**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 aid  6103 | **Developing Skills and aspirations**  **SMSC**  -Raising aspirations  -Teamwork & careers BL  6074  -Enterprise skills  6100 (BV) | **Diversity BL**  **SMSC Online safety**  -Diversity  -Prejudice & bullying  6072 6073  -Supporting others  (BV) | **Health and puberty BL**  (RSE/HRE)  **SMSC**  -Healthy routines  -Influences on health, puberty  6063  -Unwanted contact, FGM  6103 | **Building relationships BL**  **(RSE/HRE) Online safety**  **SMSC**  -Friendships  -Self-worth, romance & friendships  6073  -Relationship boundaries  (BV) | **Financial decision making**  **SMSC**  -Making choices  -Saving, borrowing & budgeting  6061  -Financial choices |
| **Yr2**  **L SF**  **SF**  **F** | **Drugs and alcohol**  **SMSC Online safety**  -Using prescribed drugs  -Alcohol and drug misuse  6063  -Pressures & influences (inc. online) BL  6114 6101 6103 | **Community and careers**  **SMSC**  -Equal opportunities  -Careers & life choices BL  -Different types of work  6100 (BV) | **Discrimination BL**  **SMSC Online safety**  -Being fair  -Discrimination in all forms (inc racism, disability, sexism etc)  6073  -Confronting discrimination  6114 (BV) | **Emotional wellbeing BL**  (RSE/HRE)  **SMSC**  -Daily wellbeing  -Mental health and emotional wellbeing  6063  -Coping strategies  6100 6103 | **Identity and relationships BL**  (RSE/HRE) **SMSC OS**  -Positive healthy relationships  -Qualities of healthy relationships (inc online)  6073  -Gender identity & sexual orientation  6100 (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 |