

## Remove PSHE Overview 2011 -2012

### Remove PSHE Michaelmas 2011

1	Introduction to Downe House: boarding, school ethos,
2	Introduction to Downe House: organisation, time mgmt, prep
3	Introduction to Downe House: friendships and homesickness issues
4	Introduction to PSHE: group agreement, ground rules,
5	Looking after yourself: essential habits (DVD)
6	Looking after yourself: healthy eating (Medical Centre staff)
7	Looking after yourself: healthy eating & body image (DVD )
8	Looking after yourself: personal hygiene (Medical Centre staff)
9	Self-esteem: this is me
10	Self-esteem: this is me
11	Friends and Friendships
12	Maintaining friends and friendships

### Remove PSHE Lent 2012

1	Disability: Willing and Able
2	Disability: Being Different
3	Growing and changing: puberty (DVD G18)
4	Growing and changing: growing up and responsibility
5	Growing and changing: boyfriends, girlfriends and feelings
6	Staying safe: dealing with bullying
7	Staying safe: dealing with bullying
8	Staying safe: cyber bullying 'Incoming message' (DVD F7)
9	Staying safe: internet safety (DVD F9)
10	Careers - preparation for work day

### Remove PSHE Summer 2012

1	Careers - feedback from work day
2	Learning about learning: Multi-sensory learning
3	Learning about learning: Effective study habits
4	Learning about learning: Revision and exam skills
5	Looking after yourself: smoking
6	Looking after yourself: smoking
7	New Horizons: preparing for the LIV and France
8	Reflecting and evaluating: positive attributes

# LIV PSHE Overview 2011-2012

## LIV PSHE Michaelmas 2011

1	You and your feelings: Self esteem
2	You and your feelings: Self esteem and shyness
3	Puberty: Body image and periods revisited
4	Puberty: the basics (MC)
5	Relationships: Friends and friendships
6	Relationships: Friends and friendships
7	Learning about learning: Revision and exam skills (VHS B9)
8	Managing Risk: Cyber Safety - Aisha's story (DVD F9)
9	Managing Risk: Cyber Safety - Becky's story (DVD F9)
10	Looking after yourself: knowing when to say no (DVD B14)
A	Preparing for the next step - France (groups D and E)
B	Looking after yourself: alcohol (DVD F8)

## LIV PSHE Lent B,C 2012

1	You and your feelings: Introduction to PSHE and Self esteem
2	You and your feelings: Self esteem and shyness
3	Puberty: Body image and periods revisited
4	Puberty: the basics (MC)
5	Relationships: Friends and friendships
6	Relationships: Friends and friendships
8	Managing Risk: Cyber Safety - Aisha's story (DVD F9)
9	Managing Risk: Cyber Safety - Becky's story (DVD F9)
10	Looking after yourself: knowing when to say no (DVD B14)

## LIV PSHE Lent F,G 2012

1	Making choices: Six thinking hats
2	The Real Game - Introduction & bench marking
3	The Real Game - The Dream
4	The Real Game - What's my Line?
5	The Real Game - Reality Check
6	Learning about Learning: revision and exam skills
7	The Real Game - Chance cards
8	The Real Game - Chance cards and final feedback
9	Preparing for the next step - France
10	You and other people: Older People

A careers based programme in which the girls choose their dream lifestyle - choice of house, car, leisure... and are given a career with an income. They must balance the monthly budget so that they are not in debt.

## LIV PSHE Summer 2012

1	Making choices: Six thinking hats
2	The Real Game - Introduction & bench marking
3	The Real Game - The Dream
4	The Real Game - What's my Line?
5	The Real Game - Reality Check
6	The Real Game - Chance cards
7	The Real Game - Chance cards and final feedback
8	Preparing for the mixed age houses
A	Evaluation forms



## UIV PSHE Overview 2011-2012

### U4 PSHE Michaelmas 2011

1	Introduction to PSHE: team building
2	Growing up: adolescence
3	Growing up: Emotions and communicating in appropriate ways
4	Growing up: relationship with parents
5	Growing up: teenager under construction (DVD G26)
6	Looking after yourself: personal hygiene
7	Sexual health - Relationships and contraception (MC)
8	Sexual health - condoms (MC)
9	Sexual health: STIs (MC)
10	Sexual health: STIs and postbox (MC)
A	Keeping myself safe: In public and at parties (DVD F8)

### U4 PSHE Lent 2012

1	Careers: skills and decisions (see also separate careers workbook)
2	Careers: GCSE choices (see also separate careers workbook)
3	Careers: a taste for the future (see also separate careers workbook)
4	Careers: Through the glass ceiling
5	Economic Wellbeing: Introduction to personal finances
6	Economic Wellbeing: Financial planning (budgeting)
7	Body Image: Self- Esteem
8	Body Image: The Power of the Press
9	Body Image: Healthy eating and nutrition
10	Body Image: Nutrition myths and facts (DVD C14)
11	Healthy eating: Nutritional analysis
workshop	'Department and social skills' with Belinda Alexander

### U4 PSHE Summer 2012

1	The nature of intelligence: Know yourself as a learner (multiple intelligences)
2	The nature of intelligence: Know yourself as a learner (continued)
3	The nature of intelligence: Know yourself as a learner (VAK)
4	Managing risk: Alcohol
5	Managing risk: A-Z of drugs (DVD D14)
6	Managing risk: A-Z of drugs (DVD D14)
7	Managing risk: A-Z of drugs (DVD D14)
8	Managing risk: Post box and evaluation

## LV PSHE Overview 2011-2012

### LV PSHE Michaelmas 2011

1	Introduction and Global issues: Peace One Day (DVD J16)
2	Learning to learn: Goal setting
3	Study skills: Revision skills booklet
4	Mental Health: Notes to self (DVD * )
5	Mental Health: Coping with Grief and Loss
6	Mental Health: Coping with Grief and Loss - continued
7	Mental Health: Without you (DVD A1)
8	Mental Health: Coping with Stress
9	Mental Health: Relaxation
10	Addiction issues: drinking and drugs (DVD D20)
11	Addiction issues: smoking (DVD D14)
A	Addiction issues: Anorexia and Bulimia (DVD *)

### LV PSHE Lent 2012

	<b>exams</b>
1	Managing relationships: Respecting difference
2	SRE: Contraception game (Medical Centre staff)
3	SRE: Condoms and STIs (Medical Centre staff)
4	Sexual health: saying it for the girls (VHS G2)
5	Sexual health: saying it for the boys (VHS G2)
6	Sexual health: saying it for relationships (VHS G2)
7	Sexual health: saying it for relationships continued (VHS G2)
8	SRE: Abuse and where to get help
9	SRE: Post Box and the law
10	Understanding HIV and Aids (DVD G28) and Evaluation

### LV PSHE Summer 2012

1	Economic wellbeing: Saving money
2	Economic wellbeing: Borrowing money
3	Economic wellbeing: Financial planning in today's world
4	Careers - Personality traits and dream jobs
5	Careers - Job values and stereotypes
6	Careers - Stereotypes and Prejudice
7	Careers continued & evaluation
8	Global issues: Current affairs debate
A	Global issues: Current affairs debate



## UV PSHE Overview 2011-2012

### UV PSHE Michaelmas 2011

1	Introduction and Human Rights (DVD J22)
2	Human rights: DVD (J22)
3	Human rights: Panorama (DVD)
4	Human rights: Panorama continued
5	Careers: Introduction and key skills
6	Careers: Exploring and researching different careers
7	Stress Management: Mental health (DVD B11)
8	Stress Management: Mental health (DVD B11)
9	Stress Management: Relaxation (DVD )
10	Careers: Cambridge feedback 'Futurewise'
11	Careers: AS level choices and decision making
A	Economic wellbeing: Planning for the future (pensions)

### UV PSHE Lent 2012

	<b>exams</b>
1	Careers: Pre-U/A levels, the next step and the future
2	Careers: Your future and work experience/shadowing
3	Careers: Curriculum Vitae - computers
4	CV application - access to computers
5	First impressions - mock interviews
6	Sexual health: Contraception revisited LARC (MC)
7	Sexual health: STI's - the 'transfer' game (MC)
8	Sexual health: post box and evaluation

### UV PSHE Summer 2012

1	TBC
2	TBC
3	TBC