



St John's Curriculum Overview – Year 12



Subject title	Wellbeing	Introduction The Wellbeing programme is an important part of the enrichment programme for the 6 th form. It aims to support students as they embark on post GCSE courses, introduce ideas for wellbeing and provide post 18 career guidance and an introduction to university and employment.
Setting arrangements	Taught in mixed ability classes	
Time allowance each fortnight	One lesson	

Topics, Skills and Assessment covered during the course

	Topics covered	Skills developed	Assessment - None
Term 1	Study Skills. Moving into Y12	Study skills, teamwork and supporting others	-
Term 2	Study Skills and Safedrive Roadshow	Study skills, taking responsibility	-
Term 3	Life Skills. Drugs awareness, money matters, keeping healthy, mental health, self-defence and First Aid.	Self-awareness, taking responsibility, keeping healthy	-
Term 4	Life Skills. Drugs awareness, money matters, keeping healthy, self-defence and First Aid. Cardiff University Open Day and work shadowing	Taking responsibility, keeping healthy	-
Term 5	Moving on skills. Making choices, how to research options, how to apply to university, how to apply for apprenticeships	Research skills, making decisions, resilience	-
Term 6	Moving on skills. References and writing personal statements, 'Whatuni?' and other websites to use.	Research skills, writing skills	-

Resources Recommended for Revision and where they are available:

- Tutors, guest speakers, online resources.

Homework:

- Expected time allocation for the subject – research as required in own time.

Additional support and help for the course

Sixth Form Tutors have a copy of the programme and refer to it when they are covering key issues as part of the tutorial programme; this may involve topics such as study skills, road safety and university research.

Extra-Curricular:

- Involvement within school promoted; as mentors, prefects and support for younger years.