

Key Stage 4

PSHE/RSE themes for Autumn 1

	<u>Theme/ Topic Area</u>	
	<u>Year 10</u>	<u>Year 11</u>
<u>Week 1</u>	<p>Welcome back! Getting to know each other...again!</p> <p>How things have changed- procedures etc. Moving from KS 3 to KS 4.</p> <p>Keeping ourselves (and each other safe). (Obviously relates to Covid-19 but can be extended and linked to wider community and world, personal and others etc. but discuss other risks/hazards they may face or encounter in daily life.)</p>	<p>Welcome back!</p> <p>How things have changed- procedures etc. Getting to know each other...again!</p> <p>Keeping ourselves and each other safe. (Obviously relates to Covid-19 but extend this to the wider community and world, personal and others etc. as they are getting older, thinking about college and next steps they will be more independent and with this comes more responsibility and a greater need to stay safe. Also links to Community Independence/WRL.)</p>
<u>Week 2</u>	Contd. from week 1.	Contd. from week 1.
<u>Week 3</u>	Managing tough times: change/ grief/ bereavement	Barriers to learning- managing emotions.
<u>Week 4</u>	Managing emotions- social anxiety/worry	Applying to college/ a job
<u>Week 5</u>	Social media and self esteem	Preparing for college/ job interviews

Week 6	On-line safety	Health & Safety (school, college and work)- where to seek help or advice and who from.
Week 7	Screen time and on-line gaming (links to gambling) (Could also be linked to sleep!)	Equality and diversity

These are just guidelines- you may find that some topics join up and/or cover 2 weeks as opposed to just one. Adjust according to your groups' needs and ability levels. (I have used week 2 as almost a 'spare' week to provide time across the whole half term to allow flexibility with the topics.)

FYI: Highlighted are the topics that come under the statutory regulations for RSE and Health Education.

Helpful resources:

www.pshe-association.org.uk

www.twinkl.co.uk

www.bbc.bitesize

<https://www.schoolwellbeing.co.uk/>

www.tes.com

www.internetmatters.org

