



Lesson Topic	Learning Objective
Welcome to Sixth Form	• Understand the expectations, opportunities and responsibilities of Sixth Form life. • Identify strategies for managing increased independence and academic demands. • Recognise the support available to help them succeed during Sixth Form.
Sexual Health	• Understand how to maintain good sexual health, including preventing STIs and unplanned pregnancies. • Identify different methods of contraception and how to access sexual health services. • Make informed decisions about relationships, consent and sexual activity.
Sexual Harassment	• Recognise different forms of sexual harassment, including online harassment. • Understand the impact sexual harassment can have on individuals and communities. • Identify strategies for challenging harassment and accessing support.
Coercive Relationships	• Recognise the signs of coercive control and unhealthy relationship behaviours. • Understand the legal protections relating to abuse and coercive relationships. • Identify safe ways to seek help and support for themselves or others.
First Aid	• Understand the principles of emergency first aid and staying safe in an emergency. • Demonstrate confidence in essential first aid skills, including CPR. • Apply first aid knowledge to a range of realistic emergency scenarios.



Road Safety when learning to drive.	• Understand the responsibilities of learner and newly qualified drivers. • Recognise the risks associated with speeding, distractions, alcohol, drugs and fatigue. • Apply strategies to stay safe as a driver, passenger, cyclist or pedestrian.
Finances	• Understand how to manage income, expenditure and personal budgets. • Recognise the benefits and risks of financial products such as loans, credit cards and overdrafts. • Apply financial decision-making skills to support future financial wellbeing.
Writing a personal statement	• Understand the purpose and structure of a personal statement. • Identify experiences, skills and achievements that strengthen an application. • Draft and improve sections of a personal statement for future opportunities.
Careers Pathway	• Explore a range of career pathways and progression routes. • Identify their own skills, interests and strengths. • Link personal qualities and aspirations to potential career options.
Careers Pathway	• Research entry requirements for different careers and industries. • Understand how qualifications, experience and employability skills support career progression. • Create an action plan for achieving their career goals
Degree Level Apprenticeships	• Understand what degree apprenticeships are and how they differ from university study. • Identify the benefits and challenges of completing a degree apprenticeship. • Research apprenticeship opportunities relevant to their interests and career ambitions



Gap Years	• Understand the opportunities and challenges associated with taking a gap year. • Evaluate how a gap year might support personal, academic and career development. • Plan safe and purposeful gap year experiences aligned to future goals.
Mental Health	• Recognise common factors that can affect mental health and wellbeing. • Identify signs of stress, anxiety and other mental health concerns. • Apply strategies to maintain wellbeing and access support when needed.
Substance Abuse	• Understand the effects of substance misuse on physical and mental health. • Recognise the impact of substance misuse on relationships, education, employment and future opportunities. • Evaluate strategies for reducing risk and accessing support services.
Post 18 Options Exploration	• Understand the range of post-18 pathways available, including university, apprenticeships, employment and gap years. • Evaluate the advantages and challenges of different progression routes. • Identify the pathway most suited to their skills, interests and aspirations.
Equality Act and Discrimination in the Workplace	• Understand the protections provided by the Equality Act and workplace legislation. • Recognise examples of discrimination, harassment and victimisation in employment. • Identify strategies for challenging discrimination and promoting equality and inclusion
Mock Assessment Centre	• Understand the purpose and structure of assessment centres used by employers and universities.



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| | <ul style="list-style-type: none">• Demonstrate effective communication, teamwork and problem-solving skills in assessment centre activities.• Reflect on their performance and use feedback to improve future applications and selection processes. |
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