**White Bridge College - Long Term Plan 2019-2020**

**Department/ Subjects:** **PSHE** **Instructor: Surrya Glover ☺**

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|  | **Subject: Personal & Social Education – Level 1 - Year 11** | **Subject: Personal & Social Education – Level 1 - Year 10** |  |
| **Autumn half term 1****September – October 2020** | Content: **Sex & Relationship Education – Unit 3*** Have an awareness of consent & the Law
* Understand and identify sexual transmitted infections
* Identify a range of methods of contraception and how they work
* Understand how the body works and stages of puberty
* Able to identify healthy and unhealthy relationships
* Online protection safety and an understanding of consent
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| **Autumn half term 2****October – December 2020** | Content: **Relationships, Behaviour and Practices in the Workplace – Unit 9*** Know about the structure of an organisation
* Know the major rights and responsibilities of an employee
* Advantages and disadvantages or trade union
* Equal Opportunities
* Health and Safety requirements relating to work in a specified area
* Understand the purpose of a workplace risk assessment
 | Content: **Personal Action Planning – Unit 1*** Know how to assess own performance in terms of strengths and weaknesses
* Know how to review own classifications
* Understand the skills and qualities which are important to employers
* Know how to carry out careers action planning
* Understand the importance of knowing about own skills and qualities
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| **Spring half term 1****January – February 2020** | Content: **Making Informed Career Choices – Unit 7*** Be able to use sources to assist in career planning
* Research career requirements
* Be able to produce a personal career action plan
* Recognise the vast opportunities that exist for lifelong learning, in the wider world
 | Content: **Emotional Wellbeing – Unit 5*** Understand possible causes of stress and the effects
* Know how tress can be managed
* Understand the meaning of prejudice
* Know about the consequences and implications of prejudice
* Understand the nature of bullying and how to deal with it
* Know about the nature of a selected mental illness and how it may be treated and its affects
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| **Spring half term 2****February – April 2020** | Content: **Appling for Jobs and Courses – Unit 8*** Know how to apply in writing for jobs or courses
* Recognise good practice in making written applications
* Prepare for interview and understand appropriateness at interview
* Understand the criteria which may be used in the selection process for any given job
 | Content: **Drugs Education – Unit 2*** Awareness relating to recommended alcohol intake limits
* Understand problems associated with alcohol and tobacco abuse
* Know the dangers of misuse of legal drugs
* Know the classification system for illegal drugs, and how they are classified
* Know the health risks associated with the use of illegal drugs
* Recognise how the law is applied in respect of the possession and supply of illegal drugs
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| **Summer half term 1****April- May 2020** | **Content: Healthy Lifestyles – Unit 6*** Understand what is meant by a healthy diet
* Know the importance of exercise
* Be able in investigate local opportunities for promoting physical health
* Understand how to access specialist support
* Know how to apply technique in relation to first aid
* Able to make appropriate choices to promote a healthy relationship
 | Content: **Healthy Lifestyles – Unit 6*** Understand what is meant by healthy diet
* Know the importance of exercise
* Be able to investigate local opportunities for promoting physical health
* Understand how to access specialist sport
* Know how to apply technique in relation to first aid
* Able to make appropriate choices to promote a healthy relationships
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| **Summer half term 2****June – July 2020** | Content: **Personal Finances – Unit 4*** Understand different services from a bank
* Know how to interpret information shown on a bank statement and payslip
* Know how to budge
* Understand the importance of pension planning
* Understand the meaning of financial implications of buy on credit
* Know about a selection of state benefits or allowances for the individual
 | Content: **Personal Safety – Unit 10*** Know how to identify dangers in a variety of situations and how to avoid them
* Recognise the extent and limitations of personal responsibilities for safety
* Understand the dangers of personal safety when using todays communication technology
* Know about an organisation that provides advice on personal safety, other than in the area of modern communication technology
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| **Princes Trust – Work Experience Placement – Level 2** | Content: **Work Experience Placement**The young person on work experience placement, throughout their time at an organisation will develop their skills and have an understanding of:* Benefits of attending a placement
* Skills you hope to gain
* Plan own journey to ensure arrival on time
* Identify who to report to
* Health and Safety
* Outline tasks and responsibilities
* Able to follow instructions
* Communicate appropriately and effectively
* Examples of what you enjoy about the placement
* Identify ways in which the experience could have been improved
* Identify skills that you have developed
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