

## Employability

## Fulfilling Potential

Year 10

Employability

Managing Time

Organisation

Desirable Skills

Teamwork

Improve & Develop

Fulfilling Potential

Positivity

Self Confidence

## Emotional Intelligence

Half Term

Recognise Emotions

Self Awareness

Self Management

Emotional Intelligence

Goal Setting

Persistence

Work Ethic

Label Emotions

Half Term

Express Emotions

What Is Competition?

Intrinsic Motivation

Extrinsic Motivation

Winning & Losing

Rising to the Challenge

Competition against yourself

Addressing Misconceptions

## Redefining Confidence

Half Term



## Mental Health Awareness

Year 11

Mental Health Awareness

Signs of Mental Illness

Stress

Social Media

Time Out

Body Image

Half Term

## Dealing With Stress

Stress

Causes Of Stress

Signs and Symptoms

Health Implications

## The value of Physical Activity

What Motivates you? 1

Cognitive Function

Positive approaches to PA

Value of Physical Activity

Diet

Half Term

What Motivates you? 2

Half Term

What Motivates you? 3

Half Term

The Journey Continues



# Physical Education Key Stage 4

Dealing with Stress