

Remote Curriculum Year 11 CPSHE WEDNESDAY BLOCK 5 ONLY

How it Works:

1. Find the correct week commencing row.
2. Find today's day - There are up to 3 different lessons in each day – you won't run out of work.
3. Choose a lesson – hold ctrl and click the chosen link.
 - a. If you don't recognise the work, it appears too difficult or the link doesn't load; try another task – look at the previous/next lesson or look at other days.
4. Some lessons have links to PowerPoints and other resources beneath the video and/or Starter Quiz
5. Complete any starter quizzes. a. Write your answer down b. Mark your answers and write down any corrections
6. Watch the videos and take notes
7. Pause if/when instructed to do so to answer questions or respond.
8. Complete and go onto the next one.

Signposting support:

If you have any questions, worries or concerns, please speak to your:

Tutor / Pastoral Leader / College Director / SENDCo's / Safeguarding- yellow lanyard or email safeguarding at: safeguarding@ivybridge.devon.sch.uk

Lesson	Lesson 1	Lesson 2	Lesson 3
09/09/26 My ambitions	Goal setting and the SMART principle	SMART targets to optimise goals	Goal setting
16/09/26 Stress management	Mental health and stress management	Everyday stress triggers we can try to control	Issues with school work
23/09/26 Online presence and future opportunities	Using my personal power online	Curating our timeline	Being safe online Self-help for our online behaviours
07/10/26 EXAMS			
21/10/26 Independence and safety	Safety for all- how Britain keeps us secure	Alcohol, drugs and sex	Recreational drug use
11/11/26 My health and seeking support – self examination	Signs of health problems	Intimate health care and self-examination	Screening and smear tests
25/11/26 Blood, stem cell and organ donation	Organ and blood donation	Being a donor- science to inform choices	Chronic illness
09/12/26 Relationship Values	What is a healthy intimate relationship?	Diversity within intimate relationships	Online relationships

