



Downe House

UV PSHE Michaelmas 2016

1	Human Rights: What are they?
2	Citizenship: Prevent in School
3	Mindfulness: What is it all about?
4	Mindfulness: Strategies for Life
5	Sexual health: STI's - the 'transfer' game
6	Sexual health: LARC revisited and post box
A	Sexual health: Contraception game (Thursday P4 class only) SMC
7	Higher Education: Introduction and key skills
8	Higher Education: Exploring & researching different careers
9	Higher Education: Research continued (laptops required)
10	Higher Education: COA research (laptops required)
11	Higher Education: Pre U/A level choices and decision making
12	Stress Management: Mental health

UV PSHE Lent 2017

	Exams
1	Higher Education: Pre U/A levels, the next step and the future
2	Higher Education: Work shadowing
3	Higher Education: Curriculum Vitae - computers
4	CV application - access to computers
5	First impressions - mock interviews
6	Managing Risk: Legal Highs
7	Managing Risk: Smoking & vaping
A	Evaluation

UV PSHE Summer 2017

	No PSHE lessons this term. Preparation time for Public Examinations.