

Y13– 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	
<u>Healthy Lifestyles & choices</u> Y12 to Y13 Transition – potential challenges: part time work/ alcohol/drugs Overcoming the Y13 dip - motivation in stressful situations.	<u>Post 18 Options</u> NTU Presentation – Personal Statements UCAS applications and / or other post 18 pathways Interview prep & practise <u>Growth Mindset</u> VESPA - Systems	<u>Growth Mindset</u> Vision, effort Systems, attitude <u>Study skills</u> Time management, and organisation skills (NetSixthForm resources) Reflections on AP1 & Behaviours for learning	<u>Study Skills</u> Revision Strategies Time management & organisation skills <u>Post 18 options</u> Completing UCAS applications Degree apprenticeships NTU - Thriving at University	<u>Study Skills</u> Revision strategies and procrastination Reflections on AP2 & Behaviours for learning <u>Growth Mindset</u> VESPA - Systems Practice	<u>Study skills</u> Preparation for mocks Subject master classes <u>Growth Mindset</u> VESPA - systems, practice attitude <u>Post 18 options</u> Taking a gap year Apprenticeship week	<u>Study Skills</u> Reflections on AP3 & Behaviours for learning <u>Growth Mindset</u> VESPA - Attitude <u>Post 18 Options</u> Targeted Mentoring Finalising UCAS choices	Individualised targeted mentor program	Ongoing targeted mentoring and support
<u>Post 18 Options</u> Careers UCAS <u>Growth Mindset</u> VESPA - vision, effort		<u>Mental Health</u> Focus on wellbeing (NetSixthForm resources)	<u>Economic Wellbeing</u> Budgeting and Personal Finance Choosing Student accommodation	<u>Healthy Lifestyles & Choices</u> Drugs and illegal substances	<u>Valuing differences & mutual respect</u> Exploring racism and discrimination	Celebration / Leavers' assembly		
<u>Leadership</u> Student leadership team to create committees: transition, charity & social General knowledge & Current affairs (including the Arts & STEM) (Mondays) Quiz / Debate (Fridays)		<u>Celebration assembly - end of Term 1</u>	<u>Healthy Lifestyles & Choices</u> <u>Mental Health</u> Stress busting	<u>Healthy & Safe Relationships</u> Consent, boundaries, the law, controlling behaviour, abusive relationships <u>Rule of Law</u> Revisiting how to behave in the context of greater independence	<u>Economic wellbeing</u> Session by NTU - student finance.		<u>Healthy Lifestyles & Choices</u> <u>Mental Health</u> Drugs education Gambling – the risks	
Leadership Programme								