

Me: Health and Wellbeing		Us: Relationships		All: Living in the Wider World		
Autumn Term - Weekly PSHCE lessons			Spring and Summer Terms - Fortnightly PSHCE lessons			
<b>11</b>	11.1 Mental Health - Active Lifestyles	Being in Control of Exam Stress - Revision	Digital Footprint	Exam Management Techniques	Cannabis Misuse	
	11.2 Mental Health - Eating Well	Mocks	C2 Business Types	C3 Responsibilities	C4 Understanding Money	
	C1 KUDOS	Understanding Money				
	11.3 Post-GCSE Options	Financial Impact - Post-16	Managing a Budget		Revision Strategies	
	11.4 Mental Health - Sleep & Technology	Debt				
	11.5 Mental Health - Appearance & Body Talk	Internet Safety and Social Media			Revision	
	11.6 Mental Health - Alcohol	Risk and Gambling				
11.7 Mental Health - Drugs and the Law + Assessment						