**#DREAMbig – Dedicated, Reflective, Engaged, Articulate & Mindful**

***Rationale***: The aim of our PSHE Programme is to enable students to develop holistically, support their transition to adult life and guide them from dependence to independence, by equipping students to improve themselves, the way they think and understand others by:

* improving their health & wellbeing
* helping them understand how to build positive relationships
* equipping them with the knowledge and skills to live in the wider world (academic literacy, economic wellbeing, careers and the world of work)
* to develop their cognitive abilities to make rational judgements by examining cognitive biases, fallacies and logic

The course will be split into seven units:

1. Wellbeing for the Modern World
2. Sex and Relationship Education
3. Employability
4. Post-18 Pathways
5. Living the Wider World
6. Financial Literacy
7. Future Leaders

Learning about British Values is infused within PSHE lessons and the Great Conversation:

* **Democracy** - How to influence society through lawful democratic participation;
* **The Rule of Law**- The restriction of the arbitrary exercise of power by subordinating it to well-defined and established laws.
* **Individual Liberty** - That the freedom to religion, including the freedom of others to hold faiths other than your own, is enshrined in British law;
* **Tolerance** - Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith - That people of diverse faiths should all be respected and not be discriminated against as a result of their religious affiliations; That it is everyone’s responsibility to identify and challenge discrimination wherever it occurs.

**PSHE Overview (once per week on a rolling basis)**

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| **Term 1 Wellbeing & SRE (14)** | **Term 2.1 Wellbeing (6)****Term 2.2 Employability (6)** | **Term 3 Post-18 Pathways (12)** |
| 1. Mental Wellbeing
2. Healthy Body, Healthy Mind Part
3. Healthy Eating on a Budget
4. Check Yourself for Cancer
5. Social Media and Mental health
6. Online Citizenship
7. Mindfulness
8. Sex and the Media
9. Healthy vs Controlling Relationships
10. Date Rape & Sexual Assault
11. Fertility & Reproductive Health
12. Miscarriage & Unplanned Pregnancy
13. Non-Tender Masculinity
14. Online Gambling
 | 1. Class A Drugs & Addiction
2. Class B Drugs & Substance abuse
3. Class C Drugs & Prescription
4. Employability skills
5. National Apprenticeships week (3rd-7th of February)
6. Personal Branding
7. How to Write an Email
8. National careers week ( 2nd-6th of March)
9. Writing a Top CV
10. Presenting yourself and the Covering Letter
11. Plagiarism
12. Independent living
 | 1. Post-18 Workshop 1 – Choosing the Right Course
2. Post-18 Workshop 2 – The Personal Statement
3. Jane Marshall – Writing a Top Personal Statement
4. Post-18 Workshop 3 – Getting in to Your Top Choice University
5. Post-18 Workshop 4 – Creating Your UCAS Account
6. Work Experience week
7. Post-18 Workshop 5 – The UCAS Hub & The Admissions Tests
8. Post-18 Workshop 6 – Apprenticeships
9. Post-18 Workshop 7 – Student Finance & Next Steps
10. Post-18 Workshop 8 - School Leavers Programme & Colleges
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| ***Term 1 – Living in the Wider World (14)*** | ***Term 2.1 Financial Literacy (6)******Term 2.2 Future Leaders (6)*** | ***Term 3*** |
| 1. Being a critical consumer of online information
2. Fake news & Critical Thinking
3. Climate change
4. Cultural appropriation
5. Free Speech and Hate Speech
6. Intolerance and Radicalisation
7. Social Justice & Systematic Racism
8. Feminism
9. The Equality Act 2010 & Discrimination
10. Privilege
11. Gender Identity, Transgender & LGBTQ+
12. Taxation and Government Spending
13. Human Rights in the UK vs the World
14. Self-Awareness
 | 1. Finance – Budgeting
2. Finance – Credit & Debit
3. Finance – Loans & Pay Day Loans
4. Finance – Avoiding Debt
5. Finance – Saving, Investing & Pensions
6. Finance – National Insurance and Income Tax
7. Leadership
8. Organisation
9. Resilience
10. Independence
11. Communication
12. Oracy
 | Exam Preparation |

**A Level Mindset (Wednesday Registration) – study skills, academic literacy and metacognition**

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| **Term 1 (14)** | **Term 2 (12)**  | **Term 3 (12)** |
| 1. Your Mind
2. Introduction to VESPA
3. Where are you now?
4. **Vision** & WOOP
5. The #DREAMBig Profile & Triple A
6. The Pomodoro Technique
7. Vision – Reflection
8. **Effort** & The Three R’s of Habit
9. Reading Assignments (vocabulary lists)
10. Memory & Active Recall
11. Cognitive Load Theory
12. Understanding Interleaving
13. The Forgetting Curve & Spaced Repetition
14. Term 1 Reflection
 | 1. Triple A
2. Chunking to Never Forget Information & Effort - Reflection
3. **Systems** & The Energy Line
4. The Eisenhower Matrix
5. Note Taking
6. Papers and Essays
7. The Question Matrix
8. Deliberate **Practice**
9. The Leitner Box
10. Being an Independent Learner
11. PiXL Independence & Practice reflection
12. Term 2 Reflection
 | 1. Triple A
2. The Right **Attitude** = The Right Belief
3. What is it to be resilient?
4. Falling Forwards (First Attempt In Learning) & **Attitude** Reflection
5. Flipped Learning & PLCs
6. Focus, Concentration
7. Procrastination and Flow State
8. Test Anxiety & Mindfulness
9. Getting Better Sleep
10. The brain-changing benefits of exercise
11. Year 12-13 Transition
12. Reaching the Summit & Reflection
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**The Great Conversation (Thursday registration) – cultural capital that will prepare students to take part in the great conversation – crash course videos and discussion**

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| **Term 1 (14) – World History** | **Term 2 (12) – Philosophy & Economics** | **Term 3 (12) Society and Politics** |
| 1. The Agricultural Revolution <https://youtu.be/Yocja_N5s1I>
2. Conflict in Israel and Palestine <https://youtu.be/1wo2TLlMhiw>
3. The Spanish Empire <https://youtu.be/rjhIzemLdos>
4. The Atlantic Slave Trade <https://youtu.be/dnV_MTFEGIY>
5. The Renaissance <https://youtu.be/Vufba_ZcoR0>
6. The Industrial Revolution <https://youtu.be/zhL5DCizj5c>
7. The Enlightenment <https://youtu.be/NnoFj2cMRLY>
8. Imperialism <https://youtu.be/alJaltUmrGo>
9. Non-Violence and Peace Movements <https://youtu.be/eP-mv5IjFzY>
10. Decolonisation <https://youtu.be/FlMKqRCNX9c>
11. The Cold War <https://youtu.be/y9HjvHZfCUI>
12. Population and Sustainability <https://youtu.be/QAkW_i0bDpQ>
13. Drought and Famine <https://youtu.be/Sgae8SA-rcI>
14. Warn and Nature <https://youtu.be/2NIgqS47m5k>
 | 1. Karl Marx and Conflict Theory <https://youtu.be/gR3igiwaeyc>
2. Capitalism and Socialism <https://youtu.be/B3u4EFTwprM>
3. Nationalism <https://youtu.be/Nosq94oCl_M>
4. The 2008 Financial Crisis - <https://youtu.be/GPOv72Awo68>
5. Philosophical Reasoning <https://youtu.be/NKEhdsnKKHs>
6. Money and Debt <https://youtu.be/94BtOtGVqLw>
7. Globalisation part 1 <https://youtu.be/5SnR-e0S6Ic>
8. Globalisation part 2 <https://youtu.be/s_iwrt7D5OA>
9. Utilitarianism <https://youtu.be/-a739VjqdSI>
10. Democracy & Authoritarian Capitalism <https://youtu.be/k7dTDjRnBqU>
11. What is justice? <https://youtu.be/H0CTHVCkm90>
12. Universal Human Rights <https://youtu.be/nDgIVseTkuE>
 | 1. Social Mobility <https://youtu.be/GjuV-XdYHhA>
2. The Impacts of Social Class <https://youtu.be/0a21mndoORE>
3. Sex and Sexuality <https://youtu.be/Kqt-_ILgv5c>
4. Racial/Ethnic Prejudice & Discrimination <https://youtu.be/gSddUPkVD24>
5. Theories of Gender <https://youtu.be/CquRz_cceH8>
6. Feminism <https://youtu.be/Bj8YPoN4OB0>
7. Tender Masculinity <https://youtu.be/n7KVrxjkmic>
8. An introduction to Parliament <https://youtu.be/RAMbIz3Y2JA>
9. The Political Spectrum explained <https://youtu.be/JlQ5fGECmsA>
10. The UK constitution explained <https://youtu.be/ZwLgjUPQCMY>
11. How do UK elections work? <https://youtu.be/Bc78rgUfsFw>
12. Liberalism <https://youtu.be/KO8OxfFiVv8>
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