

	Autumn 1 Health and wellbeing	Autumn 2 Relationships	Spring 1 Living in the wider world	Spring 2 Health and wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	<p><u>Big Question: New beginnings and changes</u></p> <ul style="list-style-type: none"> - Transition to Secondary schools - First day nerves - Making new friends - Adjusting to change - Aspirations - Peer pressure - What is mental health? - What is self-esteem? - What can impact my self-esteem? - Strategies to help with my self esteem - 	<p><u>Big Question/theme: Relationships with self and others</u></p> <ul style="list-style-type: none"> - Web of relationships - Different types of friendships - Romantic relationships - Family relationships - Different types of families 	<p><u>Big question: How can I manage my money?</u></p> <ul style="list-style-type: none"> - What is money? - How can I make secure transactions? - Staying in control of my money - Personal budgeting - Fraud - Money and debt - How can I manage my money securely? 	<p><u>Big question/topic: Looking after my body</u></p> <ul style="list-style-type: none"> - Influences on your health - Importance of personal hygiene and handwashing (germs and bacteria) - Prevention of infection - What is FGM? - FGM awareness - What is cancer? 	<p><u>Big question: What is a respectful relationship?</u></p> <ul style="list-style-type: none"> - What is a respectful relationship? - Conflict and relationships - Bullying and banter - Discrimination - Sexism - What is consent and knowing your boundaries? 	<p><u>Big question/theme: You and the law</u></p> <ul style="list-style-type: none"> - What is crime? - Why do people commit crimes? - Different types of punishments - The British Justice system - Law and young offenders
Year 7 Saturday school	-	-			<p>Possible Saturday school session: E-safety day</p> <p><u>Big Questions: How safe are online relationships?</u></p> <ul style="list-style-type: none"> - Cyberbullying and trolling - E-safety - Benefits and challenges of social media - Social media and self esteem - Screen time; how much is too much? - Online gaming 	
Link to PSHE Association lesson outcomes	H1, H4, H5, H13, H14, H15, H16, H17	R1, R4, R8, R11, R13, R14, R30	L2, L16, L18, L20	H6, H7, H9	R27, R35, R36, R37, R38, L4, L7	L5, L6
Year 8	<p><u>Big question/theme: How can I deal with my emotions?</u></p> <ul style="list-style-type: none"> - Positive mental wellbeing - What is anxiety and strategies to deal with it? - How do I deal with my anger? - Mindfulness - Being resilient - What is stress and how can I overcome it? 	<p><u>Big question/theme: Respect</u></p> <ul style="list-style-type: none"> - What is prejudice and discrimination? - Online bullying, social media - What is stereotyping? - Sexism - Racism - Homophobia - Discrimination towards physical disabilities - Racism and prejudice - Celebrating diversity 	<p><u>Big question/theme: How do I vote?</u></p> <ul style="list-style-type: none"> - What is democracy? - Democracy and general elections - Introduction to Parliament - Role of the Prime Minister - How are laws made? 	<p><u>Big question/theme: Drugs: Legal or Illegal</u></p> <ul style="list-style-type: none"> - Alcohol and drug misuse - pressures relating to drug use - Drugs and the law 	<p><u>Big Question: Different types of relationships</u></p> <ul style="list-style-type: none"> - Different types of relationships - What is sexual orientation? - Understanding LGBTQ in more depth - LGBTQ role models - How do people react differently to sexuality? - Why do people react differently to gender? - Transgender and transitioning - Use of pronouns 	<p><u>Big Question/theme: What does it mean to be British?</u></p> <ul style="list-style-type: none"> - British values and how it is shown in modern day Britain - What does it mean to be British? - In depth study on each of the British values - British values and homophobia - British Values project - Me and my identity - Celebrating diversity

Year 8 Saturday school		<p><u>Possible Year 8 Saturday school:</u> <u>Big question/theme: What is a healthy relationship?</u></p> <ul style="list-style-type: none"> - What is a healthy relationship? - What is an unhealthy relationship? - Healthy vs controlling relationships - Online grooming - Child exploitation - Sexting - Sexual harassment 	---			
Link to PSHE Association lesson outcomes	H15, H16, H17, H20, H22, H23, H24, H25, H26, H27, H28, H29, H30	L2, L4, R7, R28, R29	L1, L5, L6	H3, H6, H7, H17, H18, H19	R1, R6, R24, R25, R26, R29	L3, L4, L5, L6, L7
Year 9	<p><u>Big question/theme: How can I support my emotional wellbeing?</u></p> <ul style="list-style-type: none"> - What is self-esteem? - Why do we have highs and lows? - Peer pressure - How can we keep good mental health? - Stress triggers - Dealing with my anger - Self-harm 	<p><u>Big question/theme: Unhealthy relationships and behaviour</u></p> <ul style="list-style-type: none"> - What is an unhealthy relationship? - Respecting boundaries - Homophobia - Transphobia - Sexism and gender prejudice - Sexist language and misogyny 	<p><u>Big question/theme: Criminal justice in today's world.</u></p> <ul style="list-style-type: none"> - What is the criminal justice system? - Anti-social behaviour and the law - Hate crime - Knife crime - Gang crime - The British Justice system 	<p><u>Big question/theme: Being under the influence</u></p> <ul style="list-style-type: none"> - Peer influence, substance use and gangs - Healthy and unhealthy friendships, - assertiveness - substance misuse - gang exploitation 	<p><u>Big question/theme: Intimate relationships</u></p> <ul style="list-style-type: none"> - Consent - STIs - Sexting - Pornography - Contraception 	<p><u>Big questions/theme: 'The left, extremists, fascists and me'</u></p> <ul style="list-style-type: none"> - Understanding and preventing extremism - Perceptions - Terrorism - Myths: Terrorism and religion - The radicalisation processes - Counter terrorism
Year 9 Saturday school			---		<p><u>Possible Saturday school for Year 9:</u> <u>Big Question: Looking after me and my body</u></p> <ul style="list-style-type: none"> - What is a healthy lifestyle? - Eating healthy - Obesity - Eating disorders <p><u>Different diets</u></p>	
Link to PSHE Association lesson outcomes	H1, H4, H5, R30, R31, R34	R26, R27, R28, R29	L4, L5, L6, L7	H24, H25, H26, H28, H29, H30, H31, H32	R7, R15, R16, R17, R18, R19, R20, R21, R22, R23	L3, L4, L5, L6, L7 L3, L5 (KS4)
Year 10	<p><u>Big questions/theme: Help I feel stressed!</u></p> <ul style="list-style-type: none"> - Dealing with stress and depression - Triggers of stress - Stress strategies - Dealing with exam stress - Dealing with change - Sleep deprivation - Ill health and stigma 	<p><u>Big question/theme: Unhealthy relationships</u></p> <ul style="list-style-type: none"> - What is an unhealthy relationship? - What is domestic abuse? - Where do I go for support? - Consent and sexual harassment - Romantic relationships and control - Honour based violence - Forced marriages 	<p><u>Big question/theme: The world around me</u></p> <ul style="list-style-type: none"> - Anti-social behaviour (why do people do it and what are the consequences?) - County line drugs - The dark web 	<p><u>Big Question/theme: Addiction</u></p> <ul style="list-style-type: none"> - Binge drinking - Smoking and vaping - Cannabis, Shisha and spice - Gambling; why is it so addictive? 	<p><u>Big question/theme: Managing the ups and downs of relationships</u></p> <ul style="list-style-type: none"> - Break ups - Grief - Bereavement and loss - Abuse in relationships - Being in love - Positive relationships 	<p><u>Big question/theme: Money management</u></p> <ul style="list-style-type: none"> - Debt - Consequences of debt - Homelessness - Effective budgeting - Money laundering - How can I look after my money
Link to PSHE Association	H1, H3, H4, H5, H6, H7	R5, R7, R6, R16	L4, L5, L6, L7	H14, H15, H16, H17, L20	R3, R10, R11, R12, R24, R25, R28	L20, L21, L22

lesson outcomes						
Year 11	<u>Big question/theme: How can I maximise my potential?</u> -Revision skills -Self esteem -Coping with stress - Anxiety - Positivity -	<u>Big question/theme: Being in a Relationship</u> - Relationship types - Transgender - Safe sex - Consent - Marriage and parenting - Sexual harassment - Parenting - Foster and adoption	<u>Big question/theme: Preparing for adult life</u> -Living independently - Employment and my rights -Wages and tax deduction - Online gambling and gaming - Adult health	Revision	Revision	
Link to PSHE Association lesson outcomes	R1, R3, R4, R5, R8, R11, R12, R13, R15, R20	H1, H2, H3, H4, H5, H6, H7, H12, H14				

Core Theme 1: Health and Wellbeing Core	Core Theme 2: Relationships	Core Theme 3: Living in the Wider World
Topic areas: Personal identity Healthy lifestyles Keeping safe	Topic areas: Healthy Relationships Relationships and sex education Relationship safety Valuing difference	Topic areas: Rights and responsibilities Economic wellbeing Employability and enterprise Career progression