

Year 11 Personal and Life skills (PSHE)

Year 11		
Topic - Term 1	Length	Key Objectives
Alcohol/Smoking	The girls are on a 3 week carousel exploring 3 different themes	<ul style="list-style-type: none"> • What is diversity? • Diversity in relation to: <ul style="list-style-type: none"> ○ Gender ○ Race ○ Religion ○ Culture ○ Skills ○ Age • Create a video in which highlights the diversity within Burgess Hill Girls
Finance		<p>Girls will build their knowledge of what they learnt in year 10 and will look at:</p> <ul style="list-style-type: none"> • Commercial banking • Types of accounts, loans, overdrafts • Student loans • Credit/debit cards • Student banking options
Time Management		<ul style="list-style-type: none"> • Strategies for time management • Strategies to improve wellbeing and manage stress • Share presentations on strategies to improve wellbeing

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Topic - Term 2	Length	Key Objectives
Looking after your emotional wellbeing	The girls are on a 3 week carousel exploring 3 different themes	<ul style="list-style-type: none"> • How to cope during stressful times • Yoga session • Mindfulness/relaxation techniques • Tips for coping with exam stress • Healthy coping strategies • Benefits of keeping active • The work of the Samaritans
Topic - Term 3	Length	Key Objectives
During term 3 girls in year 11 are sitting their exams and/or are on study leave and therefore there are no PALS sessions during term 3. If girls are in school then we use the time for revision.		



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Additional Information:

In addition to the curriculum above year 11 also have the following outside speakers:

- Elevate Education – Time Management & Ace your exams
- Beacon House – managing exam stress
- Yoga sessions
- Talk from the Samaritans
- The Schools Consent Project