

PSHE Overview – Year X

	Class 1	Class 2	Class 3
Autumn 1	Physical health and wellbeing: Fun times Pupils learn: <ul style="list-style-type: none"> • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety 	Drug, alcohol and tobacco education: Tobacco is a drug Pupils learn: <ul style="list-style-type: none"> • The definition of a drug and that drugs (including medicines) can be harmful to people • About the effects and risks of smoking tobacco and second-hand smoke • About the help available for people to remain smoke free or to stop smoking. 	Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia) Pupils learn: <ul style="list-style-type: none"> • about stereotyping, including gender stereotyping • workshop from Diversity Role Models or Equal teach • about prejudice and discrimination and how this can make people feel
Autumn 2	Keeping safe and managing risk: Feeling safe Pupils learn: <ul style="list-style-type: none"> • safety in familiar situations • about personal safety • about people who help keep them safe outside the home 	Keeping safe and managing risk: Bullying – see it, say it, stop it. Pupils learn: <ul style="list-style-type: none"> • To recognise bullying and how it can make people feel. • About different types of bullying and how to respond to incidents of bullying. • About what to do if they witness bullying. 	Physical health and wellbeing: In the media Pupils learn: <ul style="list-style-type: none"> • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality
Spring 1	Identity, society and equality: Me and others Pupils learn: <ul style="list-style-type: none"> • about what makes themselves and others special 	Mental health and emotional wellbeing: Strengths and Challenges Pupils learn: <ul style="list-style-type: none"> • About celebrating achievements and setting personal goals 	Drug, alcohol and tobacco education: Different influences Pupils learn: <ul style="list-style-type: none"> • about the risks associated with smoking drugs, including

	<ul style="list-style-type: none"> • about roles and responsibilities at home and school • about being co-operative with others 	<ul style="list-style-type: none"> • About dealing with put-downs • About positive ways to deal with set-backs. 	cigarettes, e-cigarettes, shisha and cannabis <ul style="list-style-type: none"> • about different influences on drug use – alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol
Spring 2	Drug, alcohol and tobacco education: What do we put into and on to bodies? Pupils learn: <ul style="list-style-type: none"> • about what can go into bodies and how it can make people feel • about what can go on to bodies and how it can make people feel 	Identity, society and equality: celebrating difference Pupils learn: <ul style="list-style-type: none"> • About valuing similarities and difference between themselves and others • About what is meant by community • About belonging to groups 	Keeping safe and managing risk: When things go wrong Pupils learn: <ul style="list-style-type: none"> • about keeping safe online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home
Summer 1	Mental health and emotional wellbeing: Feelings Pupils learn: <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel 	Careers, financial capability and economic wellbeing: Saving, spending and budgeting. Pupils learn: <ul style="list-style-type: none"> • About what influences people's choices about spending and saving money • How people can keep track of their money • About the world of work. 	Mental Health and Wellbeing: Dealing with feelings Pupils learn: <ul style="list-style-type: none"> • about a wide range of emotions and feelings and how these are experienced in the body • about times of change and how this can make people feel • about the feelings associated with loss, grief and bereavement

Summer 2	Careers, financial capability and economic wellbeing: My money Pupils learn: <ul style="list-style-type: none"> • about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do 	Physical health and wellbeing: What helps me choose? Pupils learn: <ul style="list-style-type: none"> • About making healthy choices about food and drinks • About how branding can affect what foods people choose to buy • About keeping active and some of the challenges about this. 	Careers, financial capability and economic wellbeing: Borrowing and earning money Pupils learn: <ul style="list-style-type: none"> • that money can be borrowed but there are risks associated with this • about enterprise • what influences people's decisions about careers
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Autumn 1	Physical health and wellbeing: What keeps me healthy? Pupils learn: <ul style="list-style-type: none"> • about eating well • about the importance of physical activity, sleep and rest • about people who help us to stay healthy and well and about basic health and hygiene routines 	Identity, Society and equality: Democracy Pupils learn: <ul style="list-style-type: none"> • About Britain as a democratic society • About how laws are made • About the local council 	Drug, alcohol and tobacco education: weighing up risk Pupils learn: <ul style="list-style-type: none"> • About the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs. • About assessing the level of risk in different situations involving drug use • About ways to manage risk in situations involving drug use.
Autumn 2	Mental health and emotional wellbeing: Friendship, Strengths and Challenges Pupils learn: <ul style="list-style-type: none"> • about the importance of special people in their lives • about making friends and who can help with friendships • about solving problems that might arise with friendships KS2 pupils learn:	Drug, alcohol and tobacco education: making choices. Pupils learn: <ul style="list-style-type: none"> • That there are drugs (other than medicines) that are common in everyday life, and why people choose them • About the effects and risks of drinking alcohol • About different patterns of behaviour that are related to drug use. 	Identity, society and equality: Human rights Pupils learn: <ul style="list-style-type: none"> • About people who have moved to the UK from other places (including the experiences of refugees) • About the human rights and the UN convention on the Rights of the Child • About homelessness.

Spring 1	Sex and relationship education: Boys and girls, families Pupils learn: <ul style="list-style-type: none"> • to understand and respect the differences and similarities between people • about the biological differences between male and female animals • about growing from young to old and that they are growing and changing 	Physical health and wellbeing: What is important to me? Pupils learn: <ul style="list-style-type: none"> • Why people may eat or avoid certain foods (religious, moral, cultural or health reasons) • About other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) • About the importance of getting enough sleep. 	Mental health and emotional wellbeing: healthy minds Pupils learn: <ul style="list-style-type: none"> • What mental health is • About what can affect mental health and some ways of dealing with this • About some everyday ways to look after mental health • About the stigma and discrimination that can surround mental health.
Spring 2	<ul style="list-style-type: none"> • that everybody needs to be cared for and ways in which they care for others • about different types of family and how their home-life is special 	Keeping safe and managing risk: Playing safe Pupils learn: <ul style="list-style-type: none"> • How to be safe in their computer gaming habits • About keeping safe near roads, rail, water, building sites and around fireworks • What to do in an emergency and basic emergency first aid procedures. 	Keeping safe - out and about Pupils learn: <ul style="list-style-type: none"> • about feelings of being out and about in the local area with increasing independence • about recognising and responding to peer pressure • about the consequences of anti-social behaviour (including gangs and gang related behaviour)
Summer 1	Keeping safe and managing risk: Indoors and outdoors and bullying Pupils learn: <ul style="list-style-type: none"> • about keeping safe in the home, including fire safety 	Sex and relationship education: Growing up and changing Pupils learn: <ul style="list-style-type: none"> • to understand and respect the differences and similarities between people 	Sex and relationship education: Healthy relationships / How a baby is made Pupils learn:

	<ul style="list-style-type: none"> • about keeping safe outside • about road safety 		
Summer 2	<p>Drug, alcohol and tobacco education: Medicines and me</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • Why medicines are taken • Where medicines come from • About keeping themselves safe around medicines 	<ul style="list-style-type: none"> • about the biological differences between male and female animals and their role in the life cycle <ul style="list-style-type: none"> • Use the correct names for parts that are private (link to NSPCC – PANTS and Pantosaurus). • about the way we grow and change throughout the human lifecycle 	<ul style="list-style-type: none"> • about the changes that occur during puberty including menstruation and wet dreams • about the impact of puberty in physical hygiene and strategies for managing this • how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty • strategies to deal with feelings in the context of relationships • to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact • what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships • about roles and responsibilities of carers and parents • to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it