

SHA RHSE Learning and Assessment Scheme

Band 1+2		1E			1E+			
Autumn Term	Safe Relationships online and offline (E-Safety) PD/SIS Link Resilience/SMSC	To understand what it means to be resilient	To understand how to respond safely to adults they don't know	To recognise that some things are private	To know how to respond if physical contact makes them feel uncomfortable or unsafe	To know what to do if someone has asked me to do something which makes me feel unsafe or uncomfortable	To be aware of the term 'catfishing'	BIG Questions session (Philosophy)
			1D			1D+		
	Me and my Emotions PD/SIS Link It's my body/Healthy Eating/My emotions	To recognise and name different emotions	To understand the importance of kindness	To recognise that not everyone feels the same about different things	To explore the impact of 'big' feelings on our behaviour	To understand how physical activity helps us to stay healthy	To explore foods that support good health and the risks of eating too much sugar	To reflect on my achievements this term
		1S			1s+			
Spring Term	Anti-bullying/Bullying/Friendships PD/SIS Link British Values/Communication	To practise asking for help when managing our 'big' emotions	To understand that bodies and feelings can be hurt by words and actions; both on and offline	To empathise how people may feel if they experience being bullied	To listen to others when playing or working cooperatively	To understand how to ask for help if a friendship is making them feel unhappy	To explore simple strategies to resolve arguments between friends positively	To recognise my special people in my life
			2E			2E+		
	Ways to keep safe and healthy PD/SIS Link British Values/Aspirations/Managing myself	To understand the meaning of having aspirations (PD/SIS Link)	To acknowledge and be aware of my aspirations	To understand why sleep is important and different ways to rest and relax	To recognise the importance of when to take a break from time online or TV	To learn about simple hygiene routines that can stop germs from spreading	To understand the importance and routines of dental hygiene	To explore how to keep safe in the sun and ways to protect our skin
		2D			2D+			
Summer Term	SMSC- My place in the world and community, being unique, self-confidence, physical body changes (puberty) PD/SIS Link Citizenship-One World/Resilience	To know why I am special and unique	To understand the importance to talk to an adult they trust such as an adult if someone or something at home or school has made them feel unhappy, worried or upset	To discuss the different groups they belong to	To explore the different roles and responsibilities people have in their community	To understand the difference between needs and wants; that sometimes people may not always be able to have the things they want	To develop an awareness of body parts	To understand how my body might change
			2S			2S+		
	Relationships PD/SIS Link Growing up/Relationships	To share my likes and dislikes to get to know my class friends	To learn about how people make friends and what makes a good friendship	To understand what kind and unkind behaviour looks like and how it can affect others	To understand how we change as we grow	To identify my family	To identify common and healthy features of home and family life	To reflect on my achievements this year at Sutton House

		Band 3 + 4			3E			3E+		
Autumn Term	Cyberbullying / Digital footprint (E-Safety) PD/SIS Link Resilience/SMSC	To understand what it means to be resilient	To develop an understanding about the impact of bullying, including offline and online, and the consequences of hurtful behaviour	To recognise kind and unkind behaviour online	To understand the difference between taking an appropriate and inappropriate photograph	To be aware of digital footprint	To know how to respond safely and appropriately to strangers online	BIG Questions session (Philosophy)		
	Me and my Emotions PD/SIS Link It's my body/Healthy Eating/My emotions	To discuss different feelings that humans experience	To recognise how feelings can affect people's bodies and behaviour	To identify things that make me feel good	To recognise that feelings change over time and range in intensity	To understand the elements of a healthy lifestyle	To recognise what constitutes to a healthy diet	To reflect on my achievements this term		
		3S			3S+					
Spring Term	Anti-bullying/Bullying/Friendships PD/SIS Link British Values/Communication	To understand what bullying is and what it might look like	To explore strategies to manage pressure from others to do something unsafe or that makes them feel uncomfortable	To know about healthy and unhealthy secrets	To understand the importance of listening and paying attention to others during conversations	To understand the benefits of having different types of friends	To recognise what positive attributes to look for in a friend	To explain how I can be a good friend to others		
	Ways to keep safe and healthy PD/SIS Link British Values/Aspirations/Managing myself	To understand the meaning of having aspirations	To understand that personal behaviour can affect other people	To discuss how hazards can cause harm, injury or risk and the importance of keeping safe	To explore ways to manage anxieties about new experiences	To understand how to keep safe when out and about in our local environment	To be aware of first aid	To think about how to respond and react in an emergency situation		
		4D			4D+					
Summer Term	SMSC- My place in the world and community, being unique, self-confidence, physical body changes (puberty) PD/SIS Link Citizenship-One World/Resilience	To recognise ways in which I am unique to others	To discuss my personal identity and contributes to who I am that makes me 'me'	To identify my personal strengths	To understand self-confidence and ways to boost mine	To recognise my place in the world	To understand that all people can feel down sometimes	To develop understanding around resilience		
	Relationships PD/SIS Link Growing up/Relationships	To know that a feature of positive family life is caring relationships	To recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty	To recognise and respect that there are different types of family structure	To know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice	To understand that healthy friendships make people feel included	To understand and prepare for my next year at school	To reflect on my achievements this year at Sutton House		
		4S			4S+					

	Band 5 + 6	5E			5E+			
Autumn Term	Relationships online (E-Safety) PD/SIS Link Resilience/SMSC	To understand what it means to be resilient	To know what constitutes a positive healthy friendship both online and offline	To recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face	To recognise the effect of online actions on others	To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary	To explore strategies to respond to hurtful behaviour experienced or witnessed, offline and online	BIG Questions session (Philosophy)
	Emotions Me and my Emotions PD/SIS Link It's my body/Healthy Eating/My emotions	5D			5D+			
	Anti-bullying/Bullying/Friendships	5S			5S+			
Spring Term	PD/SIS Link British Values/Communication	To explain what the term anti-bullying means and why it is important	To explore strategies of how to respond to hurtful behaviour experienced online or offline	To identify morals when witnessing hurtful behaviour upon someone else	To know what discrimination means and how to challenge it	To discuss how friendships can change over time, about making new friends and the benefits of having different types of friends	To know that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely	To reflect upon why I am a good friend
	Medicines/Smoking/Alcohol PD/SIS Link British Values/Aspirations/Managing myself	6E			6E+			
	Healthy/Unhealthy relationships	6D			6D+			
Summer Term	PD/SIS Link Citizenship-One World/Resilience	To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth	To recognise that there are different types of relationships	To be aware that people may be attracted to someone of the same sex or different sex to them	To develop an understanding of what marriage and civil partnership is	To understand that forcing anyone to marry against their will is a crime	To recognise the importance of self-respect	To discuss how babies need to be cared for
	Puberty/Sex Education Relationships PD/SIS Link Growing up/Relationships	6S			6S+			
		To explore ways our body physically changes during puberty	To understand how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene	To discuss the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams) (Depending on the needs of the children, may want to teach this in small groups)	To discuss the process of reproduction and birth as the human life cycle	To be aware of how babies are conceived and born (and that there are ways to prevent a baby being made)	To explore strategies of to manage transitions between classes and key stages	To reflect on my achievements this year at Sutton House

		7E						
Autumn Term	Year 7 Transition to Secondary School and Personal Identity / Cyberbullying PD/SIS Link Resilience/SMSC	To understand what it means to be resilient	To build relationships within the group by sharing personal interests	To reflect on feelings about being somewhere new	To support transition through learning to establish and manage friendships	To further explore cyberbullying and its effect on individuals	To learn how to respond to and manage negative or inappropriate online relationships	BIG Questions session (Philosophy)
	Anger Management	7E+						
	Me and my Emotions (Anger Management Course) PD/SIS Link It's my body/Healthy Eating/My emotions	To understand the emotion of anger	To understand the consequences of anger	To develop an awareness around the benefits of controlling anger	To recognise the signs of aggression	To identify ways to develop patience and tolerance	To understand how to handle confrontation	To explore ways to avoid stress and relaxing
Different relationships/The Government		7D						
Spring Term	PD/SIS Link British Values/Communication	To be aware of our Government and recognise current Prime Minister	To consider when young people should be able to vote	To conduct a vote and share opinions around something I am passionate about	To be aware of different romantic relationships	To explore how media can portray romantic relationships	To explore what consent means	To reflect upon why I am a good friend
	Lifestyle/Money Management	7D+						
	PD/SIS Link Aspirations/Managing myself	To identify my aspirations and see if they have changed over time	To promote the benefits of healthy lifestyle choices including physical activity, a healthy diet and adequate sleep	To consider the impact of others (including media) on our lifestyle choices	To explore strategies to build resilience to negative online influences	To explain the concept of banking and bank accounts	To explain the concept of budgeting and money management	To explain the concept of debt, what it is and how to avoid it
Careers/Aspirations		7S						
Summer Term	PD/SIS Link Citizenship-One World/Resilience	To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth	To be able to register on Careerpilot website	To be able to use Careerpilot to find out information on Jobs and Carers	To be able to explain the term 'green careers'	To think about the type of job that I would like to do in the future and make decisions	To know where to find out information about jobs and careers on the Career Pilot website	To explain why my dream job would be and why
	Relationships/Growing up/Puberty	7S+						
	Relationships PD/SIS Link Growing up/Relationships	To review my understanding around physical and emotional changes that occur during puberty	To learn how to cope during puberty	To develop an understanding of how emotional changes can affect our relationships with others	To reflect upon the changes which happen during puberty	To explore how girls body changes during puberty	To explore how boys bodies change during puberty	To reflect on my achievements this year at Sutton House

		Year 8						
Autumn Term	Digital media and Cyberbullying (E-Safety) PD/SIS Link Resilience/SMSC	To understand what it means to be resilient	To acknowledge the benefits and risks of communicating online	To reflect upon the role of digital media on my life	To learn how to handle situations or online behaviour which makes them feel uncomfortable	To discuss cyberbullying scenarios and the affects it can have	To discuss the consequences of online cyberbullying	BIG Questions session (Philosophy)
	Emotions through creativity							
	Me and my Emotions PD/SIS Link It's my body/Healthy Eating/My emotions	To express a range of emotions through role play	To draw emotional facial expressions and write words associated with the emotions drawn	To represent anger through art work	To show sadness through art	To reflect on how different music can affect our moods	To describe ways to manage our emotions safely	To reflect upon how we can keep our bodies mentally and physically healthy
		Being British- British Values						
Spring Term	PD/SIS Link British Values/Communication	To recognise my own personal beliefs and values	To explain what I think it means to be British	To explain the term democracy	To develop my understanding around the rule of law	To understand individual liberty	To recognise what mutual respect is	To explore and discuss tolerance of others
	Careers							
	PD/SIS Link Aspirations /Managing myself	To be able to register to access the Careerpivot website	To use skills information to decide whether someone has the correct skills for the job	To be able to find job adverts	To find information to support CV writing and promote personal skills	To know where to find out information about jobs and skills on the Career Pilot website	To research various job roles	To explain what job I would like to do when I become an adult
		Money Management Barclays Life Skills- KS3 Lessons 1 & 2						
Summer Term	PD/SIS Link Citizenship-One World/Resilience	To research ways to save and spend money	To reflect on my own attitude to money and spending compared to others	Be able to prioritise needs and wants in different scenarios	Have calculated the potential cost implications of borrowing to purchase a big item	Understood the difference between income and expenditure	To complete a sample budget and considered the results	To reflect on my own spending patterns and influences
	Puberty recap and Relationships Focus							
	Relationships PD/SIS Link Growing up/Relationships	Q&A session around puberty/growing up	To learn about the qualities and behaviours expected in healthy relationships	To understand our family relationships affect our well-being	To recognise the positive qualities I bring to relationships	To explore common causes of conflict between young people and parents	To understand what unites a family and learn how to manage conflict at home	To reflect on my achievements this year at Sutton House

Year 9		9E						
Autumn Term	Social Media and Online gaming (E-Safety) PD/SIS Link Resilience/SMSC	To explore ways to promote emotional well-being	To build resilience and reframe disappointments and set backs	To learn about the impact of social media on mental health and well-being	To develop strategies to develop digital resilience	To understand why, when and how to access support for themselves and others	To explore the dangers of playing online games with an inappropriate age rating	BIG Questions session (Philosophy)
	Emotions and physical health Me and my Emotions PD/SIS Link It's my body/Healthy Eating/My emotions	To explore the benefits of physical activity on our bodies	To explore the risks of lack of physical exercise on our bodies and minds	To discuss daily requirements of physical exercise	To learn about attitudes to mental health and challenging misconceptions	To develop understanding around unhealthy coping strategies, including self-harm and eating disorders	To explore healthy ways to manage difficult feelings or challenging circumstances.	To reflect upon how to maintain positive emotional and physical health
Spring Term	Being British- British Values PD/SIS Link British Values/Communication	To explain why democracy is important in Britain	To discuss why we have a rule of law	To share examples of the law and link with morals	To describe the importance of individual liberty	To identify and discuss what mutual respect is	To develop understanding around tolerance of disabilities	To develop understanding around tolerance of other beliefs
	Careers PD/SIS Link Aspirations /Managing myself	To know where to find out more information about choosing KS4 options	To understand how different qualifications can lead to different career pathways	To know who and what influences my career choices	To begin to think about what KS4 options can lead to	To know where to find out information about choosing options and different qualifications on the Careerpilot website	To create a mood board with a range of ideas of careers	To share ideas and aspirations of potential careers with peers
Summer Term	Money Management Barclays Life Skills- KS3 Lessons 3 & 4 PD/SIS Link Citizenship-One World/Resilience	Understand that a range of different bank accounts and financial products exist	Understand how to interpret a bank statement and the importance of monitoring transactions	Explore savings in relation to everyday money management	Highlight some of the influencers on our attitudes to money and how we form good and bad habits	Recognise common financial mistakes and threats, and understand how to improve financial health	Understand the different ways they could be affected by fraud and how to keep financial information safe	To summarise how to manage money efficiently and sensibly
	Sex Education Focus Relationships PD/SIS Link Growing up/Relationships	To identify different types of relationships	To understand how the media portrays relationships	To identify good and bad qualities in a relationship	To explain where you can get help if you're in a bad relationship	To explain when sex is appropriate in a relationship and understand how sex and technology work and don't work together	To explain when and how you might want to end a relationship and understand how to deal with losing someone from a romantic relationship	To reflect on my achievements this year at Sutton House

Year 10		10E						
Autumn Term	Sharing content online and Cyberbullying (E-Safety) PD/SIS Link Resilience/SMSC	To discuss the role media has on our lives	To discuss the risks of sharing inappropriate information online	To explore the legal and ethical dimensions of respecting creative work online	To reflect on different pressures teens face when editing, positing and commenting on photos online	To learn that cyberbullying can escalate quickly because people often remain anonymous	To discuss the consequences of cyberbullying and online cruelty	BIG Questions session (Philosophy)
	Emotions through creativity	10E+						
	Me and my Emotions PD/SIS Link It's my body/Healthy Eating/My emotions	To learn about the challenges young people might face as they move through adolescence	To explore ways to promote positive mental health to help manage these challenges	To understand how negative thinking patterns can impact our response to disappointments	To identify strategies to build resilience by reframing negative thinking	To understand how to recognise signs that someone might need support for mental health concerns	To explore mental health issues that most commonly affect young people	To learn strategies to promote mental health and emotional well-being
Being British- British Values		10D						
Spring Term	PD/SIS Link British Values/Communication	To explore 'Prevent'	To develop understanding of terrorism and radicalisation	To deepen understanding of tolerance of others	To learn about the civil rights movement	To learn about the feminist movement	To learn about the neurodiversity movement	To share ideas for the rule of law for the future
	Careers	10D+						
	PD/SIS Link Aspirations /Managing myself	To know where to find out more information on work experience	To understand how some jobs require work experience	To know how to embrace work experience and talk about it during interviews	To understand the importance of being able to write a good CV	To begin to write a CV	To know where to find out information about Post 16 options and work experience	To share personal wishes for Post 16 options
Money Management Barclays Life Skills- KS4 Lessons 1 & 2		10S						
Summer Term	PD/SIS Link Citizenship-One World/Resilience	To consider the advantages and disadvantages of using credit or saving to make purchases	To develop understanding of budgeting	To consider the financial implications of personal life choices	To identify the main features of a payslip, and be able to explain some key terms	To understand the difference between net pay and gross pay on a payslip	To recognise that take-home pay may not be the only benefit of employment	To consider which career pathway I would like to take
	Sex Education Focus	10S+						
	Relationships PD/SIS Link Growing up/Relationships	To understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours	To assess readiness for sex, including sexual activity online, as an individual and within a couple	To evaluate different motivations and contexts in which sexual images are shared, and possible legal, emotional and social consequences	To be aware that fertility can vary in all people, changes over time (including menopause) and can be affected by STIs and other lifestyle factors	To be aware of the purpose, importance and different forms of contraception; how and where to access contraception and advice	Q&A Session -A chance for pupils to ask questions related to RHSE	To reflect on my achievements this year at Sutton House

	Year 11	11E						
Autumn Term	Publicity and Relationships online (E-Safety) PD/SIS Link Resilience/SMSC	To explore how myself and others represent ourselves online	To examine websites that foster a positive community	To explore the risks and responsibilities of carrying out romantic relationships in the digital world	To think critically about developing relationships with people online	To learn about the dynamics of online cruelty and how it affects people involved	To explore the upsides and down sides to becoming famous online	To understand that any content posted online creates digital footprint
	Empathy with others	11E+						
	Me and my Emotions PD/SIS Link It's my body/Healthy Eating/My emotions	To consider how my actions affect others feelings around me	To discuss independence as an adolescent	To reflect on my current emotions	To understand the importance of eating healthily	To discuss the pros and cons of take away food in our diets	To research ways health can be affected through a poor diet	To discuss exercising and eating in moderation
	Being British- British Values	11D						
Spring Term	PD/SIS Link British Values/Communication	To develop awareness of 'County Lines'	To understand the rules of law around illegal activities such as drug trafficking	To debate the pros and cons of recreational drugs	To explore the effects of alcohol	To debate the pros and cons of consuming alcohol	To discuss the current government in power	To share what you would change if you were to become Prime Minister
	Careers	11D+						
	PD/SIS Link Aspirations /Managing myself	To know where to find out more information about choosing Post 16 options	To find out information on different qualifications	To know where to find out more information about Post 18 options	To know where to find out more information about potential pathways	To know where to find out information about Post 16 and Post 18 options	To develop awareness around apprenticeships	To share plans for Post 16 and 18 options
	Money Management Barclays Life Skills- KS4 Lessons 3 & 4	11S						
Summer Term	PD/SIS Link Citizenship-One World/Resilience	To discuss ways to store money safely	Assess situations that carry different levels of risk and consequences	Calculate how insurance can provide protection from some financial risks	Recognise different types of financial fraud and understand how to reduce the risks they pose	Explore the ways that technology is changing how we interact with money	Consider the benefits and potential risks associated with managing money online and on the move	To describe how to keep their financial information safe
	Sex Education Focus	11S+						
	Relationships PD/SIS Link Growing up/Relationships	To recognise the impact of drugs and alcohol on choices and sexual behaviour	To know how to respond if someone has, or may have, an STI	To be aware of the possibility of miscarriage and support available to people who are not able to conceive or maintain a pregnancy	To develop an awareness about choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice	To review the purpose, importance and different forms of contraception; how and where to access contraception and advice	Q&A session around Sex Education	To reflect on my achievements this year at Sutton House