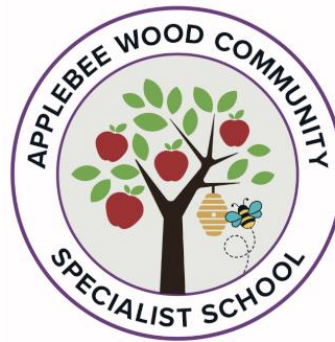


Applebee Wood Community Specialists School



Our [Programme Builders \(.pdf version\)](#) include links to the quality assured resources for each area of PSHE education and advice on using the tools effectively. These Programme Builders are updated as soon as new resources are available, so we would encourage you to check in regularly to see the latest recommended resources.

We have also published one of these fully-editable MS Word templates for each Programme Builder to allow you to easily customise and tailor your long-term overview and term-by-term plans to meet the needs of your pupils.

PSHE
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SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW — THEMATIC MODEL

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying <i>Protected Characteristics</i>	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Attenborough Y8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work <i>Protected Characteristics</i>	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Rashford / Scott y9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting <i>Protected Characteristics</i>	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence <i>Protected Characteristics</i>

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Living in the wider world	Summer 1 Relationships	Summer 2 Health & wellbeing
Year 10 Not taught in 23/24 cycle	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change ASDAN Raising Aspirations Looking After Myself Being Active Healthy Eating Personal Hygiene Feelings Local health services Choosing clothes	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices AQA Unit Award 70311 Money Skills	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography AQA Unit Award 110842 Sex, puberty and STDs 110848 Relationships and staying safe	Work experience (not actual work experience for year 10) Preparation for and evaluation of work experience and readiness for work <i>Protected Characteristics</i>	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Exploring influence The influence and impact of drugs, gangs, role models and the media 110848 Relationships and staying safe
Bowie Y11 Peake (Y10/11)	Independence Responsible health choices, and safety in independent contexts ASDAN Raising Aspirations Being independent	Building for the future Self-efficacy, stress management, and future opportunities AQA Unit Award 112326 Resilience 112327 Organisational skills	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse AQA Unit Award 108138 Sex education 108138 Relationships and consent	Next steps /Work experience (not actual work experience for year 10) Application processes, and skills for further education, employment and career progression ASDAN Raising Aspirations Awareness of the world of work including work experience <i>Protected Characteristics</i>	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships (FGM included in this topic) AQA Unit Award 112454 Introduction to parents and childcare.	AQA Unit Award 71167 Use of public transport AQA Unit Award 110178 Knife crime 110278 Racism and discrimination
Bevan Y11/Y10	ASDAN Raising Aspirations Being independent			ASDAN Raising Aspirations Awareness of the world of work including work experience CV		AQA Unit Award 71167 Use of public transport AQA Unit Award 110178 Knife crime 110278 Racism and discrimination

Semi- Formal Curriculum PSHE Association SEND Curriculum

	Autumn 1 Self-Awareness	Autumn 2 Self-Care, Support and Safety	Spring 1 Changing and Growing	Spring 2 The World I Live In	Summer 1 Healthy Lifestyles	Summer 2 Managing Feelings
Hawking Y7	Personal strengths	Feeling unwell Feeling frightened/worried	Puberty Friendship <i>Protected Characteristics</i>	Diversity/rights and responsibilities Managing online information <i>Protected Characteristics</i>	Elements of a healthy lifestyles Mental wellbeing	Self-esteem and unkind comments Strong feelings
Brunel Y8	Skills for learning	Accidents and risk Keeping safe online Emergency situations	Healthy and unhealthy relationship behaviour <i>Protected Characteristics</i>	Taking care of the environment	Physical activity Healthy eating Body image	Romantic feelings and sexual attraction
Y9	Prejudice and discrimination Managing pressure <i>Protected Characteristics</i>	Public and private Gambling	Intimate relationships, consent and contraception Long-term relationships/parenthood	Preparing for adulthood	Medicinal drugs Drugs, alcohol & tobacco	Expectations of relationships/abuse <i>Protected Characteristics</i>
Y10	ASDAN Raising Aspirations Looking After Myself					
Bevan Y11	ASDAN Raising Aspirations Being independent MC 18 Show that you know about different lifestyle choices KH 8 Take part in an activity to help others	MC8 Identify your likes and dislikes and share them with others TTL 8 Take part in activity which involves making choices.	FG 18 Show that you know how to be a good friend. <i>Protected Characteristics</i> FG 8 Identify when a person is being teased or bullied <i>Protected Characteristics</i>	ASDAN Raising Aspirations Awareness of the world of work including work experience MF 8 Show you can follow rules in your centre. KH 14 Take part in an enterprise project, MC 14 Find out about different jobs that people do in your school.	TTL 18 Show that you know how to behave appropriately with other people. <i>Protected Characteristics</i> MF18 Show the types of relationships you have with others	Knife crime Racism and discrimination

				<p>FG 14 Find out about different jobs people do in your local community,</p> <p>MF 14 Find out about opportunities that are available to you in the future.</p> <p>TTL 14 Taking the lead in a meeting about your future.</p>		
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