

BISHOP HEBER HIGH SCHOOL

RESPECT · OPPORTUNITY · ACHIEVEMENT

Subject	Year	Term
PSHCE	11	3
Topic		
Preparing for Exams		
Content (Intent)		
Prior Learning (Topic) Addiction; Maintaining your Health		
• The benefits and importance of mental wellbeing and happiness • The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness		
Assembly Topics:		
• External Exam Preparation; Effective Revision Assembly; Year 11 Leavers Celebration		
Future Learning (Topic)		
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
Knowledge • Exam season preparation • Exam stress management linked to mental health and wellbeing • Positive and negative triggers of mental health • Simple self-care techniques during the exam period, including the importance of rest, mindfulness, time spent with friends and family and the benefits of hobbies and interest	Understanding will be assessed in a variety of ways. For example, through baseline assessments at the start of topics, through formative assessment opportunities and self-reflection summative assessments to establish ASK (attributes, skills & factual knowledge) developed.	
Skills • Ability to develop confidence and self-esteem • Exam preparedness – self organisation and self-care • Develop healthy coping strategies – exam stress	The impact of the PSHCE curriculum will be reported on twice a year as part of the Report cycle, through Learning Habits descriptors.	
Student feedback will be collated by Year Leaders following the PSHCE Day in November, via student voice quality assurance, the School Council and through an annual PSHCE questionnaire.		
How can parents help at home?		
• Discuss these topics with your child and attend parent evenings and school information meetings. • Encourage your child to engage with wider school activities (see SBS). • Support your child with their revision and wellbeing.		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading <u>Exam Stress</u> <u>Coping with Exam Results Day</u> <u>Exam Stress</u> <u>Revision techniques</u> <u>The ultimate revision guide</u>	Vocabulary Lists Hyperventilate Mindfulness Consolidate Procrastinate	