

Year 11 – PSHE/IAG Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Unit 1: Careers Education, Information, Advice and Guidance Post-16 Options and Applications</p> <p>Key content covered:</p> <p>What are my options for life after SVC?</p> <p>Applications for post -16</p>	<p>Unit 2: Health and Wellbeing</p> <p>Key content covered:</p> <p>What do I need to do to maintain a healthy lifestyle? How can I complete self-examinations to screen for potential issues? .</p> <p>What is the association between physical activity and mental wellbeing?</p> <p>How can I cope with stress?</p>	<p>Unit 3: Relationships and Sex Education</p> <p>Key content covered:</p> <p>What are the facts around the menopause?</p> <p>What is fertility and what factors can affect it?</p> <p>Pregnancy – what are the facts and options around pregnancy?</p>	<p>Unit 4: Living in the Wider World.</p> <p>Key content covered:</p> <p>What is the voting system in the UK?</p> <p>What are some alternative systems of government around the world?</p>		