Curriculum plan – PSHE

Year 9					
Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Summary Being Me in My World	**Summary** Celebrating Difference	**Summary** Dreams and Goals	**Summary** Healthy Me	**Summary** Relationships	**Summary** Changing Me
Knowledge Perceptions about intimate relationships Consent and sexual exploitation Peer approval and child-on-child abuse Grooming, radicalisation and county lines Risky experimentation Positive and negative self-identity Groups, influences and social media Abuse, coercion and coercive control in groups Fitting in Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Protected characteristics and the Equality Act Phobic and racist language Legal consequences of bullying and hate crime Sexism, ageism and positive and negative language Banter and child-on-child abuse Bullying in the workplace Direct and indirect discrimination Harassment and victimisation Prejudice, discrimination and stereotyping Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Personal strengths and health goals SMART planning and the world of work Body image and mental health Non-financial dreams and goals Mental health and ill health Media manipulation Self-harm, self-esteem and stigma Anxiety disorders, eating disorders and depression Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Misperceptions about young people's health choices Physical and psychological effects of drugs and alcohol Alcohol and the law; alcohol and drug poisoning Addiction, smoking and vaping Drug classification; supply and possession legislation Emergency situations, first aid and CPR Substances and safety Sources of advice and support Mental health first aid Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Healthy relationships; power and control in intimate relationships Risk in intimate relationships Importance of sexual consent and assertiveness skills Sex and the law; pornography and stereotypes Contraception choices and age of consent Family planning and consequences of unprotected sex STIs, support and advice services Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Mental health stigma and triggers Support strategies and managing emotional changes Resilience and how to improve it Importance of sleep in relation to mental health Reflection on changes Benefits of relaxation and self-expression Influences and body image Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making
Assessment Two-weekly retrieval-based assessments End-of-topic knowledge-based tests					

Curriculum plan – PSHE

Year 10					
Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Summary Being Me in My World	**Summary** Celebrating Difference	**Summary** Dreams and Goals	**Summary** Healthy Me	**Summary** Relationships	**Summary** Changing Me
Knowledge Human rights and freedom Safety in the UK and beyond Ending relationships safely Stages of grief, loss and bereavement Child-on-child abuse Social media, culture and online data Online safety and online identity Assessing and managing risk The law, emergency contacts and GDPR Managing screen time and sharing or enhancing images Managing different types of relationships Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Equality in the workplace, society and relationships Equality Act Disability and hidden disability Workplace expectations, rights and responsibilities Power and control in relationships Coercive control Benefits of multicultural societies Equality and inequality Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Impact of physical and mental health on reaching goals Resilience and work-life balance Connections between mental health and achievement Balanced diet and vital organs Blood donation and benefits of helping others Online profile and its impact on future goals and employability Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Improving physical, mental and sexual health Blood-borne infections and self-examination Diet and long-term health Misuse of prescription drugs Substances and the body Common mental health disorders Positive impact of volunteering Chronic disease and epidemics Misuse of antibiotics, organ donation and stem cells Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Sustaining long-term relationships and intimacy Healthy relationship with self Attraction, love and lust Relationship choices and ending relationships safely Consequences of relationships ending Pornography versus real life; relationships and the media Discernment, coercion and abuse Acceptable and unacceptable behaviours; the law Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Impact of societal change on young people Role of media in societal change Reflection on change and managing it successfully Decision-making and stereotypes in romantic relationships Sexual identity and risk Physical and emotional changes Family change and sources of support Personal safety: cycling, water safety, alcohol and transport Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making
Assessment 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
Summary Being Me in My World	**Summary** Celebrating Difference	**Summary** Dreams and Goals	**Summary** Healthy Me	**Summary** Relationships	**Summary** Changing Me
Knowledge Becoming an adult and legislation Adulthood, relationships and the law Legal status and personal responsibilities The law and you; substance use Me, the internet and the law Online activities and pornography Emergency situations and emergency aid Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Equality in the workplace, society and relationships Equality Act and disability, including hidden disability Rights and responsibilities Power and control in relationships Benefits of multicultural societies Equality, inequality and challenging unfair treatment Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Managing anxiety and overwhelm Physical and mental health; seeking support Money, debt, financial goals and budgets Gambling and financial pressures Dream job and skill set Expectations of roles and future relationships Long-term goals, partnerships and parenting Barriers and what to do when things go wrong Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Self-worth, influences and decision-making Impact of sleep and staying safe in sexual relationships Consent and hormonal health Fertility and the influence of hormones Contraception and sexual health Pregnancy and choice Changes with age Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Intimate and romantic relationships; media portrayals Sexual relationships, gender, diversity and sexuality Terminology and fluidity Law surrounding LGBTQ+ identities and coming out Challenges and stereotypes Power in relationships and strategies for managing them Illegal behaviour in relationships Harmful and illegal cultural and societal practices Female genital mutilation, breast ironing and reporting crimes Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making	Knowledge Responsive PSHE based on emerging student needs Recap of topics identified through CPOMS Closing the Circle activities Targeted revision and preparation for transition beyond Year 11 Skills Discussion and debate Retrieval Sharing opinions Reflection and decision-making
Assessment Two-weekly retrieval-based assessments End-of-topic knowledge-based tests					