



P.D. Curriculum Year 11

What will I learn?

<p>Autumn 1 Health and well-being - keeping safe and organised Managing change Keeping safe strategies and consent Legal and illegal substances and the implication of reputation and life chances in taking these substances Links between legal and illegal drugs and risky sexual behaviour. Online safety Emergency first aid Domestic abuse Signposting</p>	<p>Autumn 2 Living in the wider world Budgeting skills Study skills for PPEs Post-16 choices RPE: Mindfulness and Buddhism. PPE feedback and action planning</p>
<p>Spring 1 Building relationships Law, rights and responsibilities in sexual relationships Sexual relationship considerations (RSE) Strategies for negotiation and communication within romantic/intimate relationships (RSE) Sexual assault, linked to the concept of consent. (RSE) Know the correct signposts within school and outside agencies to direct concerns to about these safeguarding issues</p>	<p>Spring 2 Health and well-being - Preparation for change Triggers, stressors and influences of mental health Preparation for change Health services for mental and emotional well-being Self-help e.g. the importance of sleep Resilience Know the correct signposts within school and outside agencies to direct concerns to about these safeguarding issues</p>
<p>Summer 1 Health and well-being in Year 11 Coping with mental health Self-care Little things, big impact Identifying my weaknesses (ugly frog) academically but not allowing them to define me Final study plans and strategies Evaluation and review of PD</p>	<p>Summer 2 Study leave</p>

How will I receive feedback?

In PD we ask you to measure your starting point through the knowledge, skills and attributes checklist that is found in your PD exercise book. We then ask you, at the end of a unit of work, to record your progress on the student knowledge, skills and attributes check-list in your PD book.

In the PD lessons listening to feedback and making improvements and corrections to your work is really important. In most of your PD lessons your teacher will go through **correct answers** with the class or support you to develop your knowledge, skills and attributes. Your classmates might also **share ideas** with you about how your work could be improved. When this happens you should always make the suggested improvements to your work in **green pen**.

