



SPHE – Year 11 Long Term Mapping

Subject Intent/ Aims:

“I have come that they may have life, and have it to the full.” John 10:10

The SPHE programme at St Philip Howard reflects the core teachings of the Church that emphasise love as the foundation of human existence. It nurtures students to live life to the fullest by fostering an understanding that we are created to love and be loved.

In Year 11, SPHE lessons play a crucial role in preparing pupils for life beyond school. These subjects equip students with essential life skills, including managing mental health, understanding financial responsibilities, and forming healthy relationships. They also cover vital topics such as consent, digital safety, and preparation for the workforce. By addressing these areas, SPHE help pupils develop the knowledge and resilience needed to navigate the complexities of adult life, fostering well-rounded, informed, and responsible individuals.

Advent 1: Health and Wellbeing Advent 2: Experiencing and valuing the wider world	Lent 1: Relationships Lent 2: Health and Wellbeing	Pentecost 1: Families
<u>Key learning</u> Building for the future Next steps	<u>Key learning</u> Communication in relationships Health and independence	<u>Key learning</u> Families
<u>Key Content/knowledge</u> Advent 1: Health and Wellbeing	<u>Key Content/ Knowledge)</u> Lent 1: Relationships What is a healthy romantic relationship?	<u>Key Content/ Knowledge)</u> Pentecost 1: Relationships What is domestic abuse?



<p>What are unhelpful thoughts?</p> <ul style="list-style-type: none"> To understand what unhelpful thoughts are To know how unhelpful thoughts can impact our wellbeing To know how to refrain from unhelpful thoughts 	<ul style="list-style-type: none"> To understand the characteristics of a healthy and stable romantic relationship To be aware of healthy and unhealthy behaviors in a romantic relationship To reflect on how to maintain a healthy romantic relationship 	<ul style="list-style-type: none"> To understand what domestic abuse To be aware of signs of domestic abuse To know how to access support for somebody who maybe a victim of domestic abuse
<p>How do I manage exam stress?</p> <ul style="list-style-type: none"> To understand common stresses that come leading up to and during exams To know how stress can impact our wellbeing and performance in exams To know how to manage exam stress 	<p>What are the 3 C's of consent?</p> <ul style="list-style-type: none"> To understand how to recognise verbal and non-verbal signs of consent To be aware of the three c's of consent and the importance of being assertive To feel confident, clear and in control when giving consent 	<p>What is honor based abuse?</p> <ul style="list-style-type: none"> To understand what honor-based abuse means? To be aware of behaviors that are not honorable To consider the barriers to reporting honor-based abuse
<p>What is the importance of good sleep?</p> <ul style="list-style-type: none"> To understand the importance of sleep and healthy routines To know the causes and effects of poor sleep To learn to improve the quality of our sleep 	<p>What is gaslighting?</p> <ul style="list-style-type: none"> To understand what coercive behavior is To know what gaslighting is To be able to spot the signs of gaslighting 	<p>Why should we respect diversity?</p> <ul style="list-style-type: none"> To understand the characteristics of grief To be aware of the 5 stages of grief To consider how faith may help somebody who is grieving
<p>What are the effects of negative body image?</p> <ul style="list-style-type: none"> To understand why young people, struggle with their body image To be aware of physical and mental impact of having a negative body image To know where to get support from if you 	<p>Lent 2: Health and Wellbeing</p> <p>How can I look after my health and wellbeing?</p> <ul style="list-style-type: none"> To understand why it is important to 	



<p>are struggling with your body image</p> <p>Advent 2: Experiencing and valuing the wider world</p> <p>What are the post 16 pathways available to me?</p> <ul style="list-style-type: none"> To know what post 16 pathways are available To know what we should and should not consider To consider the best pathways for ourselves <p>How do I present myself in an interview?</p> <ul style="list-style-type: none"> To understand basic positive behaviors in an interview To be aware of negative behavior we should avoid To identify positive behaviors we could display in an interview <p>What are our personal strengths?</p> <ul style="list-style-type: none"> To know what personal skills are To consider how we can enhance our own personal skills and how they will help us in the future To identify our own personal strengths and 	<p>maintain our health and wellbeing</p> <ul style="list-style-type: none"> To consider different activities and habits and whether they promote positive or negative health and wellbeing To formulate a plan to ensure we look after our own health and wellbeing <p>What is blood and organ donation?</p> <ul style="list-style-type: none"> To understand what blood and organ donation are To know what can and cannot be donated and the impact of donation on a person's life To consider what we would be willing to donate <p>Is it right to have cosmetic surgery?</p> <ul style="list-style-type: none"> To understand the different types of cosmetic and aesthetic surgery To consider the advantages and disadvantages of cosmetic and aesthetic surgery To reflect on the statement beauty is only skin deep 	
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<p>weaknesses</p> <p>What is positive behavior at work</p> <ul style="list-style-type: none"> To understand the importance of positive behavior at work To consider how to develop positive behavior at work To reflect on our own positive behavior 		
<p><u>POS refs</u></p> <p>H2, H3, H4, H8, H12, L22 L1, L2, L3, L4, L6, L7, L8, L11, L12, L21</p>	<p><u>POS refs</u></p> <p>H26, H27, H28, H29, R16, R17, R21, R23, R32 H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24</p>	<p><u>POS refs</u></p>



<u>Advent</u>	<u>Lent</u>	<u>Pentecost</u>
<u>Key concepts:</u> Exam stress Healthy routines Body image Positive behaviors Personal skills	<u>Key Concepts</u> Consent Coercive behavior Gaslighting Wellbeing Organ donation Blood donation Cosmetic surgery Aesthetic surgery	<u>Key Concepts</u> Domestic abuse Honor-based abuse Honor-based killing Grief
<u>Higher order knowledge</u> <p>Students learn to cultivate a growth mindset, recognising that their abilities can be developed through dedication and effort. This involves understanding the concept of self-efficacy, where students build confidence in their capacity to overcome challenges. They undertake critical self-assessment to identify their strengths, weaknesses, interests, and values and they learn how to align these with potential career paths, ensuring that their application processes for further education or employment reflect their true capabilities and aspirations. Students engage in exercises to clarify their personal values and understand how these guide their behavior and decisions, particularly in relationships. They explore how to navigate complex relationship challenges and conflicts and learn to make responsible decisions that promote long-term well-being. They explore the consequences of risky behaviors and the importance of preventive measures. Students explore the diversity of family structures and the responsibilities that come with parenting.</p>		



HO Composites

- To learn to reflect critically on their personal strengths and weaknesses.
- To set realistic goals based on their self-assessment and to develop plans to achieve these goals.
- To explore advanced stress management techniques such as mindfulness, and time management.
- To create detailed career plans, understanding market trends, and developing skills aligned with their long-term goals.
- To analyse the requirements of application processes for further education or employment
- To learn to tailor their CV's, cover letters, and personal statements to meet specific criteria and highlight their relevant skills and experiences.
- To develop and refine their interview skills through mock interviews and feedback sessions.
- To learn how to set and achieve career milestones and adapt to changing career landscapes.

HO Composites

- To engage in activities that help them clarify their personal values and understand how these values influence their behaviour and decisions.
- To apply their understanding of personal values to make ethical decisions in relationships.
- To learn to navigate complex situations involving conflicts or moral dilemmas, using their values as a guide.
- To develop advanced skills in assertive communication and conflict resolution.
- To practice addressing relationship challenges and abuse scenarios with empathy, clarity, and respect
- To evaluate information about health, including nutrition, exercise, and preventive care.
- To learn to make informed decisions that balance immediate desires with long-term health outcomes.
- To practice assessing risks and creating safety plans for independent living scenarios, such as managing personal finances, home safety, and personal security.

HO Composites

- To analyse different family structures and the responsibilities associated with different familial roles.
- To understand the dynamics of parenting, including the challenges and supports available for different types of families.
- To explore the legal and ethical issues related to marriage, pregnancy, and forced marriage.
- To learn about their rights and responsibilities, the implications of forced marriage, and how to support individuals in such situations.
- To develop skills to navigate changes in relationships, such as transitions in family roles or dynamics due to marriage, pregnancy, or separation.
- To practice adaptive communication and support strategies to manage these changes effectively.





Composite Skills

- Building Self-Esteem and Positive Relationships
- Setting and Respecting Boundaries
- Basic Financial Literacy: Budgeting and Saving
- Effective Communication and Conflict Resolution

Assessment/s (Formative and Summative):

- Key Concept tasks
- RRR tasks at the start of each lesson
- Discussion tasks/Think Pair Share
- Tiered questioning
- Synoptic quizzes to be completed regularly



Literacy/Numeracy/Cross Curricular links

Literacy

- Use articles, stories, and case studies related to PSHE topics
- Teach students to structure arguments and express their thoughts clearly through persuasive writing exercises on PSHE-related issues.

Numeracy

- Use real-life scenarios to teach concepts like interest rates, loans, and investments, helping students make informed financial decisions.

Science:

- Human anatomy, puberty, and reproductive health.
- Mental health topics through a scientific approach, discussing the physiological effects of stress and strategies for well-being.

History:

- Historical events and figures in the context of social justice, human rights, and ethical decision-making.

ICT

- Digital literacy and online safety, focusing on responsible internet use and the impact of social media.

SMSC/BV

- **Reflection Activities:** Pupils are encouraged to reflect on their personal beliefs, values, and experiences.
- **Ethical Dilemmas:** Pupils will consider different moral dilemmas related to real-life situations
- **Celebration of Diversity:** Pupils will understand the 9 protected characteristics and learn to value the diversity in our society
- **Democracy Rule of Law:** Pupils will have a sound understanding of these concepts as well as the different types of law
- **Mutual Respect** All lessons will promote mutual respect and those in our local and wider communities
- **Conflict Resolution:** Pupils will learn different ways of resolving conflicts respectfully and understanding different viewpoints



Adaptive strategies

- Differentiated Instruction
- Use of Technology
- Scaffolded Learning
- Regular Check-ins
- Flexible Grouping
- Parental and Community Involvement
- Role-Play Scenarios



St Philip Howard Catholic Voluntary Academy



Department Planning 2024



**St Ralph
Sherwin**
Catholic Multi Academy Trust



ST. PHILIP HOWARD
CATHOLIC VOLUNTARY ACADEMY