

# WHSB PSHEE SIXTH FORM CURRICULUM MAP

MIDDLE SCHOOL PRIOR LEARNING INFORMS

## LOWER SIXTH BREADTH STUDIES

Culture. Stress. Philosophy

Critical Thinking, Psychology of addiction, Binge drinking

British Government. Cloning. Social networking

Online gaming. Fertility and pregnancy. Routes into pregnancy. Pregnancy outcomes. Abortion and choices. Multiculturalism

Nuclear energy. Family life. Obesity. Prejudice and discrimination. Arts and culture. Press freedom. Stem cells. Voting

Dissertation skills, critical reading, critical writing, research and presentational skills

One lesson per week.

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; personal safety; and discovering sources of support

## LOWER SIXTH PSHEE

**POSTIVE WELLBEING**  
Dealing with depression. Stress and exam performance. Dealing with anxiety. Fears, phobias and anxiety. Sleep hygiene and mental health. Promoting emotional wellbeing. Resilience and growing up

**CAREERS**  
Post 16 options explored. Planning for the future. Personal branding. Writing a personal statement. CV writing. Application forms uncovered. Interview preparation

**PERSONAL FINANCE**  
Taxes and the UK. Banks, building societies and money. Types of employment. P45 and P60. Different types of debt. Income and state benefits. Role of Trade Unions and Employment Rights. Types of Insurance and Assurance

**HEALTH AND WELLBEING**  
Exploring health and wellbeing. Cholesterol levels and healthy consumption. Vaccinations and immunity. Healthy eating habits. Dental hygiene and tooth decay. Exploring different eating disorders. Managing stress in daily situations and school

**HEALTH, SAFETY AND DIVERSITY**  
Diversity and discrimination in the UK. Masculinity, Chauvinism and men. Knife crime and society. Managing my anger and frustrations. Cancer. Medical ethics and blood donations

**DRUGS AND RISK EDUCATION**  
Alcohol safety. Substance misuse. Drugs and their effects on individuals and society. How to seek help and support for drug and alcohol problems

One lesson per week.

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; and discovering sources of support

## UPPER SIXTH PSHEE

**EMOTIONAL WELLBEING**  
Causes of mental ill health. Looking after yourself. Importance of physical health and exercise. Improving body image and exploring appearance ideals. Stress, life events, exercise and sleep. Striking a balance in life

**RELATIONSHIPS AND SEX EDUCATION**  
Pornography and the impacts on society. Fertility and what impacts it. Alcohol and bad choices. Importance of sexual health. Revisiting contraception. Revisiting STIs. Consent, respect and relationships. Menstrual charting

**PERSONAL FINANCE**  
Payment methods in the UK. Managing a household budget. Borrowing money and the risks. Value for money and making more of it. Going abroad and understanding foreign currency. Inflation and our pockets. Calculating foreign exchange rates

**CAREER POSSIBILITIES AND WELLBEING**  
Careers in the global economy. The gig economy explained. Green jobs and the global economy. Healthy diet on a budget. Transition - leaving education. Moving out and becoming independent. Personal safety when abroad

**RISK AND DRUGS**  
The dangers of different drugs. How to seek support. Revision and study leave

One lesson per week

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; and discovering sources of support.