



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"> Students will learn what they will study this year in PSHE Students will understand how PSHE links to the academy's standards and expectations Students will learn how to recognise and manage their feelings our feelings Students will learn about external influences such as the media's influence on our body positivity Students will recap learning on avoiding Gambling 	Sexually Transmitted Infection Body Neutrality	<i>Students have studied PSHE in KS2 and years 7-10</i> <i>Self Esteem-Year 10</i>
Bullying and Control	2-How can we challenge racism, prejudice and discrimination?	<ul style="list-style-type: none"> Students will learn about different types of prejudice and discrimination Students will learn about how media representation can affect people Students will learn about racism, prejudice and discrimination and how to stand up to them 	Discrimination Unconscious Bias	<i>Respectful Relationships-Year 10</i>
Building Equality in Relationships: misogyny.	3-What is the law around consent and rape?	<ul style="list-style-type: none"> Students will learn what consent is and what the law says about it Students will learn what consent looks and sounds like Students will learn what the law says about rape and sexual assault Students will understand how to get support 	Inability Capacity	<i>Respectful Relationships-Year 10</i>
Year 11 Only: Post 16 Choices	4-My post 16 options	<ul style="list-style-type: none"> Students will engage with all colleges in the local area Students will consider both vocational and non-vocational routes Students will reflect on their college experiences and plan to visit more 	Vocational A Level Apprenticeship	<i>Careers</i>
Mock Exams	Mock Exams			
The Human Body	5-How do I check my body	<ul style="list-style-type: none"> Students will learn to identify healthy lifestyle changes they can make, to help protect against some forms of cancer. 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. Students will learn the importance of doing this and how to change the culture and stigma around self-checking 	Cancer Malignant	<i>Self Esteem-Year 10</i>
My Relationship With Myself	6-What is suicide, who does it effect and how can it be prevented?	<ul style="list-style-type: none"> Students will learn about suicide rates in the UK and the disparity between male and female numbers Students will explore male mental health Students will learn how to support themselves and others with poor mental health 	Suicide Prevention	<i>Toxic Behaviour-Year 10</i> <i>Self Esteem-Year 10</i>

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Looking After Myself	7- How can grief and bereavement affect people and how could they deal with it?	<ul style="list-style-type: none"> Describe how change, including loss and bereavement, can affect people in different ways Explain what grief is and how different people might grieve Identify strategies to help manage change, loss, or bereavement, and support others who are grieving Explain why, when and how to access support for ourselves or others 	Grief Bereavement	<i>Not specific to bereavment/loss but Ks2 and 3-Health Topics will have covered the idea of maintaining own mental health.</i>
Wider world	8-Serious Youth Violence: Gangs	<ul style="list-style-type: none"> Students will learn the reasons why someone might join a gang Students will decipher myths and facts about life in a gang Students will learn about the legality of situations, including knife crime 	Consequences Isolated	<i>Serious Youth Violence-Year 9</i>
Year 11 Only-Exam Preparation	10-Coping With Exams	<ul style="list-style-type: none"> Students will learn the difference between mental health and mental illness Students will learn what exam stress is and how it can affect people Students will learn practical strategies to cope with exam stress and maintain good mental health 	Priorities Mindfulness	<i>Self Esteem-Year 10</i>