

KS4 PSHE timetabled lessons x 2 each week						
Silver Wellbeing Passport						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Mental and emotional wellbeing	Physical and Personal Wellbeing	Social Wellbeing	Online and Media	Careers	Basic First Aid
Year 11	Mental and emotional wellbeing	Physical and Personal Wellbeing	Social Wellbeing	Online and Media	Careers	Basic First Aid

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



Preparation for Adulthood					
KS4 Students access 4 hours each week of multi skills sessions giving learners the opportunity to link the curriculum to their lives					
Mental and emotional wellbeing	Physical and Personal Wellbeing	Social Wellbeing	Online and Media	Careers	Basic First Aid
Support Issues Impact Causes Consequences Feelings Emotions Behaviour	Mental Physical Emotional Personal# Wellbeing Changes Lifestyle Health	Interaction Communication Connection Relationship Happiness Diversity Physical Expectation	Online Physical Fake Appropriate Consequence Law Responsibilities Pressure	Qualities Skills Achievement Higher Motivate Choice Decision Support	Treat Care Emergency Action Danger Safety Accident Illness

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

Qualifications & Progression



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Silver Wellbeing Passport						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<p>Mental and emotional wellbeing</p> <ul style="list-style-type: none"> • Intro to mental health • Depression • Support Services • Preferences • Thoughts and emotions linked to behaviour • Strong feelings – dealing with anger • Self esteem 	<p>Physical and Personal Wellbeing</p> <ul style="list-style-type: none"> • The changing adolescent body and mental wellbeing • Puberty and the changes in physical and mental health • Alcohol, tobacco and drug abuse • Lifestyle choices and impact on reproductive health, fertility and menopause • Peer pressure, sexual pressure and consent • Contraceptives • Facts about pregnancy and miscarriage • STI's 	<p>Social Wellbeing</p> <ul style="list-style-type: none"> • Happiness linked to connections • Diversity in families and relationships • Parenthood • Marriage and long-term relationships including same sex relationships • Qualities of healthy relationships • Abusive relationships 	<p>Online and media</p> <ul style="list-style-type: none"> • Similarities and differences between online world and physical world • Fake news • Appropriate behaviour (exploring sexting, sharing explicit photos, trolling) • Online support 	<p>Careers</p> <ul style="list-style-type: none"> • My qualities • What I would like to do when I leave school • Investigate further education pathways: Nova, Rodbaston, Bilston College, sixth form • Employability 	<p>Basic First Aid</p> <ul style="list-style-type: none"> • Dangers around the home • Fire Safety • Electricity Safety • Choking • Bleeding • Scalds and burns • CPR