

PSHE Programme of Study Long Term Planning

| | Term One | | | Term Two | | Term Three | |
|----------------|------------------------------------|---|---|---|---|---|--|
| Year 7 | Introduction Unit | Unit 1 How can I have healthy friendships in the real and digital world? | Unit 2 How can we be safe in mind and body? | | Unit 3 How to keep healthy? | Unit 4 What qualities do I need to do well in school and beyond? | Study Skills Unit 5 Why is it good to love in a diverse society? |
| Year 8 | Careers Focus: Aiming Higher | Unit 1 Why is it so important that I like myself? | Unit 2 How to manage growing up in a family? | | Unit 3 How can I be an active and responsible citizen? | Unit 4 How can I take care of myself? (Drugs and Addiction) | Study Skills Unit 5 How can I be politically aware? |
| Year 9 | Careers Focus : Options | Unit 1 Relationships – How to make the right decisions? | Unit 2 Sexual health – How can I take care of myself? | Study Skills/ Options | Unit 3 How do I care for my mental wellbeing? | Unit 4 How can I be a responsible citizen? | Unit 5 Gaining Independence : Finance and Healthy Living |
| Year 10 | Careers Focus: Aiming High | Unit 1 Health and wellbeing : Respecting ourselves? | Unit 2 Relationships : Family Planning, planned and unplanned pregnancy, miscarriage and infertility | | Study Skills | Unit 3 What are our human rights? How abused? | Unit 4 Living in the wider world – How best to manage your money and online life |
| Year 11 | Careers Focus: Pathways Post 16 | Unit 1 Keeping safe - Building resilience | Study Skills Mock Exams | Unit 2 Keeping safe in relationships | Unit 3 Health & wellbeing/First Aid | Examination Preparation and private study | |

PSHE Programme of Study Medium Term Planning

| | Introduction Unit | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|---------------|-------------------|--|---|---|---|--|
| Year 7 | Introduction Unit | <p>Unit 1 : How can I have healthy friendships in the real world?</p> <ul style="list-style-type: none"> • What is friendship? • How to make and keep friends in the real world and online • How to manage peer pressure • What is a toxic friendship? • How to resolve conflict within relationships? | <p>Unit 2: How can we be safe in mind and body?</p> <ul style="list-style-type: none"> • First Aid, including CPR, basic life support and managing bleeding • Cyber-bullying; social media – how to report inappropriate behaviour • Consequences of sharing online | <p>Unit 3:How to keep healthy?</p> <ul style="list-style-type: none"> • Managing change at puberty • External factors – sun, weather, dark • Personal Hygiene and oral health • Diet, exercise and sleep | <p>Unit 4: What qualities do I need to do well in school and beyond?</p> <ul style="list-style-type: none"> • Looking forward – Aspirations for the future • Qualities to ensure success in careers and within school life – i.e. why is education important; skills and qualities • Link to future reference writing • Management of time and money | <p>Unit 5: Why is it good to love in a diverse society?</p> <ul style="list-style-type: none"> • Our rights and responsibilities in a society • How are people the same/different? • Multicultural/Diverse Britain – what is so good about this this? • How do we keep distinct traditions and build respect/tolerance? |

Year 8 PSHE Programme of Study Medium Term Planning

| | Introduction Unit | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|---------------|---|---|--|--|---|---|
| Year 8 | <p>Careers Focus: Aiming High</p> <ul style="list-style-type: none"> • Aspiration – Where I am I now? Where do I want to be in 10 years’ time? • Building up a portfolio of success • What routes are on offer to me in the future? | <p>Unit 1 : Why is it so important that I like myself?</p> <ul style="list-style-type: none"> • Gender stereotype and identity • The importance of self esteem • The role of the media and how this can impact on self esteem • Body image – what can happen when this is unhealthy? | <p>Unit 2 : How to manage growing up in a family?</p> <ul style="list-style-type: none"> • What is a family – Look at diversity of family structure • Benefits and challenges of being in a family • Identification of challenges facing a family i.e. bereavement, illness, new siblings, grandparents moving in ... • Ways to manage these stages in life | <p>Unit 3 : How can I be an active and responsible citizen?</p> <ul style="list-style-type: none"> • What are my human rights? Why are they important? • What are my responsibilities? • Understanding prejudice and discrimination – why are these wrong? • Case studies on those fighting for human and civil rights eg Martin Luther King, Suffragettes, Fathers for Justice | <p>Unit 4 : How can I take care of myself?– Knowing about drugs and addiction</p> <ul style="list-style-type: none"> • Addiction - gambling; screen time • Using drugs, including alcohol and tobacco – a)Why they are taken? b) Identifying drugs and understanding the effect they have mentally and physically c)Looking at the law and drugs | <p>Unit 5 : How can I be politically aware?</p> <ul style="list-style-type: none"> • The importance of voting; general elections • Understanding the political system in the UK; the role of the government and parliament • Understanding peoples’ role in democracy • How does the UK compare to other countries in Europe/world? • Case study of world organisations in the world eg EU, WHO, G8, NATO |

Year 9 PSHE Programme of Study Medium Term Planning

| | Introduction Unit | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|---------------|--|--|---|---|---|---|
| Year 9 | <p>Careers Focus: Options</p> <ul style="list-style-type: none"> • Aspiration – Options focus – how to make the right decisions? • Study Skills for the Exams | <p>Unit 1 : Relationships : How to manage intimate relationships?</p> <ul style="list-style-type: none"> • Love, relationships, intimate relationships – pros and cons • Sexuality and sexual identity i.e. diversity in relationships • Consent – being in control/managing peer pressure | <p>Unit 2 : Sexual Health – How can I take care of myself?</p> <ul style="list-style-type: none"> • Online Safety in relationships – Sexting; exploitation on line • Contraception • STIs, including HIV/AIDs | <p>Unit 3: Making the right decisions: Looking after my Body & Mind</p> <ul style="list-style-type: none"> • Re-cap – how can I be healthy? • Thinking positively • Exploring issues linked to mental health i.e. eating disorders, depression and self – harm • Drugs and the law | <p>Unit 4 : Crime and Anti Social Behaviour</p> <ul style="list-style-type: none"> • What is anti-social behaviour? • Crime and the Criminal Justice System • Knife crime • County Lines | <p>Unit 5 : Looking after yourself and your money</p> <ul style="list-style-type: none"> • Understanding the importance of budgeting at individual and wider levels • Having a job at 14 • Understanding how banks work; saving money • How to get the best deal for your money – a case study on buying a mobile phone • Borrowing – the danger of borrowing with high interest rates • Feeding yourself well on a budget |

Year 10 PSHE Programme of Study Medium Term Planning

| | Introduction Unit | Unit 1 | Unit 2 | Unit 3 | Unit 4 |
|----------------|---|--|---|---|---|
| Year 10 | <p>Careers Focus: Aiming higher</p> <ul style="list-style-type: none"> • Future Plans – Where am I aiming for? • What skills and qualities do I need? What does an employer look for? • How to develop key skills and qualities • Understanding how to apply for jobs/sixth form – importance of references and CVs • Importance of digital footprint | <p>Unit 1 : Health and wellbeing : Respecting Ourselves?</p> <ul style="list-style-type: none"> • Re-cap – Sexual health and use of alcohol • Pornography – the possible harmful effects on relationships • Managing power and authority in relationships/abuse – controlling, coercive and abusive • Avoiding unhealthy substances | <p>Unit 2 : Relationships : Family planning, unplanned pregnancy, miscarriage and infertility</p> <ul style="list-style-type: none"> • Pregnancy – concept of family planning; fertility; management of pregnancy; unplanned pregnancies • Alternatives to having a baby – abortion; foster care and adoption • Problems with having a baby – miscarriage; infertility • Parenting – emotional and physical impact; what makes a good parent | <p>Unit 3 : Human Rights – What are our human rights? How are these abused? How can they be challenged?</p> <ul style="list-style-type: none"> • What are our human rights? Are they in place across the world • Extremism and radicalisation • Use of torture • Female gender mutilation; forced and arranged marriage; honour based violence | <p>Unit 4: Living in the wider world – How best to manage your money and online life</p> <ul style="list-style-type: none"> • Wants and needs linked to finance. • Understanding of the tax system • Understanding of pay slips and what is taken from these • Interest rates/exchange rates • Consumer rights and ethical training • Why is my digital footprint important? • Keeping yourself safe online in relationships and after these have ended |

Year 11 PSHE Programme of Study Medium Term Planning

| | Introduction Unit | Unit 1 | Unit 2 | Unit 3 |
|----------------|--|---|--|---|
| Year 11 | <p>Careers Focus: Pathways Post 16</p> <ul style="list-style-type: none"> • Post 16 Pathways • Managing examinations – Planning and managing time; Revision strategies; managing stress • Maximise session | <p>Unit 1: Keeping safe - Building resilience</p> <ul style="list-style-type: none"> • Emotional health and wellbeing; importance of resilience; reframing negative thinking • Managing risk | <p>Unit 2: Keeping safe in relationships</p> <ul style="list-style-type: none"> • Being safe and understanding all actions have consequences i.e. drink driving; texting when driving or being in the car with others • Sexual health – contraception and STI reminder • What is coercive control? | <p>Unit 3 : Health and Wellbeing</p> <ul style="list-style-type: none"> • Making choices - Tattoos and piercings; organ and blood donation • Teenage Cancer Awareness • Monitoring health (self - examination) • First Aid |