



The Sutton Academy

# Knowledge Rich Curriculum Plan

Year 11 PSHCE Curriculum



Year 11:				
Theme	Topic	Intended Knowledge: <i>Students will know that...</i>	Tiered Vocabulary	Prior Knowledge: <i>To know this, students, need to already know that...</i>
Introductions/Expectations/Baseline & Building Healthy Relationships.	1-What is PSHE? Introduction /Expectations/Baseline & How do I Stay in Control?	<ul style="list-style-type: none"> <li>Students will learn what they will study this year in PSHE</li> <li>Students will understand how PSHE links to the academy's standards and expectations</li> <li>Students will learn how to recognise and manage their feelings our feelings</li> <li>Students will learn about external influences such as the media's influence on our body positivity</li> <li>Students will recap learning on avoiding Gambling</li> </ul>	<b>Sexually Transmitted Infection</b> <b>Body Neutrality</b>	<i>Students have studied PSHE in KS2 and years 7-10</i> <b>Self Esteem-Year 10</b>
Bullying and Control	2-How can we challenge racism, prejudice and discrimination?	<ul style="list-style-type: none"> <li>Students will learn about different types of prejudice and discrimination</li> <li>Students will learn about how media representation can affect people</li> <li>Students will learn about racism, prejudice and discrimination and how to stand up to them</li> </ul>	<b>Discrimination</b> <b>Unconscious Bias</b>	<b>Respectful Relationships-Year 10</b>
Building Equality in Relationships: misogyny.	3-What is the law around consent and rape?	<ul style="list-style-type: none"> <li>Students will learn what consent is and what the law says about it</li> <li>Students will learn what consent looks and sounds like</li> <li>Students will learn what the law says about rape and sexual assault</li> <li>Students will understand how to get support</li> </ul>	<b>Inability</b> <b>Capacity</b>	<b>Respectful Relationships-Year 10</b>
The Human Body	4-How do I check my body	<ul style="list-style-type: none"> <li>Students will learn to identify healthy lifestyle changes they can make, to help protect against some forms of cancer.</li> <li>Students will learn to describe how to carry out self-examination of breasts and testicles as well as what to look out for with your moles.</li> <li>Students will learn the importance of doing this and how to change the culture and stigma around self-checking</li> </ul>	<b>Cancer</b> <b>Malignant</b>	<b>Self Esteem-Year 10</b>
MOCK EXAM	MOCK EXAM	MOCK EXAM	MOCK EXAM	MOCK EXAM
My Relationship With Myself	5-What is suicide, who does it effect and how can it be prevented?	<ul style="list-style-type: none"> <li>Students will learn about suicide rates in the UK and the disparity between male and female numbers</li> <li>Students will explore male mental health</li> <li>Students will learn how to support themselves and others with poor mental health</li> </ul>	<b>Suicide</b> <b>Prevention</b>	<b>Toxic Behaviour-Year 10</b> <b>Self Esteem-Year 10</b>
Looking After Myself	6- How can grief and bereavement affect people and how could they deal with it?	<ul style="list-style-type: none"> <li>Describe how change, including loss and bereavement, can affect people in different ways</li> <li>Explain what grief is and how different people might grieve</li> <li>Identify strategies to help manage change, loss, or bereavement, and support others who are grieving</li> <li>Explain why, when and how to access support for ourselves or others</li> </ul>	<b>Grief</b> <b>Bereavement</b>	<i>Not specific to bereavment/loss but Ks2 and 3-Health Topics will have covered the idea of maintaining own mental health.</i>

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	<b>8-Serious Youth Violence: Gangs</b>	<ul style="list-style-type: none"> <li>• Students will learn the reasons why someone might join a gang</li> <li>• Students will decipher myths and facts about life in a gang</li> <li>• Students will learn about the legality of situations, including knife crime</li> </ul>	<b>Consequences</b> <b>Isolated</b>	<i>Serious Youth Violence-Year 9</i>
	<b>9-Prejudice and Discrimination</b>	<ul style="list-style-type: none"> <li>• Students will learn about different types of prejudice and discrimination</li> <li>• Students will learn about how media representation can affect people</li> <li>• Students will learn about racism, prejudice and discrimination and how to stand up to them</li> </ul>	<b>Discrimination</b> <b>Unconscious Bias</b>	<i>Citizenship: Human Rights-Year 10</i> <i>Pride-Year 10</i>
	<b>10-Coping With Exams</b>	<ul style="list-style-type: none"> <li>• Students will learn the difference between mental health and mental illness</li> <li>• Students will learn what exam stress is and how it can affect people</li> <li>• Students will learn practical strategies to cope with exam stress and maintain good mental health</li> </ul>	<b>Priorities</b> <b>Mindfulness</b>	<i>Self Esteem-Year 10</i>