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| **KS4 PSHE Long Term Plan** |

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|  | **AUTUMN 1** | **AUTUMN 2** | **Assessment** | **SPRING 3** | **SPRING 4** | **Assessment** | **SUMMER 5** | **SUMMER 6** | **Assessment** |
| **Ruby** | **Mental Health**  Mental health and ill-health, stigma, safeguarding health including during periods of transition or change. | **Exploring Influence**  The influence and impact of drugs, gangs, role models and the media. | Quiz  Verbal Q&A | **Gambling and Gaming**  Gambling hooks, advertising and marketing, ‘big business’, links between gambling and other risky behaviours, where to get help. | **PCSO’s Respect Programme**  Short and long term consequences of crime, sexual harassment and stalking, domestic violence. | Quiz  Verbal Q&A | **Extremism and Radicalisation**  Communities, belonging and challenging a variety of extremist views. | **Healthy**  **Relationships**  Relationships and sex expectations, myths, pleasure and the impact of media and pornography, sexual harassment. | Quiz  Verbal Q&A |
| **Revisit** | Diamond Aut 1 & 2 | Diamond Aut 2 |  | Diamond Aut 1 | Diamond Aut 2, Spr 4 |  | Diamond Spr 4 | Diamond Sum 5 |  |
| **Diamond** | **Emotional Wellbeing and Coping with Stress**  Self-efficacy, stress management, incl. Kooth session for exam stress, healthy coping strategies, where to access advice and support. | **Health and Well-being: Health and Prevention**  Making responsible health choices, self-examination, safety in independent contexts. | Quiz  Verbal Q&A | **Families**  Different families and parental responsibilities, marriage, forced marriage, changing relationships, pregnancy and fertility choices. | **PCSO’s Respect Programme**  Safe driving, hate crime, sexual harassment and stalking, safe clubbing. | Quiz  Verbal Q&A | **Communication in Relationships**  Managing conflict, assertive communication, relationship challenges and abuse, where to get help and support. | **Catch-Up Opportunity**  This time to be used to re-visit any missed learning from previous years.  Bespoke to each class. | Quiz  Verbal Q&A |
| **Revisit** | Diamond Aut 2 | Diamond Spr 3 |  | Diamond Sum 5 | Diamond Sum 5 |  | N/A – final unit |  |  |

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| **Group** | **To Follow**  **(Considering need and prior learning)** | **Comments** |
| 7 | **Ruby** |  |
| 8 | **Diamond** | Alternative lessons may be selected to meet needs of the class. |
| 9 | **Ruby** | Alternative lessons may be selected to meet needs of the class. |
| 10 | **Ruby/Diamond** | Pupils on bespoke timetables missed PSHE last year – lessons to be selected from both pathways to ensure pupils have key essential skills prior to leaving in Year 11 |