

PSHE Programme of Study 2023-24

Autumn Term

	Year 12		Year 13	
Term 1	Study Skills		UCAS and Careers	
1		Organisational Skills		UCAS / CV/ apprenticeships
2		Note taking – Cornell Method		UCAS / CV
3		Time Management		UCAS / CV
4		Responding to feedback		UCAS / CV
5		Revision Techniques		UCAS / CV
6		British Values & Democratic Process		UCAS / CV
Term 2	Health + Relationships	8 weeks (PSHE 7 Sessions)		
7		Healthy Relationships including Child on Child abuse		UCAS / CV
8		Perfectionism & Body Shaming		Mocks
9		Building confidence and assertiveness		Mocks
10		Mental Health		UCAS / CV
11		Sexual Health		UCAS / CV
12		Healthy Relationships 2		UCAS / CV
13		Equality & Diversity & Modern Britain		UCAS / CV
14		NO PSHE		

Spring Term

	Year 12		Year 13	
Term 3	Finance and Budgeting	7 weeks	UCAS and Careers	
15		Choosing and managing your bank account		UCAS / CV
16		Financial Survival Skills		UCAS / CV
17		Understanding University Finance – Supplement formal talk.		UCAS / CV
18		Planning your finances for the future	UCAS Deadline 25 th Jan	UCAS / CV
19		Recognising risk and staying safe online		
20		Staying safe online – Cyber Bullying		Mocks
21		Mocks		Mocks
Term 4	Health + Wellbeing	5 weeks	Additional	To be delivered during Form-time/drop down sessions
22		Mocks		Car Maintenance
23		Alcohol Awareness		Life Skills
24		Healthy Lifestyle		
25		Establishing Routines		
26		Mental Health (2)		

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Summer Term

	Year 12		Year 13	
Term 5	Preparing for the wider world	6 weeks		
27		Communication and Digital Skills at Work		
28		Planning your next step – Interview Success		
29		Online reputation in the Workplace		
30		MOCKS		
31		MOCKS		
32		Cooking on a budget		
Term 6	Careers	8 weeks (PSHE 7 Sessions)		
33		Introduction to UCAS Hub		
34		UCAS registration		
35		Writing a personal statement		
36		Research your profession		
37		UCAS/CV		
38		UCAS/CV		
39		UCAS/CV		
40		NO PSHE		