

Colne Primet PSHE/Personal Development Curriculum 2022-23 YEAR 11

Living in the Wider World – focuses on careers, personal finance independent living, skills for life and personal values.

Health and Wellbeing – focuses on health, hygiene, exercise, mental health, personal safety, drugs and alcohol.

Relationships and Sex Education (RSE) – focuses on sex, relationships, friends and family matters, LGBT+, positive and unhealthy relationships.



Other themes supported by the Personal Development curriculum. These are interwoven into Personal Development as well as linked more specifically to certain topics.

SMSC – students have opportunities to engage their spiritual, moral, social and cultural development.

Citizenship – focuses on understanding of the role and functions of governmental and other organisations and the rights and responsibilities of citizens.

Modern British Values (MBV) – Focuses on the understanding and appreciation of democracy, the rule of law, tolerance and respect, and liberty in the UK.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
<p>Health & Wellbeing</p> <ol style="list-style-type: none"> 1. Why is PD important? 2. Perseverance 3. Time Management 4. Revision and study skills <p>Weeks 5-7 Mock weeks – revision techniques explored.</p>	<p>Health and Wellbeing</p> <ol style="list-style-type: none"> 1. Social anxiety 2. Primet anti-bullying pledge 3. Social media and self esteem <p>RSE</p> <ol style="list-style-type: none"> 4. Forced and arranged marriage 5. Spoon rule and Freedom app 6. Reflection 7. Christmas Quiz 	<p>RSE</p> <ol style="list-style-type: none"> 1. Harassment and Stalking 2. Healthy Relationship break-ups <p>Health and wellbeing</p> <ol style="list-style-type: none"> 3. Mock week – revision techniques Reviewed 4. - feeling positive and happiness 5. Coping strategies Mental Health 6. Reflection 	<p>Living in the Wider World</p> <ol style="list-style-type: none"> 1. Baseline and sexism 2. Sexism Cont'd 3. IWD and LYC ballot <p>Health and Wellbeing</p> <ol style="list-style-type: none"> 4. Cancer awareness – testicular cancer 5. Cancer awareness – breast cancer 6. Review and reflection 	<p>Health and Wellbeing / Citizenship</p> <ol style="list-style-type: none"> 1. Mindset and exams 2. Understanding and managing exam stress 3. The coronation and the commonwealth – optional <p>4-6. Revision opportunities</p>