**The Meadows PSHE Long Term Plan-** *inc. SMSC, RSE/HRE, Online safety, BV (British values) and BL (Behaviour link)*

**KS3**

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|  | **Autumn** | **Spring** | **Summer** |
|  | **Relationships** | **Health & Well-Being**  | **Living in the Wider World** | **Health and well-being** | **Living in the Wider World** | **Relationships** |
| **Yr1****L SF****SF****F** | **Staying safe BL**(RSE/HRE) **Online safety****SMSC**-Feeling safe -Trusted people, confidentiality -Recognising & reporting | **Emotional wellbeing BL**(RSE/HRE)**SMSC**-Expressing feelings -Managing feelings -Seeking support  | **Economic Wellbeing****SMSC**-Money-Spending, saving, giving-Wants & needs | **Physical health**(RSE/HRE)**SMSC**-Healthy lifestyles -Physical exercise & impact, balanced diets -Making choices | **Communities****SMSC**-My community-What makes a community, diversity, freedom of expression-Prejudice BL (BV) | **Friendships BL**(RSE/HRE)**SMSC**-Friends -Making & maintaining friendships -Similarities & differences  (BV) |
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| **Yr2****L SF****SF****F** | **Respect and bullying BL**(RSE/HRE)**SMSC**-Mutual respect -Types of bullying, sharing points of view-Discrimination(BV) | **Mental wellbeing BL****SMSC**-Taking care -Managing challenges -Seeking support  | **Shared responsibilities****SMSC**-Rights & responsibilities-Why do we have rules?Responsibility for local environment/safety BL-Sustainability BL (BV) | **Managing change BL****SMSC Online safety**-Friendship skills -Changing & ending friendships, managing conflict -Loss & bereavement  | **Growing and changing BL SMSC**(RSE/HRE)-Growing up-Puberty-Changes to body | **Careers****SMSC**-Careers & me-Career types, career project-Challenging stereotypes |
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| **Yr3****L SF****SF****F** | **Personal identity BL****SMSC**-What contributes to who we are-Personal strengths, interests, goals-Managing setbacks(BV) | **Staying healthy**(RSE/HRE)**SMSC**-Basic hygiene skills-Basic first aid, early signs of illness-Seeking help BL | **Relationships BL**(RSE/HRE)**SMSC**-Healthy & positive-Different types, feeling safe-Managing strong feelings | **Friendships and keeping safe BL**(RSE/HRE) **SMSC OS**- Privacy and personal boundaries-Respectful relationship, acceptable contact-Online safety | **First aid and keeping safe**(RSE/HRE) **Online safety SMSC**-Personal safety, travel safety-Basic first aid, safety in different environments-Emergency procedures | **Media Literacy**(RSE/HRE) **Online safety****SMSC**-Supported Online use-Age appropriateness, misinformation, reliability of source-How data is stored and used |

**KS4**

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|  | **Autumn** | **Spring** | **Summer** |
|  | **Health & Well-Being** | **Living in the Wider World** | **Relationships** | **Health & Well-Being** | **Relationships** | **Living in the Wider World** |
| **Yr1****L SF****SF****F** | **Transition and safety****SMSC**-Transition to KS4-Personal safety BL-Basic first aid6103 | **Developing Skills and aspirations****SMSC**-Raising aspirations-Teamwork & careers BL6074-Enterprise skills6100 (BV) | **Diversity BL****SMSC Online safety**-Diversity-Prejudice & bullying6072 6073-Supporting others (BV) | **Health and puberty BL**(RSE/HRE)**SMSC**-Healthy routines-Influences on health, puberty6063-Unwanted contact, FGM6103 | **Building relationships BL****(RSE/HRE) Online safety****SMSC**-Friendships-Self-worth, romance & friendships6073-Relationship boundaries(BV) | **Financial decision making****SMSC**-Making choices-Saving, borrowing & budgeting6061-Financial choices |
| **Yr2****L SF****SF****F** | **Drugs and alcohol****SMSC Online safety**-Using prescribed drugs-Alcohol and drug misuse6063-Pressures & influences (inc. online) BL6114 6101 6103 | **Community and careers****SMSC**-Equal opportunities-Careers & life choices BL-Different types of work6100 (BV) | **Discrimination BL****SMSC Online safety**-Being fair-Discrimination in all forms (inc racism, disability, sexism etc)6073-Confronting discrimination6114 (BV) | **Emotional wellbeing BL**(RSE/HRE)**SMSC**-Daily wellbeing-Mental health and emotional wellbeing6063-Coping strategies6100 6103 | **Identity and relationships BL**(RSE/HRE) **SMSC OS**-Positive healthy relationships-Qualities of healthy relationships (inc online)6073-Gender identity & sexual orientation6100 (BV) | **Digital literacy**(RSE/HRE)**SMSC Online safety**-Online communications-Online safety-Media reliability**6114** |

**KS5**

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|  | **Autumn** | **Spring** | **Summer** |
|  | **Living in the Wider World**  | **Health & Well-Being** | **Relationships** | **Health & Well-Being** | **Relationships** | **Living in the Wider World** |
| **Yr1****L SF****SF****F** | **Setting goals****SMSC**-My strengths BL-Learning strengths, setting goals BL-Career options | **Peer influence & substance use**(RSE/HRE) **SMSC OS**-Friends & family BL- Healthy & unhealthy friendships BL-Assertiveness, gang exploitation | **Respectful relationships BL**(RSE/HRE) **SMSC OS**--Families-Families & parenting, healthy relationships, conflict resolution-Relationship changes | **Healthy lifestyle**(RSE/HRE)**SMSC**-Healthy choices-Diet, exercise, basic first aid-Mental health & emotional wellbeing BL | **Intimate relationships BL**(RSE/HRE)**SMSC**-Different relationships-Relationships and consequences-Readiness for sexual activity | **Employability skills****SMSC OS**-Equal rights & skills-Employment rights & responsibilities-Online presence(BV) |
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| **Yr2****L SF****SF****F** | **Work experience****SMSC**-Different roles-Strengths/ skills for work-Aspirations for the future  | **Financial decision making****SMSC**-Advertising pressures-Impact of financial choices-Impact of advertising on financial choices | **Healthy relationships BL**(RSE/HRE)**SMSC Online safety**-Relationships & expectations-Myths, assumptions, misconceptions-Opportunities & risks of online relationships, consent, and pressure | **Exploring influence BL**(RSE/HRE)**SMSC Online safety**-Role models-Influence of role models & the media-Impact of gangs, role models & media | **Community Cohesion BL****SMSC Online safety**-Belonging-Inclusion & respect, diversity & values- Recognising extremism & radicalisation (BV) | **Mental health BL**(RSE/HRE)**SMSC**-Mental & ill health-Safeguarding mental health-Stigma and attitude |
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| **Yr3****L SF****SF****F** | **Building for the future****SMSC**-Self efficacy BL-Stress management BL-Future Opportunities | **Next steps****SMSC**-Personal skills BL-Skills for the future-Applications, employment, career progression | **Communication in relationships BL****RSE/HRE SMSC**-Personal values-Wants & needs, assertiveness-Assertive communication (inc relationships) | **Independence**(RSE/HRE) **Online Safety****SMSC**-Responsibilities-Health choices, safety in context-Safety in independent context | **Families**(RSE/HRE)**SMSC**-Different families-Types of families & parental responsibilities-Changing relationships, pregnancy etc (BV) | **Work experience** **SMSC**- Experience roles-Preparation for work-Readiness for work |