



Curriculum Map

Subject: CPSHE

Year Group: 12

	Autumn 1/Autumn 2	Autumn 2	Autumn 2/Spring 1	Spring 2	Summer 1	Summer 2
Content	<p>Mental Health – Developing on previous years learning, identifying different mental health illnesses, how to recognise them, how to help others with them and where to get help.</p> <p>Healthy Eating – Understanding the effects of food on your physical and mental health and wellness. The long and short term effects of some foods.</p> <p>Positivity – Continuing positive mental health. Maintaining positivity and where to find this.</p>	<p>Motivation – Understanding life's ups and downs and remaining motivated in uncertain times.</p> <p>Extremism – Understand what extremism is, where it can come from. The effects it has, the law relating to this.</p>	<p>Happy to be me – Recognising positive qualities both inside and out. Accepting and loving ourselves.</p> <p>Managing Debt – Re-introducing debt, what it means and the consequences of being in debt.</p>	<p>Voicing my opinion – Knowing how to share and voice opinions in an effective way which is respectful to all whilst maintaining an open mind.</p> <p>Self-Image- Understanding the impact that a variety of sources can have on our self-image. Knowing what we are happy with without having to meet 'standards'</p>	<p>Quality Family life- Identifying different family set ups, the importance of family and expectations of different roles.</p> <p>Ethics of Money – Looking into the ethics behind the spending of money and the effects that larger amounts can have on people.</p>	<p>Year Reflection – Reflecting on the academic year in a constructive year whilst setting personal and academic goals for the following year.</p>
Skills	<p>Positive Mental Health Responsibility Health</p>	<p>Life skills Citizenship Living in the wider world</p>	<p>Mental Health Responsibility Life skills Money management</p>	<p>Life skills Presentation skills Speaking & listening Debating Mental Health</p>	<p>Life skills Responsibility Morals & ethics Money management</p>	<p>Goal setting Health and Wellbeing Self-esteem Planning</p>
Key questions	<p>What mental health issues do you know?</p>	<p>How do people's motivation differ</p>	<p>Physically what do you like about yourself?</p>	<p>How can you voice your opinion</p>	<p>What makes up a family?</p>	<p>What are our achievements this year?</p>

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	<p>How can you help or support someone?</p> <p>How can you recognise the signs?</p> <p>How can you eat healthily?</p> <p>What are the main food groups?</p> <p>How do we know if we are eating healthily or not?</p> <p>What are the long term effects of an unhealthy diet?</p>	<p>from person to person?</p> <p>How important is motivation at this age?</p> <p>What is Extremism?</p> <p>Is Extremism always dangerous and bad?</p> <p>What are the effects of Extremism?</p>	<p>What are you proud of?</p> <p>What could you change about yourself if you could?</p> <p>What do others say they like about you?</p> <p>What is debt?</p> <p>What can debt lead to?</p>	<p>in a calm and collected way?</p> <p>Why is it important to be able to voice your opinion?</p> <p>What are the advantages of voicing your opinion in a calm way?</p> <p>How can we show that we are listening and respect others opinions?</p> <p>How does social media affect the way we see ourselves?</p> <p>If you could change one thing about social media what would it be?</p>	<p>What do you expect from a family?</p> <p>What does a family expect from you?</p> <p>How would you spend a large sum of money?</p> <p>How do you think people change with money?</p>	<p>How should we set goals to ensure they are achievable?</p> <p>How can we improve on the year gone?</p>
Assessment	Plenaries					
Literacy/ Numeracy/ SMSC/ Character	Speaking & Listening Statistics					