



MARLING

SIXTH FORM

Downfield Road

PSHE PROGRAMME

The Marling Sixth Form PSHE programme is based on five rotating themes, delivered via Tutor Periods and morning tutor time. The order of themes may vary and different topics may be covered as/when necessary. The topics below illustrate the range of topics that may be covered in each theme. The programme aims to give students information and skills to equip them to live as healthy, respectful adults who make a positive contribution to society.

RESPECT & RELATIONSHIPS

- Vision & values
- Respect & healthy relationships
- Consent
- Equalities
- Gender

THE SUCCESSFUL SIXTH FORMER

- Study skills
- A Level mindset
- Resilience
- Revision

KEEPING SAFE

- Personal safety
- Driving - What If
- Digital literacy/internet safety

PHYSICAL & MENTAL HEALTH

- Sexual health
- Drugs & alcohol
- Mental health
- Stress management/resilience

CREATE YOUR FUTURE

- Unifrog - post-18 options
- Leadership
- Marling Diamond Programme
- Applying to University/other options
- Finance
- Democracy
- Environment

Fortnightly Schedule

	Mon	Tue	Wed	Thur	Fri
Y12 Week 1	Weekly briefing (5 mins) 5-min focus	PSHE theme	Mini debating	A Level Study Skills	Quiz/tutor group choice
Week 2	Weekly briefing (5 mins) 5-min focus	PSHE theme	Assembly (MH)	A Level Study Skills (P2 PSHE)	Quiz/tutor group choice
Y13 Week 1	Weekly briefing (5 mins) 5-min focus	PSHE theme	Mini debating	A Level Study Skills (P2 PSHE)	Quiz/tutor group choice
Week 2	Weekly briefing (5 min) 5-min focus	Assembly (MH)	A Level Study Skills	PSHE theme	Quiz/tutor group choice

Where activities require the year group to be split, the blocks will be as follows:

12A Block	12B Block	13A Block	13B Block
AAM, BME, CAJ, HLB	LAS, NMT, SB, STB	CAA, CZH, JD, JEA, JRZ,	LXL, MJW, PK, SMW

OVERVIEW OF PROGRAMME CONTENT

<u>Weekly dates</u>	<u>Y12 PSHE themes</u>	<u>Y13 PSHE themes</u>
6- 8 Sep	The Successful Sixth Former & Respect & Relationships	Create Your Future
11 - 15 Sep	The Successful Sixth Former & Respect & Relationships	Create Your Future
18-22 Sep	The Successful Sixth Former & Respect & Relationships	Create Your Future
25-29 Sep	The Successful Sixth Former & Respect & Relationships	Create Your Future
2-6 Oct	The Successful Sixth Former & Respect & Relationships	Create Your Future
9-13 Oct	The Successful Sixth Former & Respect & Relationships	Respect & Relationships
16-20 Oct	Physical & Mental Health	Physical & Mental Health
23-27 Oct	Physical & Mental Health	Physical & Mental Health
	HALF TERM	HALF TERM
6-10 Nov	Physical & Mental Health	Physical & Mental Health

13-17 Nov	Physical & Mental Health	(13th -22nd exams)
20-24 Nov	Create Your Future	Create Your Future
27 Nov - 1 Dec	Create Your Future	Create Your Future
4-8 Dec	Create Your Future	Create Your Future
11-15 Dec	Keeping Safe	Keeping Safe
18-22 Dec	Keeping Safe	Keeping Safe