

Subject: RSHE/PSHE/RSE https://qualifications.pearson.com/content/dam/pdf/btec-entry-level-and-level-1-introductory/personal-growth-and-wellbeing-level-1/2020/specification-and-sample-assessments/btec-l1-pgw-pre-pub.pdf		
Intent	Implementation	Impact
<p>To develop the students knowledge linking to the below content:</p> <ul style="list-style-type: none"> • To learn about how to stay healthy through different choices made by individuals and how this can affect the type of lifestyles had. To learn how technology can help with these choices. • To recognise own emotions and how to manage these appropriately, as well as working with others to understand changes in their own emotions. • Knowledge of how to keep self and other safe both physically and online. • To plan projects for any of the areas that fall under the umbrella of RSHE such a community or charity event. • To develop knowledge of fundamental British Values, and the impact of embedding these through the curriculum offer identified above. • To learn about the impact UK crime on us, including own mental health. • To understand what bullying is, including how to recognise it, the impact/effects and how to support others. Types of relationships and how to keep them healthy. • Sexual health, health intimate relationships and staying safe. • To learn other skills and knowledge through other subjects by the cross curricular links, including literacy and science. • To use literacy skills to complete set work during sessions, transferring and consolidate current abilities. • Financial advice, learning about debts, financial 	<ul style="list-style-type: none"> • Students will access discrete sessions once per week (or twice weekly if fulltime) on a Tuesday or Thursday. • Assemblies take place twice per week, regularly discussion topics in the Personal Growth and Wellbeing units. • Interventions to be ran by the engagement and behaviour team. • Some students will have personalised ILP's which focus on elements of the RSHE curriculum- staff will work • Enrichment trips and visits throughout the year link with the sessions in the provision- including the Ben Kinsella Project, competition events. • During times, RSHE lessons will be held in the IT suite. • To access different community projects that have been planned using different businesses or charities. • CGL runs sessions both on an individual and whole group basis. 	<ul style="list-style-type: none"> • The skills will potentially open doors and opportunities for next steps in their careers. • Students will have experience of a range of sporting activities that potentially they will enjoy and continue with either outside of, or after leaving the provision. • Positive mental health as a result of exercise and the impact this has on the body- both day to day and long term. • The ability to make more informed choices about healthy lifestyles. • The ability to make safe and good choices as a result of learning the knowledge shared - progress and engagement in sessions. • Improvement in physical and mental health which improves quality of life. • Subject knowledge of the Level 1 BTEC in Personal Growth and wellbeing.

commitments.		
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KEY TOPIC/ VALUE	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<p>KS3 YEAR 1</p>	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class.</p> <p>Education for connected world login creation and assessment</p> <p>BTEC- ELv3 in personal Growth and well-being.</p> <p><i>Unit 1 Improving physical health and wellbeing.</i></p> <p><i>Health lifestyles including diet and exercise and benefits</i></p> <p>Different types of different physical activities and their benefits</p> <p>Risk of not participating in physical activities</p> <p>Local facilities available to promote physical health</p> <p>Fitness</p> <p>Participate in an individual or group physical activity (off site visits) Sponsored event, charity or community work.</p> <p>Volunteering</p>	<p>BTEC- ELv3 in personal Growth and well-being</p> <p>Education for connected world login creation and assessment</p> <p><i>Unit 1 Improving physical health and wellbeing.</i></p> <p>Technology e.g. using health apps to record sleep patterns, diet, exercise routines, internet websites.</p> <p>Personal target setting</p> <p>Lifestyle health risks and physical impact.</p> <p>End of unit Assessment</p> <p>RE- Differences in religious beliefs during December across the world- some link to Christmas.</p>	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class.</p> <p>Education for connected world login creation and assessment</p> <p>BTEC- ELv3 In personal Growth and well-being.</p> <p><i>Unit 2 Understanding emotional well-being</i></p> <p><i>Different types of positive and negative emotions</i></p> <p><i>Factors that can influence emotional wellbeing</i></p> <p><i>Life situations affecting emotional wellbeing</i></p>	<p>BTEC- ELv3 in personal Growth and well-being.</p> <p>Education for connected world login creation and assessment</p> <p><i>Unit 2 Understanding emotional well-being</i></p> <p><i>Sign of positive emotional wellbeing</i></p> <p><i>Improving and maintaining emotional wellbeing and sources for health and support</i></p> <p>End of unit assessment</p> <p><i>Health Education</i></p>	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class.</p> <p>Education for connected world login creation and assessment</p> <p>Mental wellbeing (UK Crime)</p> <p>How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</p> <p>Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</p> <p>*Opportunities for offsite visits linking to RSHE (knife angel, Ben Kinsella exhibition/galleries of justice etc)</p> <p>Incentive and reward trips to be planned on preferences.</p>	<p>Education for connected world login creation and assessment</p> <p>Project – Plan, Organise and deliver a community/charity event either held in the provision or locally.</p> <p>The event will promote physical and emotional wellbeing.</p>

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
KS3 YEAR 2	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class.</p> <p>Education for connected world login creation and assessment</p> <p>BTEC- ELv3 In personal Growth and well-being.</p> <p><i>Unit 3- Recognising the importance of social health and wellbeing</i></p> <p>Relationships</p> <ul style="list-style-type: none"> • Types of relationship • Benefits of relationships • Behaviours that contribute to healthy relationships • Impact of relationships on health and wellbeing. 	<p>BTEC- ELv3 In personal Growth and well-being.</p> <p>Education for connected world login creation and assessment</p> <p><i>Unit 3- Recognising the importance of social health and wellbeing</i></p> <p>Developing awareness of personal safety</p> <ul style="list-style-type: none"> • Behaviours that can harm relationships • Accessing support for relationships • Influences of media/social media on health and wellbeing • Managing online safety <p>End of unit assessment</p> <p>RE- Differences in religious beliefs during December across the world- some link to Christmas.</p>	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class.</p> <p>Education for connected world login creation and assessment</p> <p>BTEC- ELv3 In personal Growth and well-being.</p> <p><i>Unit 4- Being aware of sexual health and wellbeing</i></p> <p>Characteristics of healthy relationships</p> <p>Positive factors that contribute to health and wellbeing</p> <p>Making choices when entering intimate relationships</p>	<p>BTEC- ELv3 In personal Growth and well-being.</p> <p>Education for connected world login creation and assessment</p> <p><i>Unit 4- Being aware of sexual health and wellbeing</i></p> <p>Basic information about reproductive health</p> <p>Sources of health and advice</p> <p>Health risks associated with unprotected sex</p> <p>Contraception</p> <p>Effect of drugs and alcohol on behaviour</p> <p>End of unit assessment</p> <p><i>Different types of positive and negative emotions</i></p> <p><i>Factors that can influence emotional wellbeing</i></p> <p><i>Life situations affecting emotional wellbeing</i></p>	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class.</p> <p>Education for connected world login creation and assessment</p>	<p>Education for connected world login creation and assessment</p> <p>Project – Plan, Organise and deliver a community/charity event either held in the provision or locally.</p> <p>The event will be promoting social health and wellbeing for KS3 and KS4 Pupils</p>

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<p>KS4 YEAR 1</p>	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class.</p> <p>Education for connected world login creation and assessment</p> <p>BTEC- L1 In personal Growth and well-being.</p> <p><i>Unit 1 Improving physical health and wellbeing.</i></p> <p>Positive and negative factors on physical health and well-being. Motivational Techniques.</p> <p>Skills to be developed:</p> <ul style="list-style-type: none"> • Research • Communication <p>Personal social Effects of drug use on physical health and wellbeing. The impact of food, drink and sleep on long term health.</p> <p>.</p>	<p>BTEC- L1 In personal Growth and well-being</p> <p>Education for connected world login creation and assessment</p> <p><i>Unit 1 Improving physical health and wellbeing.</i></p> <p>Ways of gathering information about lifestyle</p> <p>First aid</p> <p>life-saving skills, including how to administer CPR (UK Crime)</p> <p>Health and safety</p> <p>Internet safety</p> <p>how to identify harmful behaviours (UK Crime)</p> <p>End of unit Assessment</p> <p>RE- Differences in religious beliefs during December across the world- some link to Christmas.</p>	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class.</p> <p>Education for connected world login creation and assessment</p> <p>BTEC- L1 In personal Growth and well-being.</p> <p><i>Unit 2 Understanding emotional well-being</i></p> <p>Importance of talking about emotional well-being.</p> <p>Positive and negative vocabulary associated with mental health.</p> <p>The value of talking about emotional wellbeing.</p> <p>Ways to improve your emotional wellbeing.</p> <p>How the internet and social media can influence our emotional wellbeing.</p> <p>Recognising bullying behaviour.</p>	<p>Education for connected world login creation and assessment</p> <p>BTEC- L1 In personal Growth and well-being.</p> <p><i>Unit 2 Understanding emotional well-being</i></p> <p>Ways of expressing emotional wellbeing</p> <p>Communication systems</p> <p>Effective communication</p> <p>Support groups available for those that experience mental ill health.</p> <p><i>Different types of positive and negative emotions</i></p> <p><i>Factors that can influence emotional wellbeing</i></p> <p><i>Life situations affecting emotional wellbeing</i></p>	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class.</p> <p>Education for connected world login creation and assessment</p> <p><i>unit 3: understanding the role of relationships in social health and wellbeing</i></p> <p>Understanding relationships Types of relationships</p> <ul style="list-style-type: none"> • Benefits of relationships, • Characteristics of healthy relationships • Expectations and boundaries in stable relationships, • Ways to improve relationships, • Advantages of marriage and other long-term relationships, • Responsibilities of being a parent • The influence that media and the online world can have on wellbeing, attitudes and values, • Develop awareness of how their own identity, values, attitudes and behaviours are being shaped by different situations. <p>*Opportunities for offsite visits linking to RSHE (knife angel, Ben Kinsella exhibition/galleries of justice etc)</p> <p>Incentive and reward trips to be planned on preferences.</p>	<p>Education for connected world login creation and assessment</p> <p>BTEC- L1 In personal Growth and well-being.</p> <p><i>unit 3: understanding the role of relationships in social health and wellbeing</i></p> <p>Understanding relationships Types of relationships</p> <p>Being part of a relationship</p> <ul style="list-style-type: none"> • Understand and respect how the identity, values, attitudes and behaviours of other people shape partnerships. • Know how to reject and challenge harmful behaviours, attitudes, values, stereotypes and prejudices. • Show consideration for others and understand mutual consent. • Importance of taking responsibility for own actions. <p>Personal safety, support and advice</p> <ul style="list-style-type: none"> • Recognising own rights when part of a relationship. • Recognising behaviours that can harm relationships • Managing personal safety in long-term relationships, including online activity • Sources of information and advice for issues both on and offline <p>End of unit assessment</p>

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
KS4 YEAR 2	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class</p> <p>Education for connected world login creation and assessment</p> <p>BTEC- L1 In personal Growth and well-being.</p> <p><i>Unit 4- Understanding sexual health and wellbeing.</i></p> <p>Healthy intimate relationships and their benefits.</p> <p>Individual rights when entering an intimate relationship.</p> <p>Factors that can cause breakdowns in relationships</p>	<p>Education for connected world login creation and assessment</p> <p>BTEC- L1 In personal Growth and well-being.</p> <p><i>Unit 4- Understanding sexual health and wellbeing.</i></p> <p>Reproductive health, including pregnancy</p> <p>Making informed choices about sexual health.</p> <p>Personal safety in sexual relationships</p> <p>Sources of help and advice</p> <p>Final Assessment</p> <p>RE- Differences in religious beliefs during December across the world- some link to Christmas.</p>	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class</p> <p>Education for connected world login creation and assessment</p> <p>BTEC- L1 In personal Growth and well-being.</p> <p><i>unit 9: financial commitments</i></p> <p>Short- and long-term financial goals,</p> <p>Factors that influence the way we spend our money</p> <p>Financial products and services,</p> <p>Investments e.g. savings, shares, ISA, premium bonds</p> <p>Income and expenditure</p> <p>Opportunities to get value for money e.g. using comparison websites, negotiate contracts, compare online costs against the high street, own brand versus known brand</p>	<p>Education for connected world login creation and assessment</p> <p>BTEC- L1 In personal Growth and well-being.</p> <p><i>unit 9: financial commitments</i></p> <p>Good and bad debt and how to manage this,</p> <p>Financial support and advice</p> <p>Risks and rewards</p> <p>Ways of borrowing money</p> <p>financial impacts on personal health and emotional wellbeing,</p> <p>Financial commitments</p> <p>Final Assessment</p>	<p>Ice breakers- who you are, backgrounds, what makes you, you. Ground rules & expectations in class</p> <p>Education for connected world login creation and assessment</p> <p>Careers development sessions</p> <p>CV writing</p> <p>Interview skills</p> <p>Getting ready for the world outside of education</p> <p>Finical advice</p> <p>Bank account creation</p> <p>Transport aware</p>	<p>Careers –</p> <p>CV writing</p> <p>Interview skills</p> <p>Getting ready for the world outside of education</p> <p>Finical advice</p> <p>Bank account creation</p> <p>Transport aware</p> <p>My skills</p> <p>Body language reviews</p> <p>Basic computer skills</p> <p>Email basics</p>