



Subject	Year	Term
PSHCE	11	3
Topic		
Exams and Mental Well-being		
Content (Intent)		
Prior Learning (Topic)	Addiction; Exam Success Careers: Where have you got to so far?	
- 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 - Summer Celebration- whole school assembly		
Future Learning (Topic)	A-Level Mindset; Driving Safety; Relationships & Wellbeing Careers: Post 18 pathways; Experience of the workplace	
What Knowledge and Skills will be taught (Implementation)		How will your understanding be assessed & recorded (Impact)
Knowledge - 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 interests - The benefits of regular self- examination and screening		Understanding will be assessed in a variety of ways. For example, through baseline assessments at the start of topics, through formative assessment opportunities including self-reflection and through informal summative assessments to establish factual knowledge. The impact of the PHSCE curriculum will be reported on three times per year as part of the Report cycle, through Attitude to Learning descriptors. Feedback will be collated by Year Leaders following the PHSCE Day in November.
Skills - Ability to develop confidence and self-esteem - Exam preparedness – self organisation and self care		
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).		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading <u>Exam Stress</u> <u>Coping with Exam Results Day</u>		Vocabulary Lists Hyperventilate Consolidate Procrastinate Mindfulness