

POST 16 CURRICULUM OVERVIEW

Autumn 1

Developing Resilience

Personal Resilience:

Students will experience an appropriate challenge which

enables them to explore their personal resilience and observe how their emotions are affected.

The learner will increase their resilience by trying a helpful habit to develop their ability to cope with the challenge.

Food

Students will develop their practical cooking skills as they learn to prepare and cook a range of dishes for cooking at home.

Enrichment

Alongside the enrichment activities available at our partner colleges, students have the following activities available to them at YHS (Subject to student numbers):

Board Games, Model Making, Gym, Swimming, Theory Driving Prep, (Student voice is also listened to)

Life Skills

Time Management

Home Living Skills

Independent Travel/Travel and Safety

Relationship Building

Effective Communication

Personal Hygiene & Health

PD

Induction – expectations, time management, and independent study.

Building resilience & growth mindset.

Managing stress, workload, and exam pressures.

Prioritising my mental health

Suicide Prevention

Young men and suicide .

Autumn 2

Developing Resilience

Personal Resilience:

Students will experience an appropriate challenge which enables them to explore their personal resilience and observe how their emotions are affected.

The learner will increase their resilience by trying a helpful habit to develop their ability to cope with the challenge.

Food Wise

Healthy Eating:

Investigating meal packages against home made alternatives.

Planning and cooking a one pot meal on a budget.

Students will continue to develop their practical cooking skills.

Enrichment

Alongside the enrichment activities available at our partner colleges, students have the following activities available to them at YHS (Subject to student numbers):

Board Games, Model Making, Gym, Swimming, Theory Driving Prep

Life Skills

Independent Travel/Travel and Safety

Problem Solving

DIY Skills

Relationship Building

Effective Communication

PD

My Career ambitions

CV writing & job applications.

Interview skills & personal presentation.

Work experience preparation & employability skills.

Work or study my next steps

Reflection & careers portfolio update.

Spring 1

Developing Resilience Physical Health Students willexplore and understand their own physical health and the benefits of a healthy lifestyle. Learners will seek to improve their physical health by participating in activities and will be encouraged to think about introducing higher levels of physical activity into their own lives.	Food Wise Cooking On A Budget: Students investigate takeaways v home cooked meals. Supermarket price comparisons. Planning meals on a budget. Practical cooking skills.	Enrichment Alongside the enrichment activities available at our partner colleges, students have the following activities available to them at YHS (Subject to student numbers): Board Games, Arts & Crafts, Gym, Swimming, Badminton, Book Club, Make up	Life Skills Financial Literacy Entrepreneurship Skills Effective Communication	PD Is This Love or Lust Contraception & Choices. Sexual Health & STI's Pregnancy & Young Parenthood Online Dating Being Safe & LGBTQ+
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Spring 2

Developing Resilience Physical Health: Students willexplore and understand their own physical health and the benefits of a healthy lifestyle. Learners will seek to improve their physical health by participating in activities and will be encouraged to think about introducing higher levels of physical activity into their own lives.	Food Wise Practical Cooking Skills: Developing learnt skills in a practical environment - Knife Skills, weighing and mixing, chopping, poaching and boiling.	Enrichment Alongside the enrichment activities available at our partner colleges, students have the following activities available to them at YHS (Subject to student numbers): Board Games, Arts & Crafts, Gym, Swimming, Badminton, Book Club, mountain biking, Animals	Life Skills Basic Cooking Skills Basic First Aid and CPR Effective Communication	PD LGBTQ+ History Are human rights balanced in society? British values – The Law & You Environmental issues, community & action The Law and you Reactive lesson (can be used at any point)
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Summer Term

Developing Resilience

Stronger Communities

Students explore the benefits of being part of different, supportive communities and to discuss the consequences of negative action in a community.

The learner will experience being part of a small community working towards a common goal and use this experience to reflect on inclusion within wider communities.

Food Wise

Holding a Coffee Morning:

As a group the students will need to arrange a coffee morning, advertise the event, choose a charity, develop the range of items to sell, practice making the items, prepare for the event and hold the event.

Enrichment

Alongside the enrichment activities available at our partner colleges, students have the following activities available to them at YHS (Subject to student numbers):

Board Games, Arts & Crafts, Gym, Swimming, Theory Driving Prep, Badminton, Book Club, mountain biking, Outdoor activities.

Life Skills

Entrepreneurship Skills
Effective Communication
Engaging with Communities
Civic responsibilities

PD

Budgeting & finance.
Marketing Yourself.
Money Matters.
Independent living – renting, bills, cooking skills.
Preparing for exams & coping strategies.
Transition to adulthood – moving on from college.