

Y12 – RSHE Plan for FTL and Bright Days

Core Theme 1: Health and Wellbeing	Core Theme 2: Lifelong learning & Careers	Core Theme 3: Living in the Wider World	Core Theme 4: Shining brightly
Topic areas: Healthy & Safe Relationships Healthy lifestyles & choices Mental Health On line Behaviour Road safety	Topic areas: Employability skills Growth Mindset Post 18 options Study skills Work Experience	Topic areas: Democracy & The rule of law Global citizenship Religious Expression Rights and responsibilities Valuing differences & mutual respect	Topic Areas: General knowledge & Current affairs (including the Arts & STEM) Leadership Volunteering & community work Celebrating our success

Autumn 1		Autumn 2		Spring 1		Spring 2	Summer 1	Summer 2		
FTL	BD	FTL	BD	FTL	BD	FTL	FTL	FTL	BD	Awards Evening
<u>Study Skills</u> Transition to sixth form Structured sessions to aid with the move from KS4 to KS5. <u>Enrichment:</u> Range of student-selected year-long courses	<u>Study Skills</u> Functional IT skills + UNIFROG set up Team Building	<u>Employability Skills & Post 18 options</u> Learning strengths, career options and goal setting to aid in looking into post-18 options. Individual Student Profile <u>Study skills</u> Reflections on AP1 & Behaviours for learning	<u>Healthy Lifestyles & choices</u> Healthy eating Exercise and body image <u>Mental Health</u> Dealing with stress Festive interform fun competition	<u>Healthy & Safe Relationships</u> Sexual Harassment & Sexual Violence Boundaries, controlling behaviour and consent Drug & alcohol awareness	<u>Post 18 Options</u> Choice of 6 universities to visit to gain an understanding of what HE / university life entails	<u>Mental Health</u> How to look after your mental health. Obstacles students might face and how to deal with them. Mental preparation & resilience coaching for end of year exams	<u>Study Skills</u> Revision strategies -leading up to end of Year exams. <u>Growth Mindset</u> VESPA - effort systems practice	<u>Road safety</u> Safety behind the wheel – sessions on car safety with outside provider ('Braking Point') <u>On line Behaviour</u>	<u>Post 18 Options</u> HE talk from Nottingham University Launch UCAS applications process GAP Year Higher Apprenticeships Visiting alumni – lead Q&A sessions (+ Parent Information evening for Post-18 Options)	CELEBRATION EVENING - RUSHCLIFF SIXTH FORM COMMUNITY AWARD
<u>Rights and Responsibilities</u> Sixth Form learner agreement The Rushcliffe Way and our Core Values	<u>Growth Mindset</u> Introduction to VESPA/Sixth form mindset. <u>Work Experience</u> week launch	<u>Global Citizenship</u> Anthony Nolan (moved to HT3 for 2023) <u>Rights and responsibilities</u> Rights and Responsibility in the workplace <u>Volunteering & Community work</u>	<u>Work Experience Preparation</u> Guidance given through FTL, Careers Events and Assemblies			<u>Growth Mindset</u> VESPA - attitude <u>Post 18 Options</u> Apprenticeships Building knowledge from Apprenticeships week.	<u>Valuing differences & mutual respect</u> Stereo Typing, Prejudice and Self-esteem <u>Religious Expression</u> Understanding of the six world religions	<u>Democracy & The rule of Law</u> Bite the Ballot – understanding voting Student President applications and voting process	<u>Post 18 Options</u> Unifrog <u>Growth Mindset</u> VESPA - Vision	
<u>General knowledge & Current Affairs</u> Interform Quiz - launched (Mondays) <u>Leadership</u> Form reps elected <u>Volunteering & Community work</u> Leadership programme & Community Award launch		Celebration assembly - end of Term 1				Celebration assembly - end of Term 2				

Leadership Programme