

# Westbourne Academy

## Scheme of Work for Year 11 PSHE for 2023-2024

	Week	Week Number	Scheme of work overview:						
			M	T	W	T	F	Year 11 PSHE	
									GLH
August	28/08/2023	1							
September	4/09/2023	1						Starting a CV	1
	11/09/2023	2						Developing a CV	2
	18/09/2023	1						Cover letters and application forms	3
	25/9/2023	2						Plans beyond school - Applying to University or College	4
October	2/10/2023	1						Healthy eating /Obesity	5
	9/10/2023	2 UPD						Healthy eating on a budget	6
	16/10/2023	1 UPD						Social media and loneliness	7
	23/10/2023								
	30/10/2023	2						Accommodation choices – part 1 Home owner	8
November	6/11/2023	1						Accommodation choices – part 2 Private rent	9
	13/11/2023	2						Accommodation choices – part 3 Council rent	10
	20/11/2023	1						Stress and exam performance	11
	27/11/2023	2						How to revise – Part 1	12
December	4/12/2023	1						How to revise – Part 2	13
	11/12/2023	2						Revision /Catch up lesson	14
	18/12/2023								
	25/12/2023								
January	1/01/2024	2						British values – rule of law	15
	9/01/2024	1						Unhealthy relationships	16
	16/01/2024	2						Relationships – stalking and harassment	17
	23/01/2024	1						Relationships – Sexuality and gender identity	18
	30/01/2024	2						Relationships – Online dating – keeping safe	19
February	5/02/2024	1						Sex education – what makes good sex? *	20
	12/02/2024	2						Sex education – revenge porn	21
	19/02/2024							-	
	26/02/2024	1						Sex education – The role of pleasure	22
March	4/03/2024	2						Health – The effects of smoking and drugs during pregnancy	23
	11/03/2024	1						Radicalisation – The Manchester terrorist attack	24
	18/03/2024	2						The consequences of gang crime - London 2018 – Part 1	25
	25/03/2024	1						The consequences of gang crime - London 2018 – Part 2	26
April	1/04/2024								
	8/04/2024								
	15/04/2024	2						Mental health – Suicide	27
	22/04/2024	1 UPD						Managing grief and bereavement	28
	29/04/2024	2						Managing risk in new situations – Part 1	29
May	6/05/2024	1						Managing risk in new situations – Part 2	30
	13/05/2024	2						Road safety: Speed and seatbelts*	31
	20/05/2024	1						Road safety: Distractions on the road*	32
	27/05/2024								
June	3/06/2024	2						Contracts and Employment law*	33
	10/06/2024	1						Updating my CV	34
	17/06/2024	2						Revision for exams	35
	24/06/2024	1							
July	1/07/2024	2							
	8/07/2024	1							
	15/07/2024	2							

Colour	Key
	Organisation /Careers
	Wellbeing, mental health and e-safety
	Kindness and values
	Communication
	Resilience and initiative
	Leadership
	Living without harm
	Assessment