



St Benedict's Catholic School

*Developing Wisdom, Compassion and Resilience
through Prayer and Work*

PSHE and Citizenship Department Curriculum Guide

Year 11

Curriculum

Autumn	Spring	Summer
<ul style="list-style-type: none"> • <u>Risk aware</u> = Discussing how to assess the best thing to do in a risky situation. • <u>Mental health</u> = Strategies which can encourage positive mental health. • <u>Give 2 Good</u> = Launching a project to give students the opportunity to show compassion to those who need it. • <u>Democracy</u> = Knowing how democracy is evident in the UK. • <u>Abiding by the Law</u> = Discussing how to know if something is the right thing to do or not. • <u>The Law and ...</u> = Knowing what the Law says about key issues. • <u>Our silent emergency</u> = Knowing the seriousness of suicide. • <u>Feel loved</u> = Knowing some of the characteristics of unhealthy relationships and reflecting on what makes you feel loved. 	<ul style="list-style-type: none"> • <u>Accepting people for who they are</u> = Knowing the importance of treating people with respect. • <u>Don't hate</u> = Knowing what counts as a hate crime according to UK Law • <u>Getting a job</u> = Looking at the job application process. • <u>Avoiding financial disaster</u> = Learning about where to get help with money from and how to have a positive attitude towards it. • <u>Managing debt</u> = Understanding how loans work. 	<ul style="list-style-type: none"> • <u>Coercive control</u> = Knowing what counts as coercive control. • <u>Maintenance</u> = Knowing how to do some practical jobs to maintain a home.

Assessment & Homework

At the end of each lesson students will complete a self-assessment activity to show how much they have learnt.

At the end of each term students will complete an online test of what they have learnt throughout the year.



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During the Autumn Term students will be set the Give 2 Good project as homework, encouraging them to show compassion to others.

At the start of the Spring and Summer term students will be given a homework challenge sheet with four different tasks on linked to the topics they will be studying in PSHE & Citizenship that term. These can be completed at any point during the term.

At the end of each term students will complete an online test of what they have learnt throughout the year.

Students are always encouraged to continue their learning beyond each lesson e.g. by sharing what they have learnt with others and looking out for when related issues are in the news.

Resources

None of these are required for students to have but suggestions of resources they could read in addition to their class learning are:

Books:

Blame my brain, The amazing teenage brain revealed, Nicola Morgan

Clap when you land, Elizabeth Acevedo

The sun is also a star, Nicola Yoon

Positively teenage, a positively brilliant guide to teenage wellbeing, Nicola Morgan

Be happy be you, The teenage guide – Penny Alexander and Becky Goddard-Hill

Becoming, adapted for younger readers – Michelle Obama

Kite Spirit – Sita Brahmachari

Websites:

National news: www.bbc.co.uk

Local news: www.eadt.co.uk

Children's news: <https://www.bbc.co.uk/newsround>

Extra and Super Curricular Opportunities

Students are encouraged to take part in the extra-curricular activities which are offered across the school. Students are made aware of specific PSHE & Citizenship opportunities as they arise e.g. to enter related competitions.