

Langley Senior Year 11 PDE Programme

Your child will be taught PDE by a teacher who has been specially trained to deliver it. PDE is taught once per week in lessons of one hour. Themes we cover in PDE will also be enriched at the same time by the pastoral team in their assemblies and tutor time. We aim to provide a broad and rich curriculum, supporting your child's personal development in areas such as self-concept and identity, physical and mental health, study skills and careers and relationships and sex education. If you scan down the left-hand column in the table below, you can see what your child will be taught each term this year. We hope this information will help you to support them at home.

A note about RSE (Relationships and Sex Education) in Year 11: RSE is a statutory requirement by the government and underpins our PDE curriculum at Langley Senior. Relationships education is broad and covers one's relationship with oneself and others, including intimate relationships. The Sex Education element covers the same content as that which appears in the statutory Science Curriculum for Key Stage 4, aiming to reinforce it, and give children the emotional skills they will need when experiencing puberty and developing sexuality. **No later than three terms before their child's 16th birthday, parents and guardians may withdraw their children from the Sex Education elements of the RSE curriculum at Langley School, provided that the elements they are withdrawn from are not the content covered in the statutory Science curriculum.** For example, students cannot be withdrawn from a lesson about sexual reproduction or puberty but can be withdrawn from portion of lessons that might refer to sexual pleasure, practices and sex lives. If and when discussion or questions about sexual pleasure, practices or sex lives arise, the RSE trained teacher would address them in an age-appropriate way. We would like parents and guardians to be aware that that this is likely to be safer than children trying to find answers to questions online, or via their peers, and that the details we deliver are determined by what we know Langley Year 11s encounter in their social and school lives. **If you scan down the table, you will see green text detailing the lessons where Sex Education is taught, and where withdrawal may be possible if your child is a young Year 11 and still has more than three terms between now and their 16th birthday.** We are always happy to discuss our curriculum with parents and guardians, so please do be in touch should you require more information.

If you have withdrawn your child from elements of RSE, please note that the school has a statutory responsibility to deliver this education no later than three terms before the child's 16th birthday (for most this means some time in Year 10, unless you have a child who is young in the year group).

Year 11		Learning Objectives
Lesson		
Autumn Term 1	Organised and Efficient	Lesson goals To become more organised and efficient by applying calendars and measuring your productivity more accurately. Measures of success Recognise how to organise your week through a calendar.
	Managing Stress and Overthinking	To identify triggers to stress and overthinking then identify strategies to reduce their impact. Measures of success Identify triggers to stress and to overthinking. Develop strategies to manage these thoughts and emotions.
	Catastrophising and Thinking Traps	Lesson goals To understand what leads to catastrophic thinking and the strategies that can be used to counter its effects. Measures of success Define catastrophising. Recognise some of the signs of catastrophising. Identify strategies to use in the future when catastrophising occurs.
	Career Pathways	Lesson goals To provide students with information and activities to help prepare them for future career decisions. Measures of success Identify job priorities. Determine which professions might align with these priorities. Begin some initial exploration of potential future career paths.
	Careers Lesson Careers Lesson	Content TBC Content TBC
	The Role of Banks and Financial Institutions	Learning goals To understand how banks help society and how they make money from customers. Measures of success Describe the services banks provide people and businesses. Explain how banks make profit. Evaluate the value banks provide society.

Autumn Term 2	Advanced Budgeting	Learning goal To recognise the importance of budgeting at all levels of society. Measures of success Identify the difference between fixed and variable expenses. Recognise how to construct a long-term personal budget. Analyse how budgeting operates at the government level and how it reveals priorities.
	Mortgages	Learning goals To examine how mortgages work, the costs involved, and the financial responsibilities of homeownership. Measures of success Explain the key factors that determine mortgage approval. Compare different mortgage options and their long-term costs. Calculate how much of a home is owned at different stages of repayment.
	Insurance	Learning goal To understand the concept of insurance, the types available, and how it works. Measures of success: Identify what insurance is and why it exists. Compare different types of insurance and determine their importance. Analyse real-world scenarios to understand how insurance provides financial protection.
	Respecting Human Rights	Learning goals To learn what human rights are, why they matter, and how citizens can take action to protect them in their communities Measures of success Explain what human rights are and identify examples of positive and negative rights. Describe how violating one human right can threaten other rights. Identify ways to support my community to uphold human rights.
	Discrimination and the Equality Act	Learning goal To identify the protected characteristics and the application of the Equality Act 2010. Measures of success To recognise the nine protected characteristics under the Equality Act 2010. To recognise the difference between different sorts of discrimination. To understand the application of the Equality Act 2010.
	Safe Relationships Online	Learning goal To identify the elements of a safe online relationship. Measures of success Recognise the rights and responsibilities of online behaviour. Identify the steps to ensure a safe online relationships. Recognise the signs of an unhealthy relationship and how to get help.

Spring Term 1	Sharing Illegal Images	Learning goal Recognise the definition of illegal images and the corresponding punishments for possessing or sharing them. Measures of success Identify what constitutes an illegal image. Recognise the laws around the creation, possession, and sharing of illegal images. Recognise the punishments for these offences.
	The Questions Around Deepfakes	Learning goals To analyse the implications of deepfake technology and examine strategies to navigate its risks. Measures of success Analyse how deepfakes erode trust in media. Evaluate the ethical dilemmas of deepfake use. Propose solutions to combat inappropriate deepfake use.
	Domestic Abuse	Learning goal To recognise signs of domestic abuse and identify ways to support victims. Measures of success Compare behaviours in respectful and abusive relationships. Identify signs of domestic abuse. Develop strategies to support domestic abuse victims.
	Sexual Violence & Abuse	Learning goals To examine the many elements of sexual violence, abuse and consent and identify ways to decrease its prevalence in society. Measures of success Define sexual violence, abuse, and consent, and explain their importance. Recognise what constitutes consent and how to ask for it. Identify how they can reduce sexual violence in society.
	Building Healthy Masculinity	Learning goals To identify the qualities that contribute to positive masculinity and develop strategies to apply them. Measures of success Identify elements of positive and unhealthy masculinity. Engage in respectful and meaningful discussions. Develop practical strategies that promote positive masculinity.
	Relationship Fall-Outs	Learning goals To understand how to end relationships or friendships with respect and manage the emotions that come with it. Measures of success Describe respectful ways to end a relationship or friendship. Identify how different ways of ending a relationship can impact others. Explain strategies to manage difficult emotions during and after a break-up.

Spring Term 2	Fertility & Pregnancy	Learning goals To understand the emotional and physical aspects related to fertility and pregnancy and the many factors to consider when starting a family. Measures of success Identify the range of emotions that people experience when trying to conceive. Understand the many factors that impact someone falling pregnant. Understand the many elements to consider when choosing to have a baby.
	Contraception (From SharePoint)	Learning goals : To recap and build on prior knowledge about types of contraception; to understand how the C-Card scheme works in Norfolk and how to obtain free contraception.
	Sexually Transmitted Infections	To recognise the behaviours that increase the risk of contracting STIs and how to avoid them. Measures of success Identify various STIs and how they are transmitted. Describe how safer sex practices can reduce the risk of STIs. Explain the importance of regular STI testing.
	Sex & Substances	To recognise the behaviours that increase the risk of contracting STIs and how to avoid them. Measures of success Identify various STIs and how they are transmitted. Describe how safer sex practices can reduce the risk of STIs. Explain the importance of regular STI testing.
	The Dangers of Sextortion	Learning goals To recognise that using alcohol and drugs lowers inhibitions, which can lead to risky sexual behaviour. Measures of success Identify the science behind lowering inhibitions. Recognise the legal impacts of sexual activity under the influence. Develop strategies to reduce risks.
	Exam Stress	Learning goals To have strategies to use when to de-stress during exams. Measures of success Identify ways to de-stress. Practice the 5-4-3-2-1 de-stress strategy. Be able to put exams into perspective.
Summer Term 1	The rest of the PDE lessons until study leave will be used for revision	