

Freman College PSHCRE Year Outline

| | Autumn 1 | Autumn 2 | Spring | Summer |
|-----------------------------|--|--|--|--|
| A Year Personal Development | <u>Rotation One (X8) Health:</u> Social Media, Stress & Anxiety, Depression, Emotional Resilience, Scenarios Drugs, Alcohol, Scenarios | | <u>Rotation Two (X3) Relationships:</u> Families Respectful Relationships Dealing with conflict | |
| A Year PSHCRE Days | <u>Health</u> Healthy Eating Self-Esteem First Aid Sexual Health Cancer | <u>Careers</u> Politics Curriculum in the workplace Work Skills | <u>Careers</u> Business Enterprise Day | <u>Relationships</u> Human Rights Global Relations Types of Relationships The power of voice Bullying |
| I Year PSHCRE Days | <u>Health</u> Eating Disorders Resilience Staying Safe Drugs and Alcohol Personal Hygiene | <u>Careers</u> Career Planning Finance Politics Applications Employment Skills | <u>Relationships</u> Religious Speakers Meditation Yoga Respectful Relationships Disability Smoking and Vaping | <u>Careers</u> Apprenticeship/College Talk Interview Preparation Discovering Jobs Careers Fair Extra Lesson Needed |
| E Year PSHCRE Days | <u>Health</u> Healthy Living Staying Calm Online Presence Personal Health Smoking | <u>Careers</u> Coping With Changes Where am I now? Revision Techniques Uni/College talk Applying to College or University <i>plus careers interviews</i> | <u>Relationships</u> Philosophy and Ethics Question Time Body Image Sexual Health Gender Stereotypes | E Year on Study Leave |
| Lower Sixth | <u>“Get Work Ready” day</u> (Workshops run by professionals across various career areas to build employability soft skills) | <u>Relationships & Health</u> Sexual Consent Sexual health UK’s political system Homelessness | <u>Careers</u> Work shadowing / Virtual work experience | <u>“Plan your future” day</u> (Workshops on post-18 applications and contact with ex-students for advice) |
| Upper Sixth | <u>Careers</u> Interview technique CV Writing Post-18 applications | <u>Preparing to leave home</u> Cooking healthily Basic car maintenance Living on a budget | <u>Visit to Houses of Parliament</u> Includes workshop to understand the democratic systems in UK | Upper Sixth on Study Leave |

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