

Wellbeing Year 11 Curriculum End Points and key vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2	
Unit of Work	<p>Building for the future</p> <p>Self-efficacy, stress management, and future opportunities</p>	<p>Next steps</p> <p>Application processes, and skills for further education, employment and career progression</p>	<p>Communication in relationships</p> <p>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Independence</p> <p>Responsible health choices, and safety in independent contexts</p>	<p>Families</p> <p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>		
Ethos links	<p>Character SMSC link</p> <p>Milton Keynes</p> <p>STEM</p>	<p>Milton Keynes</p> <p>STEM</p>	<p>Character SMSC link</p>	<p>Character</p>	<p>Character SMSC link</p>		
Knowledge	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> • how maintaining a healthier balance between types of activity can help to support wellbeing • opportunities to maintain a healthier 	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> • the different types of activities they might encounter in an assessment centre process • Identify a range of skills that they will need to demonstrate 	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> • about the links between emotional wellbeing and relationship conflict, and the implications of this 	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> • the signs and symptoms of internal and external bleeding • how to assess and provide first aid to a casualty who is bleeding • how to seek medical help if required for a 	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> • about different types of relationships, including legal marriage and forced marriage 		

	<p>balance between activities, including time online, physical activity and exam preparation</p> <ul style="list-style-type: none"> •the benefits of maintaining physical health •the importance of sleep for wellbeing and brain function - particularly during adolescence. •how lifestyle choices can affect sleep quality •what wellbeing means, how social media could impact wellbeing and actions that young people can take, both online and offline, •the meaning and impact of bullying and cyberbullying <p>•appropriate ways of responding to discriminating, hurtful or intimidating behaviour.</p>	<p>to succeed at interviews</p> <ul style="list-style-type: none"> • that a CV should highlight the skills, personal qualities, qualifications, interests and experience that a potential employer is looking for • how to identify key words in a job advertisement • how to identify and explain their transferable skills, along with personality traits and interests, and how these relate to a job advertisement • how awareness of their skills, interests and personality traits can support future decision making • different ways to find employment • how building networks can help them take the next step from education 	<ul style="list-style-type: none"> • relationship attitudes and behaviours. • common features of healthy relationships. • appropriate and inappropriate conflict behaviours • how to end and/or get support for abusive relationships. • the qualities of positive friendships • strategies for dealing with challenges in friendships • where and how to access support and help, including from professionals. • key features of blackmail online • how young people can access support about anything that happens online 	<p>casualty who is bleeding</p> <ul style="list-style-type: none"> • how to recognise when somebody is having chest pain • how to identify the difference between a bone, muscle or joint injury • how to recognise when a casualty is choking • what testicular cancer is, its signs and symptoms and what to do if a testicular issue is discovered • what it means to donate blood, stem cells and organs and why donations are needed. 	<ul style="list-style-type: none"> • the options available to people who wish to make a long-term commitment • the legal status of different types of relationships, including marriage and civil partnerships, and why people choose to form such a commitment • the legal rights of people in different forms of long-term commitments • why people might choose to marry and why marriage must be freely entered into • about the responsibilities of being a parent and how committed, stable relationships can be important for bringing up children • the roles and responsibilities of parents with respect 	
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	<ul style="list-style-type: none">•how to manage the stress that may result from excessive use of social media or as a result of interacting with online content, including FOMO•how social media can influence and affect perceptions about body image and cause stress•the potential effects of exam stress on our physical and emotional wellbeing, and ways to manage it.	to employment			to raising children <ul style="list-style-type: none">• how fertility changes over time and about the different routes to becoming a parent• how to maintain a healthy pregnancy• about the possible outcomes in the event of an unplanned pregnancy• the range of options available in the event of an unplanned pregnancy• that miscarriage can occur and where to access support in the event of a miscarriage• where and how to access impartial advice and support in relation to pregnancy • the laws related to abortion and support available• where and how to access medical services and	
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					emotional support	
Key Vocabulary	<ul style="list-style-type: none"> • wellbeing • social media • online & offline • risks (dangers • positive & negative 	<ul style="list-style-type: none"> • Assessment • Interviews • CV • Active listening • Employment 	<ul style="list-style-type: none"> • Conflict • Disagreement • Abuse • Controlling • Manipulation 	<ul style="list-style-type: none"> • Symptoms • Donation • CPR • Cancer • First Aid 	<ul style="list-style-type: none"> • Abortion • Family • Pregnancy • Fertility • Parenting 	