type: none"> <li>1. <b>Climate Change</b> - Analyse what the main issues are that are stopping us from tackling climate change.</li> <li>2. <b>Cultural Appropriation</b> - Explain why particular types of cultural appropriation can be more offensive based on context, referring to the concept of privilege.</li> <li>3. <b>Free Speech</b> - Analyse whether the concept of free speech is sometimes used as an excuse for hate speech. Explain whether UK law does enough and argue on both sides of a point articulately before reaching a conclusion.</li> <li>4. <b>Fake News</b> - looking at the growth of ‘fake news’ and ‘alternative facts’. Looking at how we must always use critical thinking skills when studying media material.</li> <li>5. <b>Right Wing</b> - reasons surrounding the rise of extremism in the UK and globally, examining the different right wing groups and their ideologies.</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Hate Speech</b> – look at what both free speech and hate speech are, how UK law deals with hate speech and global issues concerning both hate speech and free speech.</li> <li>2. <b>Honour Violence</b> - Analyse whether ‘honour’ based violence is due mostly to religion, culture or misogyny, explaining your ideas in detail, backed up with a variety of quotes.</li> <li>3. <b>Social Justice</b> - Analyse whether social justice is truly possible to achieve, with reference to a range of viewpoints, including religious and non-religious ones and your own.</li> <li>4. <b>Feminism</b> - looking at why we need feminism today, what we have achieved through feminism, the history of feminism and current examples of feminists fighting against online bigotry.</li> <li>5. <b>Online Subcultures</b> - the differences between the harmless subcultures such as Bronies and Otherkin and the far more dangerous subcultures, coming from extreme religious or political sites like 8Chan or Stormfront, such as Incels, and White Nationalists.</li> </ol>	<p style="text-align: center;"><b>Revision for A-level Exams/Could refer to PSHCE Unit 6 – Revision Support</b></p>

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## May-Jun – Revision Support Lessons Breakdown – Years 11-13\*

Year 11	Years 12	Year 13
<p><b>1. Critical Thinking</b> - how different memory and recall techniques can be successfully applied to a range of subjects.</p> <p><b>2. Revision Techniques</b> - ways we can successfully revise and prepare for our exams.</p> <p><b>3. Organisational Skills</b> - the main reasons why some people don't manage their time effectively – how we can avoid doing this and create our own effective time management plan for one day.</p> <p><b>4. Target + Goal Setting</b> - how different people can develop their skills and behaviours and begin the plan to develop your own through use of a SMART target.</p> <p><b>5. Personal Development and Self-Discipline</b> - Create a Personal Development plan using the ideas sheet for inspiration – setting yourself dates to achieve your goals.</p>	<p><b>1. Critical Thinking</b> - how different memory and recall techniques can be successfully applied to a range of subjects.</p> <p><b>2. Revision Techniques</b> - ways we can successfully revise and prepare for our exams.</p> <p><b>3. Organisational Skills</b> - the main reasons why some people don't manage their time effectively – how we can avoid doing this and create our own effective time management plan for one day.</p> <p><b>4. Target + Goal Setting</b> - how different people can develop their skills and behaviours and begin the plan to develop your own through use of a SMART target.</p> <p><b>5. Personal Development and Self-Discipline</b> - Create a Personal Development plan using the ideas sheet for inspiration – setting yourself dates to achieve your goals.</p>	<p style="text-align: center;"><b>Finished</b></p>

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