

Lower Juniors PSHE including RSE

y2

Autumn 1

Caring friendships
Respectful relationships

Autumn 2

Spring 1

Online safety

Families and people who look after me

Spring 2

Summer 1

Being me - SEN.

First Aid Being Safe

Upper Juniors

Changing adolescent body.

Summer 2

Upper Juniors PSHE including RSE

Autumn 1

Healthy Lifestyles/Physical Wellbeing
Mental Health
Drugs, Alcohol and Tobacco

Autumn 2

Spring 1

Respecting Yourself
Managing Hurtful behaviour and Bullying

Spring 2

Summer 1

Families and Close Personal Relationships
Friendships
Safe Relationships

Shared Responsibility
Community

Summer 2

Year
7

Keeping Safe
Ourselves - Growing & Changing (SRE)(CSE resources)

Media Literacy and Digital Resilience
Economic Wellbeing - Money
Economic Wellbeing - Aspirations, Work and Career

Year 7 PSHE including RSE

Autumn 1

Self Concept
Mental health and Well Being
Healthy Lifestyles

Autumn 2

Spring 1

Drugs, Alcohol and tobacco
Managing Risk and personal safety
Puberty and sexual health

Positive Relationships / Relationship
values / forming and maintaining
respectful relationships

Spring 2

Summer 1

Learning Skills
Choices and Pathways

Consent / Contraception and Parenthood
/ Bullying / Abuse / social influence

Year 8

Financial choices
Media and Digital safety

Summer 2

Year 8 PSHE including RSE

Autumn 1

Self Concept
Mental health and Well Being
Healthy Lifestyles

Autumn 2

Spring 1

Drugs, Alcohol and tobacco
Managing Risk and Personal Safety
Puberty and sexual Health

Spring 2

Summer 1

Positive Relationships
Relationship Values
Forming and maintaining respectful relationships

Learning Skills
Choices and Pathways
Work and Career
Employment

Consent
Contraception and Parenthood
Bullying /Abuse
Social Influences

Summer 2

Year 9

Financial choices
Media and Digital safety

Year 9 PSHE including RSE

Autumn 1

Self Concept
Mental health and Well Being
Healthy Lifestyles

Autumn 2

Spring 1

Drugs, Alcohol and tobacco
Managing Risk and personal safety
Puberty and sexual Health

Positive Relationships

Spring 2

Summer 1

Learning Skills
Choices and Pathways
Work and Career
Employment

Consent
Contraception and Parenthood
Bullying /Abuse

Summer 2

GCSE PE
Core PE

Financial choices
Media and Digital safety

Year 10 PSHE including

PSHE

Autumn 1

Emotional Wellbeing - common mental health conditions, connecting with others

Autumn 2

Spring 1

Emotional Wellbeing - Maintaining positive mental wellbeing, strategies to cope e.g CBT or mindfulness

Emotional Wellbeing - Maintaining positive mental wellbeing, strategies to cope e.g CBT or mindfulness

Spring 2

Summer 1

Managing emotions in a relationship, healthy and unhealthy relationships

Consent and laws of sex and young people, role of parenting

Summer 2

Year 11

STIs and Contraception

Year 11 PSHE including RSE

Autumn 1

Sexual Health - Healthy relationships, STIs and contraception

Autumn 2

Spring 1

Sexual Health - emergency contraception, consent

Alcohol, effects of alcohol, alcohol poisoning

Spring 2

Summer 1

Impact of alcohol on emotional health and wellbeing, peer pressure

FGM and forced marriage
CV's and Work Experience forms

Summer 2

Health and Social Care

Evaluation and signing off