






## Personal Development: Year 11 Remote Learning

- In the table below you will see the unit being studied in school and the approximate time of year the unit is being delivered in school.
- Find the unit currently being studied in school and the classroom lesson and look for the remote learning alternative.
- To access the remote learning alternative lesson(s) click on the link (control + click).
- There are a number of lessons and you are not expected to complete them all.
- If you have any concerns after completing any of the remote learning lesson(s) please speak to your PD teacher.

Unit:	Months studied between:	Classroom Lesson:	Remote learning alternative:
 Unit 1: Health and Wellbeing	September-November	1. Resilience	Mental Wellbeing (8 lessons) <a href="https://teachers.thenational.academy/units/mental-wellbeing-recognising-problems-and-seeking-support-aefc">https://teachers.thenational.academy/units/mental-wellbeing-recognising-problems-and-seeking-support-aefc</a>
		2. Mental Health and Exam Stress	
		3. Mental Health and Revision	
		4. Action Plan	
 Unit 2: Health and Wellbeing	November-December	5. Responsible Health Choices	Health and Prevention <a href="https://teachers.thenational.academy/units/health-and-prevention-self-care-and-self-awareness-3af7">https://teachers.thenational.academy/units/health-and-prevention-self-care-and-self-awareness-3af7</a>
		6. Illness signs and symptoms	
		7. Preventing Illness	
 Unit 3: RSE	January-March	8. Personal Values	Healthy Lifestyles <a href="https://teachers.thenational.academy/units/healthy-lifestyles-choices-approaching-adulthood-e1cb">https://teachers.thenational.academy/units/healthy-lifestyles-choices-approaching-adulthood-e1cb</a>
		9. Contraception and fertility	
		10. Sexual Health	
 Unit 4: RSE	March-April	11. Different families and parental responsibility	Intimate Sexual Relationships (6 lessons) <a href="https://teachers.thenational.academy/units/intimate-sexual-relationships-pregnancy-and-parenting-ff99">https://teachers.thenational.academy/units/intimate-sexual-relationships-pregnancy-and-parenting-ff99</a>
		12. Pregnancy choices and outcomes	
		13. Honour Marriage	
 Unit 5: Living in the Wider World	April-May	14. Wages	How can we manage money well? (six lessons) <a href="https://teachers.thenational.academy/units/how-can-we-manage-money-well-f885">https://teachers.thenational.academy/units/how-can-we-manage-money-well-f885</a>
		15. Mortgages	
		16. Credit and Debit	