

Learning Intention	Vocab	Concept (from celebrating diversity and equality, rights responsibilities and British Values, staying safe online and offline, and life beyond school) And British Value (from Respect, Democracy, Rule of Law, Individual liberty, Tolerance)	Retrieval to prior learning	Success Criteria	Hinge Question	Red Zone – 10 minute independent writing task to assess learning from lesson. Could be scenario based, could be creative, could be straight forward.
Week 1 Welcome Back & Why PSHE Matters in Year 11 To understand the role of PSHE, reflect on last year's learning, and consider how PSHE supports wellbeing, exams, and future life.	PSHE, wellbeing, reflection, resilience, future	Life beyond school Respect, Individual Liberty	Year 10 PSHE topics	I can explain why PSHE is important for Year 11 and reflect on how summer activities and past lessons support wellbeing.	What is the BEST description of what PSHE lessons are about? 1. Learning how to stay healthy, safe, and make good choices. 2. Learning how to develop your wellbeing, build positive relationships, stay healthy and safe, and prepare for life in and beyond school. 3. Learning about health issues and how to avoid risky situations.	Write a personal reflection about how PSHE can help you this year, and how it can help you with life after school. Stretch: Identify one long term goal you have and how PSHE can help you with the path to it.

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					4. Learning skills that help you get along with others and manage challenges in everyday life.	
Week 2 Time Management: Making the Most of Year 11 To explore why time management matters and how to prioritise tasks effectively.	Time management, priorities, deadlines, routine, balance	Life beyond school Individual Liberty, Responsibility		I can explain why time management is important and outline strategies for balancing revision and wellbeing.	What does "good time management" actually mean? A. Getting as much work done as possible B. Making sure you are working whenever you have free time C. Using your time deliberately so that you can meet responsibilities	Write a plan for one week of Year 11 showing how you will balance revision, rest, and responsibilities. Stretch: Explain one difficult choice you might have to make when balancing your time and how you would decide what takes priority.

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					while still having time for rest and life D. Finishing everything as quickly as possible ANSWER C	
Week 3 Managing Distractions & Digital Wellbeing To understand how technology and social media can impact focus, and to learn strategies for digital balance.	Distraction, focus, digital wellbeing, self-regulation	Staying safe online and offline Individual Liberty, Respect		I can explain how technology affects my focus and suggest practical strategies to reduce distractions.	You are revising. Which situation is most likely to help you maintain focus? A Phone face down beside you B Phone in your bag beside you C Phone in another room D Phone beside you but on silent Correct is C	Write a guide for a Year 7 student with 3 tips for managing phone/social media use during homework and revision. Stretch: Which strategy would be hardest for a Year 11 student to stick to? Explain why, and suggest how they could make it easier.

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Week 4 Evidence-Based Revision Strategies To understand effective revision techniques and why some methods work better than others.	Retrieval practice, spaced repetition, interleaving, dual coding	Life beyond school Respect, Individual Liberty		I can describe at least 3 evidence-based revision methods and explain why they are effective.	Which student is using retrieval practice most effectively? 1. Sophie rereads her revision guide three times. 2. Ahmed highlights all the important parts of his notes. 3. Grace closes her notes and writes down everything she can remember about a topic. 4. Ben copies his notes into a neater notebook.	Choose one method and apply it to a current topic you are learning about in any lesson. E.g. create 5 retrieval questions on it, plan a spaced revision timetable for it, draw some dual coding linked to it. Stretch: Explain which methods you are going to go on to try, when, how, and why. Is there anything else you need to be successful?

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Week 5 Building a Personalised Revision Plan To apply effective revision strategies into a structured personal timetable.	Timetable, balance, strategy, motivation	Life beyond school Individual Liberty, Responsibility		I can create a revision plan that balances study, wellbeing, and rest.	A student says, "I don't have any time to revise." Which response best shows what they should do first? 1. Start revising every evening for three hours. 2. Stop all hobbies until after exams. 3. Work out how their 168 hours each week are currently being spent. 4. Revise only when they feel stressed about exams.	Complete your own weekly planner. Pay close attention to your 168 hours. Block out fixed time (e.g. transport and school, sleep, travel, religious activities, family time / care, sports, hobby etc). Block in revision time. Count up your hours. At home you might like to redo this as a google calendar, MyStudyLife etc. Stretch: Based on our previous lessons detail in what subjects or topics you will revise when (HINT - spaced practice and interleaving)! Consider break times too

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						(pomodoro says a long break after 3 - 4 cycles)
Week 6 Understanding Stress and the Brain To understand the biological stress response and recognise signs of stress in self and others.	Stress, anxiety, fight/flight/freeze, cortisol, wellbeing	Staying safe online and offline Respect, Individual Liberty		I can explain the fight/flight/freeze response and identify how stress affects body and mind.	Why is it useful to recognise your own stress signature? 1. It helps you avoid all stressful situations. 2. It allows you to compare your stress levels with other people's. 3. It helps you notice warning signs early so you can use coping strategies before stress becomes overwhelming.	Write a case study for a year 11 student describing their experience of stress Stretch: Explain how stress can be both helpful and unhelpful.

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					4. It proves whether the stress you are experiencing is serious or not.	
Week 7 Managing Exam Anxiety To explore healthy coping strategies for managing exam anxiety and preventing burnout.	Coping strategies, mindfulness, resilience, relaxation	Staying safe online and offline NEW STATUTORY CONTENT: accessing support services Respect, Individual Liberty		I can list and explain strategies to manage exam anxiety in healthy ways.	A student is feeling overwhelmed about their exams. Which response is most likely to be a healthy coping strategy? 1. Ignoring their feelings and hoping they go away. 2. Spending the whole evening scrolling on social media to avoid thinking about exams.	Using learning from multiple lessons now (e.g. focusing, time management, revision timetable, revision technique, stress, coping techniques), write a paragraph explaining the different ways you can manage your stress over year 11 as you approach exams. Stretch: What 1 piece of advice / information would you give if someone told

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					3. Talking to a trusted adult and making a manageable revision plan. 4. Staying up later every night to fit in more revision	you they were stressed, and why?
Week 8 Resilience, Motivation, and Preparing for Mocks To understand how resilience and motivation help in exam preparation and future success.	Resilience, motivation, perseverance, growth mindset, ambition	Life beyond school Respect, Individual Liberty		I can explain how resilience and motivation support exam success and create a personal action plan.	Which statement best reflects a growth mindset? A. "My abilities can improve through practice, effort and learning from feedback." B. "Some people are naturally good at exams and others are not."	Write a motivational letter to yourself before mocks, including 3 goals and how you will overcome challenges.

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					C. "If I find revision difficult, it means I'm not capable." D. "Making mistakes shows I should choose easier goals."	