

## Subject: PSHE – Y7 – 1 hr every 2 wks

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Topic:</b> Health and Wellbeing (individual liberty) 6, 8, 9, 11	<b>Topic:</b> Bullying 2	<b>Topic:</b> Positive Relationships (individual liberty) 1, 2	<b>Topic:</b> Community Presence	<b>Topic:</b> Ethical and Moral Values / Rights and Responsibilities	<b>Topic:</b> Online Safety 3, 4, 7
<b>Brief Description of Content:</b> 1-2. Topic: Balanced Diet and Exercise  3-4. Topic: Personal Hygiene  5-6. Topic: Mental Health	<b>Brief Description of Content:</b> 1-2. Topic: What is bullying?  3-4. Topic: Effects of bullying  5-6. Topic: Behind the bully	<b>Brief Description of Content:</b> 1-2. Topic: Different Types of Relationships  3-4. Topic: Positive and Negative Relationships  5-6. Topic: Peer Pressure	<b>Brief Description of Content:</b> 1-2. Topic: Highway code and Bike Safety  3-4. Topic: Acceptable vs Antisocial Behaviour  5-6. Topic: Caring for Your Community	<b>Brief Description of Content:</b> 1-2. Topic: Moral Values in Different Cultures  3-4. Topic: Differences in Rights and Responsibilities  5-6. Topic: Civilians Rights and Responsibilities	<b>Brief Description of Content:</b> 1-2. Topic: The Dangers of Social Media  3-4. Topic: Digital Footprint  5-6. Topic: Online Grooming and Reporting Abuse
<b>Cross Curricular Links:</b> Science / Food Tech / PE	<b>Cross Curricular Links:</b> SMSC	<b>Cross Curricular Links:</b> SMSC / RSE	<b>Cross Curricular Links:</b> Geography / Science	<b>Cross Curricular Links:</b> History / Law	<b>Cross Curricular Links:</b> IT
<b>Key Terms/ Stretch Vocabulary</b> Fitness Diet Wellbeing Hygiene	<b>Key Terms/ Stretch Vocabulary</b> Respect Kindness Awareness Reporting Support	<b>Key Terms/ Stretch Vocabulary</b> Healthy / Unhealthy Professionalism Kindness Respect Peer Pressure Awareness	<b>Key Terms/ Stretch Vocabulary</b> Safety Responsibility Communication Respect Consideration Environment	<b>Key Terms/ Stretch Vocabulary</b> Ethical / Moral Values Consideration Rights / Responsibilities Citizen	<b>Key Terms/ Stretch Vocabulary</b> Safety Social Media Aware Abuse / Grooming Reporting
<b>Learning Descriptor (LO)</b> To be able to make informed choices about our personal health and wellbeing and explain reasons for our choices.	<b>Learning Descriptor (LO)</b> To know how to be respectful of others.	<b>Learning Descriptor (LO)</b> To know what a healthy relationship consists of and recognise signs of an unhealthy relationship.	<b>Learning Descriptor (LO)</b> To know how to be a considerate and respectful member of a community.	<b>Learning Descriptor (LO)</b> To know of our rights and responsibilities as a civilian.	<b>Learning Descriptor (LO)</b> To know how to keep ourselves and others safe online.
<b>Behaviour for Learning:</b> <b>A GOOD COMMUNICATOR</b>	<b>Behaviour for Learning:</b> <b>ORGANISED</b>	<b>Behaviour for Learning:</b> <b>SELF-AWARE</b>	<b>Behaviour for Learning:</b> <b>DRIVEN</b>	<b>Behaviour for Learning:</b> <b>RESILIENT</b>	<b>Behaviour for Learning:</b> <b>SELF-ASSURED</b>

## Subject: PSHE – Y8 – 1 hr every 1 wk

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Topic:</b> Mental Health 6	<b>Topic:</b> Equality and Diversity (mutual respect / tolerance of those with different faiths & beliefs, and those without faith)	<b>Topic:</b> 'Emergency Action' and the Emergency Services 4, 12	<b>Topic:</b> Crime and the Legal System (the rule of law) (democracy)	<b>Topic:</b> Sex and Relationships Education (individual liberty) (the rule of law) 1, 2, 5, 13	<b>Topic:</b> Grief and Coping with Loss 1, 2, 6
<b>Brief Description of Content:</b> Topic: Different Mental Health Issues Topic: Signs and Symptoms Topic: Supporting Yourself Topic: Supporting Others Topic: Self-Harm and Suicide Prevention Topic: Improving and Maintaining our Mental State	<b>Brief Description of Content:</b> Topic: What is Equality and Diversity Topic: Understanding Prejudice and Discrimination Topic: Am I discriminating? Topic: Respecting different Races / Cultures Topic: Respecting LGBTQ+ Community Topic: Consequences of Discrimination	<b>Brief Description of Content:</b> Topic: Fire Safety Topic: First Aid Topic: Self Defence / Keep Safe Topic: NHS Services Topic: 999 and Alternatives Topic: Misuse of Emergency Services	<b>Brief Description of Content:</b> Topic: Anti-Social Behaviour and Petty Crime Topic: Reporting a Crime Topic: Responsibility and Accountability Topic: Trial and Punishment Topic: What is Prison Like? Topic: After-Effects of Crime	<b>Brief Description of Content:</b> Topic: Puberty and Hormones Topic: Managing Our Emotions Topic: Positive and Negative Relationships Topic: Consent and Appropriate Contact Topic: Domestic Abuse Topic: Laws on Relationships	<b>Brief Description of Content:</b> Topic: Different Types of Grief and Loss Topic: How to Support Yourself Topic: How to Support Others Topic: Impacts on Mental Health Topic: How Different Cultures Say Goodbye Topic: Afterlife
<b>Cross Curricular Links:</b> SMSC	<b>Cross Curricular Links:</b> RE	<b>Cross Curricular Links:</b>	<b>Cross Curricular Links:</b> Law / Citizenship	<b>Cross Curricular Links:</b> RSE / Science	<b>Cross Curricular Links:</b> RE
<b>Key Terms/ Stretch Vocabulary</b> Wellbeing Support Awareness Recognition Prevention	<b>Key Terms/ Stretch Vocabulary</b> Tolerance Acceptance Equality Diversity Prejudice Discrimination	<b>Key Terms/ Stretch Vocabulary</b> Reaction Responsibility Safety	<b>Key Terms/ Stretch Vocabulary</b> Crime Law Responsibility / Accountability Punishment Consequences Reporting	<b>Key Terms/ Stretch Vocabulary</b> Healthy / Unhealthy Consent Aware Change Understanding Acceptance	<b>Key Terms/ Stretch Vocabulary</b> Grief / Loss Emotions Support
<b>Learning Descriptor (LO)</b> To understand how to care for our own mental health and	<b>Learning Descriptor (LO)</b> To understand and be accepting of how we are all different as individuals, and	<b>Learning Descriptor (LO)</b> To know how to respond to situations safely and responsibly.	<b>Learning Descriptor (LO)</b> To know how to be a responsible and law-abiding citizen.	<b>Learning Descriptor (LO)</b> To know how to be respectful of ourselves and understanding of ourselves and understanding	<b>Learning Descriptor (LO)</b> To be able to recognise strong emotions and identify ways of managing these positively.

support the wellbeing of others.	challenge prejudice and discrimination in an appropriate manner.			of the changes we go through as young adults.	
<b>Behaviour for Learning: A GOOD COMMUNICATOR</b>	<b>Behaviour for Learning: ORGANISED</b>	<b>Behaviour for Learning: DRIVEN</b>	<b>Behaviour for Learning: RESILIENT</b>	<b>Behaviour for Learning: SELF-AWARE</b>	<b>Behaviour for Learning: SELF-ASSURED</b>

## Subject: PSHE – Y9 – 1 hr every 1 wk

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Topic:</b> Mental Health 6	<b>Topic:</b> Self Image (individual liberty) 3	<b>Topic:</b> Personal Accounting	<b>Topic:</b> Drugs and Alcohol Abuse (individual liberty) (the rule of law) 4, 6, 10, 11	<b>Topic:</b> Sex and Relationships Education (individual liberty) (the rule of law) 1, 2, 5, 6, 8, 11	<b>Topic:</b> Community Project
<b>Brief Description of Content:</b> Topic: Different Mental Health Issues Topic: Signs and Symptoms Topic: Supporting Yourself Topic: Supporting Others Topic: Self-Harm and Suicide Prevention Topic: Improving and Maintaining our Mental State	<b>Brief Description of Content:</b> Topic: What Does my Look Say About Me? Topic: Body Language and Communication Topic: Professional Image Topic: Self-Confidence Topic: Pressures of the Media Topic: Our Right to be Individual	<b>Brief Description of Content:</b> Topic: Earning Money Topic: Managing a Household Financially Topic: Taxes Topic: Family Expenditure Topic: Budgeting Topic: Debt	<b>Brief Description of Content:</b> Topic: Understanding Addiction Topic: Signs of Addiction Topic: Symptoms of Drug Misuse Topic: Supporting Someone with Addiction Topic: Consequences of Drug Misuse Topic: Who Does Addiction Effect?	<b>Brief Description of Content:</b> Topic: Positive and Negative Relationships Topic: Am I Ready? Topic: Sex Education Topic: Parenthood and Family Planning Topic: Consent and Appropriate Contact Topic: Domestic and Sexual Abuse / Assault (FGM)	<b>Brief Description of Content:</b> Students need to identify an area in-need within their local community and create a project which aims to help. Group work, progress outside of school documented with photos. All external companies / connections must be approved by staff.
<b>Cross Curricular Links:</b> SMSC	<b>Cross Curricular Links:</b> RE	<b>Cross Curricular Links:</b> Maths	<b>Cross Curricular Links:</b> Science / Law	<b>Cross Curricular Links:</b> RSE	<b>Cross Curricular Links:</b> SMSC / Citizenship / Geography / English
<b>Key Terms/ Stretch Vocabulary</b> Wellbeing Support Awareness Recognition Prevention	<b>Key Terms/ Stretch Vocabulary</b> Confidence Individuality Peer Pressure Impressions Approach Communication	<b>Key Terms/ Stretch Vocabulary</b> Accounting Finances Budgeting Responsibility Tax Debt	<b>Key Terms/ Stretch Vocabulary</b> Misuse Addiction Crime / Law Consequences Aware Support	<b>Key Terms/ Stretch Vocabulary</b> Safe Responsible Understanding Consequences Aware	<b>Key Terms/ Stretch Vocabulary</b> Selflessness Beneficial Community

<b>Learning Descriptor (LO)</b> To understand how to care for our own mental health and support the wellbeing of others.	<b>Learning Descriptor (LO)</b> To be confident in ourselves, our approach and our public presence.	<b>Learning Descriptor (LO)</b> To know what contributes to an financially stable household.	<b>Learning Descriptor (LO)</b> To be able to assess and manage risks associated with personal lifestyle choices.	<b>Learning Descriptor (LO)</b> To know how to be safe and responsible within a relationship and understand the risks of an unsafe or unhealthy relationship.	<b>Learning Descriptor (LO)</b> To be able to identify, plan and conduct a project that aims to help part of a community.
<b>Behaviour for Learning: A GOOD COMMUNICATOR</b>	<b>Behaviour for Learning: ORGANISED</b>	<b>Behaviour for Learning: DRIVEN</b>	<b>Behaviour for Learning: RESILIENT</b>	<b>Behaviour for Learning: SELF-AWARE</b>	<b>Behaviour for Learning: SELF-ASSURED</b>

Keys:

**Highlighted Text:** Potentially external Speakers (**blue:** multiple external speakers for small group work)

**Blue Text:** British Values

**Red Text:** Cultural Capital

**Green Text:** Compliant with Statutory GOV Guidance:

Relationships

1. Families
2. Relationships
3. Online and Media
4. Being Safe
5. Intimate and Sexual Relationships

Physical Health and Mental Wellbeing

6. Mental Wellbeing
7. Internet Safety and harm
8. Physical health and fitness
9. Healthy Eating
10. Drugs, Alcohol and Tobacco
11. Health and Prevention
12. Basic First Aid
13. Changing Adolescent Body