



Valentines High School

KS5 Academic Learning Journey – PSHE

Year 12 Skills

Students will develop a range of skills including:

Responsibility, independent thought, self-esteem, risk management, resilience, critical thinking, leadership, teamwork, development of the Sixth Form Mindset (VESPA)

Year 12 Knowledge

Students will gain knowledge of:

- VESPA: vision, effort, systems, practice and attitude
- Masculinity and society – stereotypes, media, positive relationships, managing emotions
- Careers – post-18 options including apprenticeships and university, UCAS applications, interview skills, labour market information, employability skills, CV writing and applications, knowledge of the nature of employment across a range of sectors and professions
- Drugs education – addictions, impact, how to say no
- Managing life online – sexting, Prevent, digital footprints, personal details
- SRE – consent, relationships in modern Britain
- Mental Health and wellbeing – supporting others, healthy minds, stress management, benefits of exercise

Year 13 Skills

Students will develop a range of skills including:

Responsibility, independent thought, self-esteem, risk management, resilience, critical thinking, leadership, teamwork

Year 13 Knowledge

Students will gain knowledge of:

- Careers – post-18 options, UCAS applications, interview skills
- Drugs education – addictions, impact, how to manage digital footprints, personal details
- Prevent
- SRE – consent, relationships in modern Britain
- Mental Health and wellbeing – stress management, benefits of exercise
- Exam preparation strategies