Thomas Middlecott Academy

PSHE/RSE: Year 11 Medium Term Overview

Autumn Term 1 Introduction to Health and Well-being	Autumn Term 2 Introduction to Relationships	Spring Term 1 Health and Wellbeing	Spring Term 2 Living in the Wider World	Summer Term 1 Relationships
Healthy bodies, healthy minds Transition, positive and healthy relationships, physical and mental health, lifestyle and wellbeing, healthy eating, body image, promoting emotional wellbeing	**Diversity, equality, culture** Multi-cultural Britain, identify, nature v nurture, equality, stereotypes, prejudice, discrimination, traditions	**Independence** Responsible health choices, safety in an independent context	**Building for the future** Self-efficacy, stress management, future opportunities	**Communication in relationships** Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse
In this unit, students learn to: · understand positive and healthy relationship traits · explain basic lifestyle and wellbeing concepts · how healthy eating impacts lives · identify different body images and those represented inappropriately online · promote their own emotional wellbeing	*In this unit, students learn to:* · appreciate the multi-cultural diversity of Britain · identify stereotypical views · understand how discrimination and prejudice can affect people's lives	*In this unit, students learn to:* · recognise signs that someone might have mental health issues such as a mood disorder, stress or anxiety · explain when and whom to tell if concerned for theirs or someone else's mental wellbeing · describe the range of support available for those with emotional or mental health problems, including	*In this unit, students learn to:* · Understand coping strategies · know the difference between depression and anxiety · alleviate stress through meditation	

		how best to access local services · appreciate emotional wellbeing and how revision can impact · explain how they feel and who they can contact for emotional support · understand emotional resilience and how they can become resilient learners · understand how to revise and the methods that suit one person may not suit them		