

Year 11 SOW breakdown			
Half Term	Topic	In this unit of work students learn...	Statutory guidance/personal development
Autumn 1 Relationships	Intimate Relationships Privacy in relationships Relationships and the media The law and consent	<ul style="list-style-type: none"> • What privacy in relationships is • What the components of a healthy relationship are • What coercive control is • Strategies to help us when we feel a relationship is not healthy • How the media can influence our view of what a healthy romantic relationship should be • What it takes to make a long term relationships successful • What the law states about sexual relationships 	Intimate and sexual relationships including sexual health <ul style="list-style-type: none"> • Positive aspects of health one to one relationships • Sexual consent and the law St. Joseph's pupil profile <ul style="list-style-type: none"> • Loving • Compassionate • Intentional • Learned
Autumn 2 Health and wellbeing	Building for the future Managing stress Relaxation Exam Preparation	<ul style="list-style-type: none"> • How to manage the judgement of others and challenge stereotyping • How to balance ambition and unrealistic expectations • How to develop motivation, perseverance and resilience • The nature, cause and effects of stress • Stress management strategies, including maintaining health sleep habits • How to prepare for exams 	Mental wellbeing/Health and prevention <ul style="list-style-type: none"> • Importance of sleep • Managing stress St. Joseph's pupil profile <ul style="list-style-type: none"> • Learned • Wise • Discerning • Hopeful
Spring 1 Living in the wider world	Next steps Skills for further education Application process CV writing Career progression	<ul style="list-style-type: none"> • How to use feedback constructively • The importance of SMART targets • Post-16 options and career pathways • The application process for post-16 study and part time work • CV writing and interview technique 	Careers <ul style="list-style-type: none"> • Setting targets • Post 16 pathways • Application process St. Joseph's pupil profile <ul style="list-style-type: none"> • Hopeful • Learned • Curious • Wise
Spring 2 Relationships	Physical relationships Contraception STIs Pregnancy choices and miscarriage	<ul style="list-style-type: none"> • Understanding and assessing when you are ready to begin a physical relationships • Different types of contraception and effectiveness of the different forms of contraception • Different types of STIs and prevention 	Intimate and sexual relationships including sexual health <ul style="list-style-type: none"> • Sexual health • Contraception choices and STI prevention

	FGM/honour based violence	<ul style="list-style-type: none"> • How untreated STIs can affect fertility • The different choices surrounding pregnancy • What a miscarriage is and how it differs from abortion • Different options for fertility treatment • What FGM is and honour based crime 	<ul style="list-style-type: none"> • Reproductive health • Pregnancy facts and miscarriage <p>St. Joseph's pupil profile</p> <ul style="list-style-type: none"> • Loving • Wise • Learned • attentive
Summer 1	GCSE preparation and public examinations		
Summer 2			