

Whole School PSHE programme by topic

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Transition and safety	Emotional wellbeing	Peer Influence	Exploring influence	Building for the future
Autumn 2	Developing skills & aspirations	Financial decisions	Preparing for options	Financial decision making	Next steps
Spring 1	Healthy Self	Self Image	First Aid	Personal health and wellbeing	First Aid
Spring 2	Diversity	Discrimination	Healthy relationships	PPE prep	Relationships and families
Summer 1	Changing Relationships	Identity & relationships	Intimate relationships	Addressing extremism & radicalisation	Exam season
Summer 2	Financial Literacy	Digital literacy	Financial Safety	WEX/Religion	

Lessons by topic and year group – Autumn 1

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	<u>Transition and safety</u>	<u>Emotional wellbeing</u>	<u>Peer Influence</u>	<u>Exploring influence</u>	<u>Building for the future</u>
	1. Emotions of moving to a new school	1. Attitudes to mental health	1. Healthy vs unhealthy freindships	1. Being a boy today	1. New challenges
	2. Establishing and managing friendships	2. Emotional Wellbeing	2. Risk and influences pt1	2. Female safety 1	2. Evaluating influence on own decisions
	3. Study skills	3. Digital Resilience	3. Risks and infliences pt2	3. Femal safety 2	3. Managing sleep
	4. Personal strengths & areas for development	4. Unhealthy coping strategies	4. Getting out pt1	4. Masculinity 1	4. Mental Health
	5. Firework safety pt1	5. Healthy coping strategies	5. Getting out pt2	5. Masculintiy 2	5. Exam stress
	6. Firework safety pt2	6. Dealing with loss	6. Summary activity	6. Summary activity	6. Summary activity

Lessons by topic and year group – Autumn 2

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 2	<u>Developing skills and aspirations</u>	<u>Financial Decisions</u>	<u>Preparing for Options</u>	<u>Navigating study and career</u>	<u>Next steps</u>
	1. Stereotypes	1. What influences my decisions?	1. Exploring career interests pt1	1. Identify careers prefereneces	1. Identifying values and aliging actions
	2. Strengths, skills & attributes	2. Making informed decisions pt1	2. Exploring career interests pt2	2. Naviagating the careers landscape	2. Making a difference
	3. Goal setting	3. Making informed decisions pt2	3. Work patterns and work places	3. Work experience launch & Grofar	3. PPE prep
	4. Work place skills and presentations pt 1	4. Why my decisions matter	4. Managing pressure pt1	4. Mapping a career path	4. PPE prep
	5. Work place skills and presentations pt2	5. How can I manage financial risk pt1	5. Managin pressure pt2	5. Making a good first impression	5. PPEs
	6. Summary activity	6. How can I manage financial risk pt2	6. Preparing for options	6. Preparing for work experience	6. PPEs

Lessons by topic and year group – Spring 1

	Year 7	Year 8	Year 9	Year 10	Year 11
Spring 1	<u>Healthy Self</u>	<u>Self Image</u>	<u>First Aid</u>	<u>Personal Health and wellbeing</u>	<u>First Aid</u>
	1. Sleep part 1	1. Body Image	1. Allergies	1. Sleep part 1	1. Basic Life Support (KS4)
	2. Sleep part 2	2. Influences	2. Bleeding (KS3)	2. Sleep part 2	2. Bleeding
	3. Dental health	3. Eating disorders	3. Asthma	3. Food and drink choices	3. Chest Pain
	4. Right to health	4. Body dysmorphia	4. Basic Life Support (KS3)	4. Influences and decision making	4. Bone, muscle and joint injuries
	5. Health review	5. Topic review	5. Head Injuries	5. Emotional wellbeing and the media	5. Choking

Lessons by topic and year group – Spring 2

	Year 7	Year 8	Year 9	Year 10	Year 11
Spring 2	<u>Diversity</u>	<u>Discrimination</u>	<u>Healthy Relationships</u>	<u>PPE preparation</u>	<u>Relationships and families</u>
	1. Baseline activity	1. Baseline activity	1. Baseline activity	1. Creating a revision timetable	1. Modern Families
	2. Community	2. Positive Bystander	2. Bystander recap and extend	2. Topic Explosions	3. Committed relationships and family life
	3. Stereotypes	3. Gender stereotype	3. Freedom and capacity to consent	3. Simplifying	3. Fertility and pregnancy choices
	4. Protected characteristics	4. Listening, understanding and communicating	4. Obtaining consent	4. Get to know the spec	4. Communication matters
	5. Values and disagreements	5. Review activity	5. Review activity	5. Flow charts	5. Change, loss and grief

Lessons by topic and year group – Summer 1

	Year 7	Year 8	Year 9	Year 10	Year 11
Summer 1	<u>Changing relationships</u>	<u>Identity and relationships</u>	<u>Intimate Relationships</u>	<u>Addressing extremism and radicalisation</u>	Exam season
	1. What is a positive relationship?	1. One-to-one relationships	1. Sexual health pt1	1. Communities, inclusion, respect and belonging	
	2. Making choices - age ratings and the law	2. Not just flirting	2. Sexual health pt2	2. Equality Act, diversity and values	
	3. Respecting me, you, us	3. Introduction to consent	3. Contraception pt1	3. Social media impact and influence	
	4. Somethings not right (abuse disclosure)	4. Sexting and managing pressure	4. Contraception pt2	4. Managing conflicting views and beliefs	
	5. Preventing involvement in organised crime	5. Gender Identity	5. Managing end of relationships	5. Challenging discrimination	
	6. Summary activity	6. Sexual Orientation	6. Review activity	6. Extremism and radicalisation	

Lessons by topic and year group – Summer 2

	Year 7	Year 8	Year 9	Year 10
Summer 2	<u>Financial Literacy</u>	<u>Digital Literacy</u>	<u>Financial Safety</u>	<u>WEX / Religion</u>
	1. Introduction to money/banking words	1. Causes of Cyber crime	1. Mobile phone costs	1. Work experience preparation
	2. Save, spend, budget	2. Effects of cyber crime	2. Cryptocurrency	Work experience
	3. Phones and financial risk	3. Understanding fraud	3. Financial exploitation	2. Work experience review
	4. Gaming and money online	4. Identity fraud and data protection	4. Online gaming 13+	4. Different Religions
	5. Social media, algorithms and spending	5. Money mules	5. Online safety	5. Charity across religions
	6. Getting help and support	6. Social engineering	6. Pocket money debate	6. Charitable actions