

Curriculum Overview – PSHE

Y7	
Term 1	Transition to Secondary School/Recovery Curriculum Focus What are the Challenges Challenges of Transition Forming Positive Relationships Bullying/Cyber-Bullying Diversity/Prejudice **7K Literacy Focus – Only 4 Lessons from
Term 2	Looking After Number 1 Diet and Exercise and how to make Healthy Choices Impact of Energy Drinks on the Body Risks of Alcohol and Tobacco Personal Hygiene
Term 3	Developing Life Skills Enterprise Project Developing Raising Aspirations Teamwork Skills Presentation & Presenting Skills Finance and Budgeting
Term 4	Democracy and British Values The concept of Democracy and its importance How citizens influence decision making The importance of the Rule of Law for wellbeing and safety How the Rule of Law Works in the UK Freedom of Speech/Choice
Term 5	Families & Relationships Understanding Family Life in the 21st Century Healthy Relationships with in Families/ Unwanted Contact Romance/ Marriage/Civil Partnerships Emotional Aspects of Puberty – Managing Emotional Change
Term 6	Identity Who Am I Creating an identity Gender Identity Faith & Values What are my Rights & Responsibilities My personal brand What do I need to plan for?

Y8	
Term 1	Staying Safe Part 1 Drug use – investigating types of Drugs & impact – Physical/Mental/ Social Understanding the Law around Drug Use Issues around Drugs & Alcohol The role of Peer Pressure

Term 2	Sex & Relationships Introduction to Consent – the idea & the importance & the law Factors impacting choices around Sex Introduction to sexuality & Sexual orientation Introducing to Contraception
Term 3	Community Spirit Rights & Responsibilities within Communities – School & Local Communities Human Rights Tackling Discrimination – Age, Disability & Religious Racism – Black Lives Matter
Term 4	Developing Life Skills - Careers Focus Identifying Interests What are Skills? & What Skills are needed for specific Careers What is your Dream Job?
Term 5	Looking After Number 1 - Part 2 Mental Health Body Image Emotional Wellbeing Managing Emotions & Supporting Mental Health
Term 6	Looking After Number 1 - Part 2 Mental Health Body Image Emotional Wellbeing Managing Emotions & Supporting Mental Health

Y9	
Term 1	Peer Pressure What is Peer Pressure Gang Culture & Issues with Gangs Knife Crime County Lines
Term 2	Sex & Relationships Re-capping the idea of Consent The idea and features of an intimate relationship Issues around Healthy/Unhealthy Relationships – how to recognise signs of unhealthy relationships. The issue of Rape Mythbusting Pornography Issues around Relationships – Sexting, Revenge Porn, etc. Re-capping Contraception Investigating STIs
Term 3	Community Spirit Tackling Homophobia, Transphobia and Sexism Understanding Homosexuality Understanding Transgender/Gender Neutral Understanding reasons for sexual orientation Developing Tolerance Issues around Extremism

Term 4	Future Planning - Careers Focus Identifying Interests & linking to potential Careers Transferable Skills for Careers Subject Library Treasure Hunt (in line with Options Choices Process) Leadership Skills Investigating Universities and Apprenticeships
Term 5	Looking after Number 1 Lifestyle choices – re-capping issues around Alcohol/Drugs/Smoking Dieting – The Good/The Bad/The Ugly – including obesity & binge eating Healthy Lifestyles & exercise The pressures of Social Media on Body Image
Term 6	Finance & Life Skills How do I save and how to I budget? What influences our spending? How enterprising am I? What opportunities are out there? How can I improve my prospects?

Y10	
Term 1	Re-capping Key Concepts Building Self Esteem Role of Parenting & Families Sexual Harassment & Stalking Re-visiting Mental Health Avoiding Negative Behaviour Change, Loss & Separation
Term 2	RE Module (See RE Overview)
Term 3	Careers & Employability Skills Careers & Getting Paid Work Ready & Ambitious Program Employer Engagement Sessions Re-capping Employability Skills Understanding Post 16 Education options
Term 4	RE Module (See RE Overview)
Term 5	Re-capping Key Concepts Impact of gambling & financial exploitation online Developing a Positive Presence Being a Role Model Law relating to possession/supply of drugs The impact of drug & alcohol abuse on a relationship Financial Risk & opportunities
Term 6	RE Module (See RE Overview)

Y11	
Term 1	Re-capping Key Concepts County Lines & Gang Crime Relationships, Expectations & Safety Peer on Peer Abuse
Term 2	RE Module (See RE Overview)
Term 3	Careers & Employability Skills CV and Application Writing
Term 4	RE Module (See RE Overview)
Term 5	RE-capping Key Concepts Harmful online behaviours How is data gathered & shared online Forced Marriage & Violence
Term 6	