

PSHE



Transform your PSHE Talks with our Tutorials

Our collection of PSHE tutorials has been designed to provide schools with engaging, relevant and easy-to-implement content.

Our focus is on providing students with the essential skills and knowledge to prepare them for independent living after school and to achieve personal success.

- ✓ **Tutor Time Lessons:** 25 min lessons on 5 key topics all students need to learn.
- ✓ **Expert Insights:** Relevant resources to address common life challenges and needs.
- ✓ **Plug & Play Format:** Time-saving tools and minimal preparation required for teachers.
- ✓ **Non-Specialist Friendly:** Easy implementation by teachers without PSHE expertise.
- ✓ **Curriculum-Aligned:** Meets GOV.UK education standards & supports statutory guidance
- ✓ **Interactive Content:** Engaging activities, peer discussions, and knowledge check-ins.
- ✓ **Confidence Building:** Inspire students to approach their journey with confidence.



1 Shopping on a Budget



2 Study & Time Management



3 Wellbeing



4 Healthy Eating



5 Budget Management

www.fromhighschooltouni.com

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Resources

By using these resources, students will:

- 1 Develop critical thinking and decision-making skills
- 2 Build resilience & develop emotional intelligence
- 3 Encourage healthy lifestyle choices
- 4 Develop financial literacy & economic awareness
- 5 Build positive relationships and communication skills
- 6 Address current issues affecting young people

Our resources are designed by a parent to equip students with the knowledge and life skills they need for real-life situations, while simplifying PSHE delivery and compliance for schools.

Each topic in the PSHE pack includes:

Student Worksheet

| SHOPPING ON A BUDGET | |
|---|--------------------|
| Learning outcome | Confidence Checker |
| I can create a shopping list on a budget. | 1 2 3 4 5 |
| I know what strategies I can use to stick to my budget. | 1 2 3 4 5 |
| I can compare items to decide which is best to buy. | 1 2 3 4 5 |
| Product | Price Guess |
| Item (e.g. pencil) | |
| Item (e.g. book) | |

Lesson Plan

| SHOPPING BUDGET | |
|--|---|
| Session Overview: In this lesson, students will learn the average price of food and create a weekly shopping list with a budget of £50. They will then consider how they can reduce costs. | |
| Links: | Learning outcomes |
| | I can create a shopping list on a budget. |
| | I know what strategies I can use to stick to my budget. |
| | I can compare items to decide which is best to buy. |
| Topic | Notes |
| Introduction | Students will be introduced to today's topic and complete the confidence checker. |
| Shopping Budget | Students learn the average price of key foods in the UK, then create a shopping list based on a |



Step-by-Step Presentation

PRESENTATION

A comprehensive presentation with engaging visuals.

LESSON PLAN

Detailed teacher's lesson plan.

WORKSHEET

Printable A4 worksheet for students.

£49.99

for pack of 5 topics

Ready to transform your PSHE curriculum?

Contact us on: info@fromhighschooltouni.com

