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| **Year 11 Unit 1** | **Road Map** | | | | | |
| In this unit you will investigate respect and understanding for yourself. The aims are as follows:  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | Assessment Grades |  |  | | | |
| Pre topic assessment | |  | | | |
| Post topic assessment | |  | | | |
| **Themes** | **Learning Goals/Outcomes/Content** | | | R | A | G |
| Snoozing to success – the benefits of rest and getting enough sleep | LG1: Correctly identify the symptoms of sleep deprivation, the benefits of quality sleep and create an infographic to teach others.  LG2: Describe in detail using statistics the benefits of quality sleep and the issues presented by sleep deprivation.  LG3: Explain articulately the benefits of sleep using new key terminology in the correct context, and the problems of cognitive function impairment through your infographic. | | |  |  |  |
| How can we keep good mental health and cope successfully with anxiety? | LG1: Correctly identify physical and mental symptoms of anxiety and some ways to deal with anxiety  LG2: Describe possible ways for us to deal positively with anxiety in the form of a letter including statistics from health professionals  LG3: Explain how a teenager can deal positively with anxiety and help reduce the symptoms and the differences between stress, anxiety and depression. | | |  |  |  |
| What is social anxiety and how can it be managed? | LG1: Identify what causes people to have social anxiety and the physical symptoms of the condition  LG2: Describe the different treatments available to people with social anxiety  LG3: Explain how social anxiety is caused by chemicals in the body and reactions in the mind | | |  |  |  |

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