



Year 11 Curriculum

Term	Focus	Topics Covered
1	Life Long Well-Being	Mental health and wellbeing throughout life Managing distractions Changing thinking habits Seeking help and support Managing stress and tension Managing change, loss and grief The sleep factor The importance of sleep
2	Families, Fertility and Pregnancy	Long-term commitments The legal status of marriage Parenting Fertility and pregnancy choices Fertility and routes to parenthood Pregnancy outcomes Pregnancy choices
3	Exam Preparation	Study Skills and Revision
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5		Study sessions for History, Geography and MFL
6		Exams