

KS4 PSHE timetabled lessons x 2 each week						
Silver Wellbeing Passport						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Mental and emotional wellbeing		Basic First Aid		Online and Media	
Year 2	Physical and Personal Wellbeing		Social Wellbeing		Careers	

Developing Skills with SOLO taxonomy			
Initial	Multi	Relate	Extend
Define	Memorise	Sequence	Generalise
Identify	Define	Compare and contrast	Evaluate
Describe	Name	Explain effects	Prove
	Match	Distinguish	Justify
	Identify	Question	Predict
	Label	Classify	Reflect
	Recall	Explain causes	Argue
	Describe	Analyse	Prioritise
	Outline	Organise	Construct
	List		Generate



Personal Discovery Pathway					
Mental and emotional wellbeing	Physical and Personal Wellbeing	Basic First Aid	Social Wellbeing	Online and Media	Careers
Support Issues Impact Causes Consequences Feelings Emotions Behaviour	Mental Physical Emotional Personal# Wellbeing Changes Lifestyle Health	Treat Care Emergency Action Danger Safety Accident Illness	Interaction Communication Connection Relationship Happiness Diversity Physical Expectation	Online Physical Fake Appropriate Consequence Law Responsibilities Pressure	Qualities Skills Achievement Higher Motivate Choice Decision Support

- | 101 things to do at Penn Fields – PSHE   |
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| <ul style="list-style-type: none"> <li>● Attend</li> <li>● Friendships</li> <li>● Online safety</li> <li>● Team player</li> <li>● Resilient</li> <li>● Confident</li> <li>● Happy</li> <li>● Visiting</li> <li>● Experience</li> </ul> |

**Qualifications & Progression**



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**Silver Wellbeing Passport**

	KS4 PSHE timetabled lessons x 2 each week Silver Wellbeing Passport		
Year 1	<p>Term 1</p> <p>Mental and emotional wellbeing</p> <ul style="list-style-type: none"> <li>• Intro to mental health</li> <li>• Depression</li> <li>• Support Services</li> <li>• Preferences</li> <li>• Thoughts and emotions linked to behaviour</li> <li>• Strong feelings – dealing with anger</li> <li>• Self esteem</li> </ul> <p>Assessment</p>	<p>Term 2</p> <p>Basic First Aid</p> <ul style="list-style-type: none"> <li>• Dangers around the home</li> <li>• Fire Safety</li> <li>• Electricity Safety</li> <li>• Choking</li> <li>• Bleeding</li> <li>• Scalds and burns</li> <li>• CPR</li> </ul> <p>Assessment</p>	<p>Term 3</p> <p>Online and media</p> <ul style="list-style-type: none"> <li>• Similarities and differences between online world and physical world</li> <li>• Fake news</li> <li>• Appropriate behaviour (exploring sexting, sharing explicit photos, trolling)</li> <li>• Online support</li> </ul> <p>Assessment</p>
Year 2	<p>Term 1</p> <p>Physical and Personal Wellbeing</p> <ul style="list-style-type: none"> <li>• The changing adolescent body and mental wellbeing</li> <li>• Puberty and the changes in physical and mental health</li> <li>• Alcohol, tobacco and drug abuse</li> <li>• Lifestyle choices and impact on reproductive health, fertility and menopause</li> <li>• Peer pressure, sexual pressure and consent</li> <li>• Contraceptives</li> <li>• Facts about pregnancy and miscarriage</li> <li>• STI's</li> </ul> <p>Assessment</p>	<p>Term 2</p> <p>Social Wellbeing</p> <ul style="list-style-type: none"> <li>• Happiness linked to connections</li> <li>• Diversity in families and relationships</li> <li>• Parenthood</li> <li>• Marriage and long-term relationships including same sex relationships</li> <li>• Qualities of healthy relationships</li> <li>• Abusive relationships</li> </ul> <p>Assessment</p>	<p>Term 3</p> <p>Careers</p> <ul style="list-style-type: none"> <li>• My qualities</li> <li>• What I would like to do when I leave school</li> <li>• Investigate further education pathways: Nova, Rodbaston, Bilston College, sixth form</li> <li>• Employability</li> </ul> <p>Assessment</p>