

Term	Unit	Lesson Number	Propose Lesson Title	Learning Objectives - During the session, learners will:
1	Post-16 Options Planning And Future Employment (Including LAWD)	1	What are my employability skills?	Explain why it's important to record experiences, learning and achievements Describe some strategies to manage their CV, resumé or online presence and its impact on career opportunities Explain the benefits of responding positively to help, support and feedback Recognise the value of challenging themselves and trying new things
1	Post-16 Options Planning And Future Employment (Including LAWD)	2	Post 16 Choices, Choices	Identify pros and cons of full-time education Identify pros and cons of employment Identify pros and cons of apprenticeships
1	Post-16 Options Planning And Future Employment (Including LAWD)	3	Decision making - Choosing your post-16 pathway	Understand how to make informed decisions Identify the decision they need to make about their post-16 choices Plan how they will make an informed decision about their post-16 choices
1	Post-16 Options Planning And Future Employment (Including LAWD)	4	Researching volunteering and paid work	Identify the benefits and drawbacks of volunteering and different types of paid work Understand the rights and responsibilities of employers and volunteer providers Consider different types of opportunities suitable for them including paid work, self-employment and volunteering
1	Post-16 Options Planning And Future Employment (Including LAWD)	5	Money talks: apprenticeships versus higher education	State pros and cons of apprenticeships State pros and cons of higher education Explain how factors such as someone's financial situation could impact their career pathway choices
1	Post-16 Options Planning And Future Employment (Including LAWD)	6	Is AI a threat to our jobs?	Explain how people around the world feel about AI. Describe the types of tasks that AI can and cannot do. Evaluate predictions about AI, and arguments on each side of the debate 'Is AI a threat to our jobs?' Explain how different groups of people in society might feel about AI and how it might affect their decision-making processes.
2	My Influences (keeping safe)	1	How can we approach new situations?	Identify new situations that come with increased independence. Explain how and why new situations come with risk. Explain how risk can be reduced. Develop our self-worth and ability to identify risk.
2	My Influences (keeping safe)	2	How can we be street savvy?	Identify steps we can take to reduce risk when out and about. Explain why these steps are effective in reducing risk. Create a personal safety plan. Develop our ability to plan for the future and assess risk.
2	My Influences (keeping safe)	3	Why is fighting not the answer?	Describe what fight or flight can feel like. Consider how being involved in a fight could impact a person's future. Explore strategies to cope with confrontational situations. Develop our ability to future plan.
2	My Influences (keeping safe)	4	What are the risks of carrying a knife?	Consider why some young people decide to carry a knife. Explore common misconceptions about carrying a knife. Learn about the consequences of carrying a knife. Develop our skills of informed decision-making and future planning.
2	My Influences (keeping safe)	5	What can go wrong when using substances?	Recall our knowledge about substance abuse. Explore the wider consequences of substance abuse on individuals, family and friends, and communities. Consider how substance abuse can negatively impact personal safety, careers, relationships and lifestyles. Develop our skills of understanding risk and making informed decisions.

2	My Influences (keeping safe)	6	What are your responsibilities as a passenger?	Reflect on the pressures on new drivers. Consider some essential reminders for passengers. Discuss some scenarios – what could or should someone do? Create a passenger's charter to help people be safer. Develop skills of Self-worth & Respecting others.
2	My Influences (keeping safe)	7	How do we manage cyber security?	Consider what is meant by cyber security. Reflect on what cyber security means in different settings. Discuss some essential principles for cyber security. Create a charter for cyber security. Develop skills of Self-worth and Respecting others.
3	Managing Time And Coping With Stress	1	Habits and Routines	To learn that habits are automatic, subconscious behaviors formed through repetition, like brushing your teeth after a meal. To learn that routines are a deliberate series of actions performed in a specific order that require conscious effort and intention. Routines can often used to intentionally create new habits, as they provide the framework and consistency needed for new behaviors to become automatic.
3	Managing Time And Coping With Stress	2	Work Life Balance	To learn that a work-life balance is the state where a person manages the demands of their career/studies alongside their personal life, such as family, hobbies, and health, to achieve a sense of satisfaction and well-being in both areas
3	Managing Time And Coping With Stress	3	Self Care (5 Ways To Wellbeing)	To learnt that the 5 ways to wellbeing are a set of simple, evidence-based actions to improve your mental health: Connect with people, Be Active physically, Take Notice of the world around you, Keep Learning new things, and Give to others.
3	Managing Time And Coping With Stress	4	English and Maths revision	To develop strong study skills. Studnet will create a study plan and schedule to organise your time and reduce procrastination. Find a quiet study environment with minimal distractions, and use active learning techniques like summarising, testing yourself with practice questions, and explaining concepts to others. Focus on spaced-out study sessions rather than cramming, and take regular breaks to maintain focus and avoid burnout.
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