	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Veekly	Digital Skills	Digital Skills	Wellbeing – Healthy Eating	<u>Wellbeing – Healthy Eating</u>	Wellbeing – Healthy Eating	Managing money.
ocus	This writ sizes to support	This wait sizes to sweepert	This writer shelps be wreate	This writ enables leave are to	This wait eachles leave are to evaluate	This weit is to support loove and
Jus	This unit aims to support learners' use of digital	This unit aims to support learners' use of digital	This unit enables learners to explore and understand the	This unit enables learners to explore and understand the	This unit enables learners to explore and understand the benefit of a	This unit is to support learners t understand some of the basic
	technology to enhance their	technology to enhance their	benefit of a balanced diet as	benefit of a balanced diet as	balanced diet as part of a healthy	principles around personal mon
ore	communication, problem	communication, problem	part of a healthy lifestyle and	part of a healthy lifestyle and	lifestyle and encourages learners to	management.
	solving and employability skills,	solving and employability	encourages learners to develop	encourages learners to	develop independent living skills	Throughout the unit, learners will
nowledge,	as well as their use of social	skills, as well as their use of	independent living skills.	develop independent living		given the opportunity to gin
kills and	media in a safe and informed	social media in a safe and		skills.	Managing money	knowledge on how to budget and
	way.	informed way.	Addition to completing the			how to plan their own personal
oncepts			Prince's Trust unit pupils should	Addition to completing the	This unit is to support learners to	spending, whilst looking at wage
	Addition to completing the	Addition to completing the	know (from the national	Prince's Trust unit pupils	understand some of the basic	and bank statements.
	Prince's Trust unit pupils should	Prince's Trust unit pupils	curriculum).	should know (from the	principles around personal money	
	know (from the national	should know (from the		national curriculum).	management.	Understand money matters in th
	curriculum).	national curriculum).	- How to maintain eating		Throughout the unit, learners will be	world of work
	- Their rights,	- Their rights,	and the links between a	- How to maintain	given the opportunity to gin	
	responsibilities and	responsibilities and	poor diet and health	eating and the links	knowledge on how to budget and how	1. 2.2 Explain the difference bet
	opportunities online,	opportunities online,	risks, including tooth decay and cancer.	between a poor diet and health risks,	to plan their own personal spending,	the national minimum wage a national living wage. (L2)
	including that the same expectations of	including that the same expectations of	- What constitutes a	including tooth decay	whilst looking at wage slips and bank statements.	2. 2.2 Identify (EL3)/state (L1)/E
	behaviour apply in all	behaviour apply in all	healthy diet (including	and cancer.	statements.	the reasons for (L2) different
	contexts, including	contexts, including	understanding calories	- What constitutes a		of deductions from earning.
	online.	online.	and other nutritional	healthy diet (including	Be able to plan and make a healthy	or accuellons from carring.
	- Online risks, including	- Online risks, including	content).	understanding	meal	Understand the importance of o
	that any material	that any material	- The principles of	calories and other		money management
	someone provides to	someone provides to	planning and preparing	nutritional content).		
	another has the	another has the	a range of healthy	- The principles of	1. 4.1 Give an example/examples	3. 3.1 Identify (EL3)/Give examp
	potential to be shared	potential to be shared	meals.	planning and	(L1) of how you could make your	(L1) items that make up a
	online and the difficulty	online and the	- The characteristics of a	preparing a range of	own diet healthier. (EL3)	household budget. 3.1 compl
	of removing potentially	difficulty of removing	poor diet and risks	healthy meals.	2. 4.1 Describe ways you could make	monthly household budget
	compromising material	potentially	associated with	- The characteristics of	your own (EL3/L1/L2)	showing income and expendit
	placed online.	compromising	unhealthy eating	a poor diet and risks		(L2)
	- What to do and where	material placed	(including, for example,	associated with	Managing Money	4. 3.3 Outline the importance of
	to get support to report	online.	obesity and tooth	unhealthy eating	Know about saving and borrowing	personal budgeting (L1)/Give
	material or manage issues online.	- What to do and where	decay) and other behaviours.	(including, for example, obesity and	options	examples of how someone's financial situation may impac
	 Sharing and viewing 	to get support to report material or	benaviours.	tooth decay) and	3. 1.1 Give examples of financial	their wellbeing. (L2)
	indecent images of	manage issues online.	Understanding how a balanced	other behaviours.	services provided by banks or	5. 3.3 Give an advantage of a
	children.	 Sharing and viewing 	diet contributes to a healthy	other benaviours.	building societies. (EL3, L1, L2)	payment method. (EL3) 3.5 G
		indecent images of	lifestyle	Be able to plan and make a	4. 1.2 Identify (EL3)/Give examples	disadvantage of at least two
		children.		healthy meal	(L1/L2) an advantage of saving	different payment methods.
	Understanding e-safety		1. 1.1Give an example of a		money.	(L1/L2)
		Understanding uses of digital	balanced diet (EL3), state	1. 3.2 State the	5. Identify (EL3)/Give examples	6. Give an example (EL3)/examp
	1. 1.1 State what is meant by	<u>tools</u>	(L1)/ describe (L2) the	ingredients required to	(L1/L2) a disadvantage of	(L1/L2) of an organisation tha
	"e – safety".			make the meal. (EL3)	borrowing money.	

 2. 1.2 Identify (explain L2) types of online threats. (EL3) and how to protect against online threats (L1). 3. 1.3 Give example of features that make a password secure. (EL3/L1) 4. 1.3 Explain features that make a password secure. (L2) <u>Understanding appropriate</u> <u>online behaviour</u> 5. 2.1 Identify (EL3) and give examples (L1/L2) examples of positive and negative online behaviours 6. 2.2 List (EL3) the impacts of inappropriate online behaviours/Outline importance of maintaining appropriate online behaviours. (L1) 7. 2.2 Explain the importance of maintaining appropriate online behaviour (L2). 	 3.1 Give examples of digital tools (EL3) and tasks which require digital tools (EL3/L1/L2). 3.2 List (L1)/Explain (L2) the advantages and disadvantages of different digital tools. Be able to review own digital skills and identify areas for development. 4.1 Explain why it is important to keep digital skills and knowledge up to date. (L2) 4.1/4.2 Give an example of own digital skill (EL3)/skills (L1/L2) that needs to be developed. 4.2 Identify ways to develop this (EL3)/these (L1) digital skills. 4.3 Plan activities to develop these digital skills. Improving the unit/catch up session. 	 benefits of eating a balanced diet. 2. 1.2 outline the main components of a balanced diet. (L1/L2) 3. 1.2 Give an example of what should be avoided in a balanced diet/ (EL3/L1/2) 4. 2.2 Give examples of how (EL3)/Explain how (L1/L2) social media can impact dietary choices. <u>Be able to plan and make a</u> <u>healthy meal</u> 5. 3.1 select a nutritious meal to make/cook. (EL3/L1/L2) 3.2 outline how the chosen meal meets the components of a balanced diet. (L2) 	 3.2/3.3 Plan how to make the meal including ingredients, timings and equipment required. (L1/L2). 3.4 Calculate the cost of the ingredients. (L3) 3.3/3.4/3.6 Prepare chosen meal. (EL3/L1/L2) 3.3/3.5 Give examples of how to minimise hygiene risks when preparing food. (L1/L2) 3.7 Give examples of skills used in preparing the meal. (L3) 	Understand money matters in the world of work Identify (EL3)/Give examples (L1/L2) different ways to be paid for work.	provides help and advice on money management. 7. Identify (EL3/L1)/describe (L2) ways to protect yourself from fraud.
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	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Veekly	Wellbeing	Wellbeing	Career Planning	Career Planning	Career Planning	
ocus			Career planning is taught now			
0000	Wellbeing is taught now to help build on the resilience	Wellbeing is taught now to	to help prepare students for the	Career planning is taught	Career planning is taught now to	
	students have/have not	help build on the resilience students have/have not	variety of choices and options	now to help prepare students for the variety of	help prepare students for the variety of choices and options Post	
Core	developed to prepare them	developed to prepare them	Post 16 and for the future.	choices and options Post 16	16 and for the future.	
<i>Knowledge,</i>	for the challenges in the	for the challenges in the	Be able to take action to	and for the future.		
kills and	coming year 11 and future.	coming year 11 and future.	improve own wellbeing		Be able to take part in an interview	
			inprove own wendering	Be able to recognise		
oncepts	This builds on prior	This builds on prior	1. 4.2 Identify strategies you	suitable jobs or training	1. 3.1 State what to consider when preparing for an interview	
	knowledge they have	knowledge they have done	could use to support your	<u>opportunities</u>	(EL3/L1/L2)	
	done in the KS3 curriculum in the	in the KS3 curriculum in the emotional and core PSHEC	own mental health. (EL3)	1. 1.4 Identify (EL3)/give	2. 3.2 Identify ways (EL3)/Give	
	emotional and core	lessons	Give examples of how	examples (L1) describe	examples (L1)/Explain (L2) to	
	PSHEC lessons.		you could support your	(L2) job vacancies or	create a good impression to an interview.	
		Be able to understand	own mental health (L1/L2)	training opportunities	3. 3.3/3.4 Prepare potential	
	Be able to understand	physical wellbeing	2. 4.3 Give an example of an	relevant to chosen	responses to given interview	
	emotional wellbeing	1. 2.3 Identify characteristics	organisation	career option.	questions. (EL3/L1/L2)	
		of healthy relationships.	(EL3)/examples (L1/L2) or	2. 1.5 Identify job	4. 3.4 Give examples of questions you might pose at interview (L2).	
	1. 1.1 state what is meant by emotional wellbeing.	(L1/L2)	person who could	vacancies or training	5. 3.4 Obtain feedback on own	
	(EL3/L1/L2)	2.2.3 Give examples (El3) of	provide information,	opportunities relevant to a chosen career	performance in a real or simulated	
	2. 1.2 Give example	elements (L1/L2) of personal hygiene that is	advice or support for	option. (L1) Outline the	interview (El3/L1/L2).	
	(EL3)/examples (L1/L2) of	important for physical	your wellbeing. 3. 4.4 Plan activities that	possible steps needed	6. 3.5/3.6 Review own performance at interview to identify personal	
	a factor that can affect	wellbeing.	will support your	to reach one of your	strengths and areas for	
	mental health.		wellbeing	career options. (L2)	improvements. (L1/L2)	
	3. 1.3 Explain what is meant	Be able to understand how to respond positively to stress		3. 1.6 Identify job		
	by resilience. (L2)		Career Planning	vacancies or training		
	4. 1.3 Give an example (L1)/examples (L2) of how	3. 3.1 State what is meant by		opportunities relevant to chosen career		
	(L1)/ways to develop (L3)	stress (EL3/L1/L2).	Be able to recognise suitable	option. (L2)		
	resilience can be	4. 3.2 Give an example (EL3)/example (L1/L2) of a	jobs or training opportunities			
	developed.	possible cause of stress.		Understand how to apply		
		5. 3.3 Identify physical signs	4. 1.1 Give an example of a	for jobs or training		
	Be able to understand	of stress. (EL3/L1) Give	career option relevant to	<u>opportunities</u>		
	physical wellbeing	examples of physical and emotional sighs of stress	own skills and interests.	4. 2.1 state different		
	5. 2.1 State what is meant	(L2)	(EL3) Give examples of	4. 2.1 state different methods of applying for		
	by physical wellbeing.	6. 3.4 Identify a strategy	sources of information	jobs (EL3/L1/L2)		
	(EL3, L1, L2)	(EL3)/strategies (L1/L2) for	about career options. (L1/L2)	5. 2.2/2.3 produce a CV		
				which highlights own		

 6. 2.2 Give an example (EL3)/examples (L1) of a factor that can affect physical wellbeing. 7. 2.2 Describe how physical wellbeing can be impacted by your lifestyle. 	 reducing and managing stress. <u>Be able to take action to improve own wellbeing</u> 7. 4.1 Identify a way to develop your own self – esteem. (EL3/L1/L2) 	 1.2 State the skills and qualities required for chosen career option. (EL3) Give examples of career options relevant to own skills and interests (L1/L2) 1.3 State (EL3)/list (L1)/describe (L2) an advantage/(s L1/L2) and a disadvantage/s (L1/L2) of 	skills, experience and achievements (L1/L2) 6. 2.4 complete an application to an appropriate standard for submission (EL3/L1/L2) Produce a covering letter for a specific job role (L2)	
		disadvantage/s (L1/L2) of the chosen career option		

