

Curriculum plan – PSHE

Year 9					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Summary</u> Being me in my world	<u>Summary</u> Celebrating difference	<u>Summary</u> Dreams and goals	<u>Summary</u> Healthy me	<u>Summary</u> Relationships	<u>Summary</u> Changing me
<u>Knowledge</u> Perceptions about intimate relationships Consent Sexual exploitation Peer approval Child-on-child abuse Grooming Radicalisation County lines Risky experimentation Positive and negative self-identity Groups Influences Social media Abuse and coercion Coercive control in groups Fitting in <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Protected characteristics Equality Act Phobic and racist language Legal consequences of bullying and hate crime Sexism, ageism, positive and negative language Banter Child-on-child abuse Bullying in the workplace Direct and indirect discrimination Harassment & victimisation Prejudice, discrimination and stereotyping <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Personal strengths Health goals SMART planning The world of work Links between body image and mental health Non-financial dreams and goals Mental health and ill health Media manipulation Self-harm Self-esteem Stigma Anxiety disorders, eating disorders, depression <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Misperceptions about young peoples' health choices Physical and psychological effects of drugs and alcohol Alcohol and the law Alcohol and drug poisoning Addiction Smoking & vaping Drug classification Supply and possession legislation Emergency situations First aid & CPR Substances and safety Sources of advice and support Mental health first aid <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Healthy relationships Power and control in intimate relationships Risk in intimate Relationships Importance of sexual consent Assertiveness skills Sex and the law Pornography and stereotypes Contraception choices Age of consent Family planning Consequences of unprotected sex STIs Support and advice Services <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Mental health stigma Triggers Support strategies Managing emotional changes Resilience and how to improve it Importance of sleep in relation to mental health Reflection on changes Benefits of relaxation Self-expression Influences Body image <u>Skills</u> Discussion and debate Retrieval Sharing opinions
<u>Assessment:</u> Two-weekly retrieval based assessments End of topic knowledge based tests					

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Year 10					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Summary</u> Being me in my world	<u>Summary</u> Celebrating difference	<u>Summary</u> Dreams and goals	<u>Summary</u> Healthy me	<u>Summary</u> Relationships	<u>Summary</u> Changing me
<u>Knowledge</u> Human rights & freedom, Safety in UK and beyond, Ending relationships safely Stages of grief, loss and bereavement Child-on-child abuse Social media and culture Online data & online safety Online identity, assessing and managing risk The law Social media risk and emergency contacts Positive and negative relationships GDPR Managing screentime Sharing/enhancing of images Managing different types of relationships <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Equality in the workplace (in society & relationships) Equality Act, Disability and hidden disability, Workplace expectations, Rights and responsibilities, Power and control in relationships, Coercive control, Benefits of multi-cultural societies, Equality and inequality, My health <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Impact of physical and mental health in reaching goals Resilience Work-life balance Connections and impact of mental health Balanced diet, vital organs Blood donation Benefits of helping others Online profile and impact on future goals and employability <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Improving health, mental health & sexual health Blood-borne infections Self-examination Diet and long-term health Misuse of prescription drugs Substances and the body Common mental health disorders Positive impact of volunteering Common threats to health including chronic disease Epidemics Misuse of antibiotics Organ donation Stem cells <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Sustaining long-term relationships Intimacy Healthy relationship with self Attraction, love & lust Relationship choices Ending relationships safely Consequences of relationships ending Pornography vs real life Relationships and the media Discernment Healthier and less healthy Relationships Coercion Abuse and the law Acceptable and unacceptable behaviours <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Impact of societal change on young people Role of media on societal change Reflection on change so far and how to manage it successfully Decision-making Stereotypes in romantic relationships Sexual identity and risk Physical and emotional Changes Family change Sources of support Personal safety Cycling Water safety Alcohol Transport <u>Skills</u> Discussion and debate Retrieval Sharing opinions
<u>Assessment:</u> Two-weekly retrieval based assessments End of topic knowledge based tests					

Curriculum plan – PSHE

Year 11					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Summary</u> Being me in my world	<u>Summary</u> Dreams and goals	<u>Summary</u> Healthy me	<u>Summary</u> Relationships	<u>Summary</u> Ad-hoc and responsive PSHE or revision	<u>Summary</u> Ad-hoc and responsive PSHE or revision
<u>Knowledge</u> Becoming an adult Legislation Adulthood Relationships and the law Legal status The law and you Substance use Me, the internet and the law Online activities Pornography Emergency situations Emergency aid <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Managing anxiety and overwhelm Physical and mental health Seeking support Money and debt Financial goals Budgets Gambling Dream job and skill set Expectations of roles Future relationships Long term goals Partnerships Parenting What to do when things go wrong Barriers <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Self worth Influences and decision making Impacts of sleep Staying safe in sexual relationships Consent Hormonal health Fertility Hormones influences Contraception and sexual health Pregnancy Choice Changes with age <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Intimate romantic relationships Media portrayals Sexual relationships Gender, diversity and sexuality Terminology Fluidity Law surrounding LGBTQ+ Coming out Challenges Stereotypes Power in relationships Strategies for managing relationships Illegal behaviour in relationships Harmful and illegal cultural and societal practices Female Genital Mutilation Breast ironing Reporting crimes <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Recap of any topics flagged through CPOMS Closing the Circle activities <u>Skills</u> Discussion and debate Retrieval Sharing opinions	<u>Knowledge</u> Recap of any topics flagged through CPOMS Closing the Circle activities <u>Skills</u> Discussion and debate Retrieval Sharing opinions
<u>Assessment:</u> Two-weekly retrieval based assessments End of topic knowledge based tests					