

Key Stage 5 PSHE Education - Long Term Plan for the Academic Year 2023/24

SIXTH FORM PSHE

At St John's Catholic Comprehensive School all our sixth form students get devoted PSHE time each week where our dedicated sixth form tutors cover a wide range of topics, skills and activities.

Our PSHE programme is designed to complement our academic curriculum and provide students with opportunities to deliberate and reflect on topical issues. The curriculum focuses on Health and Wellbeing, Relationships and Learning opportunities in the wider world. We seek to empower our students with the knowledge and skills they require to make informed choices about their current and future life. Sex and Relationship topics are underpinned by our Catholic principles and ethos. We strive to promote our students' spiritual, moral, social and cultural development by giving them the self-confidence they need to transition into a responsible adult life. Students also benefit from a wide range of enrichment programmes, careers workshop and other activities which are provided by our exceptional sixth form leadership team.

Our curriculum is both proactive and reactive, as a result we will respond to, and address appropriately, any local/national/global events that may occur.

YEAR 12

At the start of Year 12, our emphasis is primarily on making a smooth transition in Post 16 study. In Term 1 students follow the University of Kent Skills for Success programme where they engage with topics such as motivation, organisation and time management. The focus in term 1 is to provide students the skills they need to be successful throughout their time in sixth form.

Other themes covered during the year are:

Mental and Emotional Wellbeing

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Healthy Living and Safety

Respectful Relationships

Careers/ Readiness for Work

Planning for the Future

YEAR 13

All our Year 13 students receive support and advice in selecting and applying for University places, Apprenticeships and Employment. Our fantastic 6th form leadership proactively seek out partnerships with universities and employers who offer a wide range of careers advice and exposure to Post-18 options. Students are offered the opportunity to attend university and apprenticeships fairs and also participate in in-house talks by employers. These events take place throughout the year.

In addition to these, the following theme are covered during PSHE lessons:

Mental Health and Emotional Wellbeing

Planning for future Careers

Financial Choices and Independent Living

Exam Techniques/ Managing exam stress

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	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12	Skills for Success <ul style="list-style-type: none"> University of Kent Booklet 	Mental health and emotional wellbeing <ul style="list-style-type: none"> Mental health and emotional wellbeing Managing stress Body image Healthy coping strategies <p>PoS refs: H1, H2, H3, H4, H5, H6, H7, H13</p>	Health choices and safety <ul style="list-style-type: none"> Independence and keeping safe Travel First aid The impact of substance use <p>PoS refs: H8, H9, H10, H11, H12, H18, H19, H20, R19, R20</p>	Respectful relationships <ul style="list-style-type: none"> Consent Assertive communication Positive relationships and recognising abuse Strategies for managing dangerous situations or relationships <p>PoS refs: R11, R12, R13, R19, R20, R21, R22, R23, R24</p>	Readiness for work <ul style="list-style-type: none"> Career opportunities Preparing for the world of work Personal Statements <p>PoS refs: L1, L5, L6, L7, L8, L9, L10, L11, L12</p>	Planning for the future <ul style="list-style-type: none"> Exploring future opportunities Post-18 options The impact of financial decisions <p>PoS refs: L2, L3, L4, L5, L7, L13, L18, L25, H1</p>

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Year 13	UCAS applications <ul style="list-style-type: none"> Completion by October half term for final submission in T2 	Next steps <ul style="list-style-type: none"> Future opportunities and career development Maintaining a positive professional identity <p>PoS refs: L3, L4, L5, L6, L20, L21, L22, L23, H1</p>	Financial choices <ul style="list-style-type: none"> Managing money Financial contracts Budgeting Saving Debt Influences on financial choices <p>PoS refs: L13, L14, L15, L16, L17, L18, L19, L24, H1</p>	Mental health and emotional wellbeing <ul style="list-style-type: none"> Mental health and emotional wellbeing Managing stress Body image Healthy coping strategies Revising for exams and dealing with exam stress. <p>PoS refs: H1, H2, H3, H4, H5, H6, H7, H13</p>	Independence <ul style="list-style-type: none"> Responsible health choices Managing change Health and wellbeing, including sexual health into adulthood <p>PoS refs: H8, H9, H10, H11, H12, H18, H19, H20, R19, R20</p>	Exam
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