

Year 7-9 Long Term-Overview

Year	Autumn Term 1 Thursday 2 nd September (ONLY year 7 and Post 16) Friday 3 rd September ALL students) To Friday 22 nd October (7 full weeks)	Autumn Term 2 Monday 1 st November to Friday 17 th December (7 full weeks)	Spring Term 1 Wednesday 5 th January to Friday 11 th February (6 full weeks)	Spring Term 2 Monday 21 st February to Friday 1 st April (6 full weeks)	Summer Term 1 Tuesday 19 th April to Friday 27 th May (6 full weeks)	Summer Term 2 Monday 6 th June to Thursday 21 st July (6 full weeks)
7 CRD JPY	CHARACTER COUNTS Introductory lesson Caring Respect Trustworthiness Fairness Responsibility Citizenship	DEALING WITH CHANGE Dealing with change Discrimination Healthy body Puberty Anatomy and sex* Relationships * Practising consent*	PEER EDUCATION What is Mental Health Why do mental health problems happen? Staying well Looking after yourself Looking after each other	FRIENDSHIP AND BULLYING Difference – introduction Definitions Are you a bully? Dealing with verbal bullying Cyber bullying Bullies and victims	OPERATION SMOKE STORM What is in a cigarette. The effects of smoking The tobacco industry Smoking and the law Making promotional material Judging work	RESILIENCE What is resilience? Connecting the brain, emotions, and thoughts Introducing the gremlins Optimism and evidence WoBbLe Resilience planning
8 SSL THN	HEALTHY BEHAVIOURS Introduction to Healthy Behaviours Diet and health Exercise and health Hygiene and health Lifestyle and health (Sleep and Drugs health only - avoid smoking and alcohol topics) Emotional health	WHATS AFFECTING ME Equality and equity* LGBTQ+* Unpicking gender* Staying safe online* Breaking up and making up* (sent as a resource)	REAL GAME * Jobs, occupation, careers Dream cloud Qualifications Dream lifestyle Money Saving money	ALCOHOL Why young people choose to drink (Rise) Risks with underage drinking (Rise) Effects if alcohol (KYG) Safe choices around alcohol (Rise) Laws around alcohol (KYG) The effects of alcohol abuse (TES)	FAMILY LIFE Relationships and commitment Have families always been the same. Types of family History of family's Breakdown of family's My needs (family and gangs) *	FIRST AID DABC/Recovery position Bleeding and shock Bone, muscle, and joint injuries Burns and scalds. CPR Summary
9 HBN JSN	DIVERSTIY Dance and Drams Lee's story Karmel's story Tieg's story Jordon's story Ryan's Issacs's story	BODY IMAGE What is Body Image What influences Body Image? Changing your look Society talking Body Image. Body Image in the news What are you going to do about Body Image	SEXUAL HEALTH Contraception * Negotiating condom use * Sexually transmitted* infections HIV * Under the bonnet * Fertility *	INTIMATE AND SEXUAL RELATIONSHIPS What is intimacy? * Sexual consent * Romance under the microscope * RU ready? * Sexual violence * Coercion and control *	BEING AWARE FMG Gambling Gender identity Knife crime Online Media and Sexting Radicalisation	MENTAL HEALTH, WELLBEING, ANXIETY AND MINDFULNESS TES RESOURCE

Year 10 - 11 Long Term-Overview

Students will follow a rotation around different teachers

<p>10 NRD PSW</p>	<p>DISRESPECTING NOBODY Disrespect Nobody Coercive control Consent power Sharing sexual images Revenge Porn Sexual rights and responsibilities * Gender and sexual identity stereotypes *</p>	<p>ADDRESSING EXTREMISM AND RADICALISATION Understanding and preventing extremism How can language divide us? How can people's actions be affected by others influences? How can you help your community</p>	<p>STEPPING UP</p>	<p>DIGITAL LITERACY TES RESOURCES</p>	<p>HEALTHY AND UNHEALTHY RELATIONSHIPS My views Identifying unhealthy relationships Unhealthy relationships Managing unwanted attention Reducing inappropriate behaviour Pornography</p>	<p>DRUGS EDUCATION Drugs and their effects *Y9 PSHE Association Substance use and assessing risk * (PSHE association) Substance use and managing influence * PSHE Association) Help seeking sources of support * PSHE Association</p>
<p>11 IHY RMI</p>	<p>LEISURE AND RECREATION Recreational Physical Education in PSHE is about teaching areas of physical health, mental prosperity, social and emotional well-being. It includes aspects of "comprehensive well-being" through an increased focus on fitness and sports activities. Curriculum days further this opportunity. Recreational PE allows students time away from the stress of GCSE's and provides an exam free zone, where there is the potential for students to focus on themselves.</p>	<p>EXPLORING RELATIONSHIPS AND SEX EDUCATION FMG – How to campaign against it. Porn Sex Vs Real Sex Life Online Porn and impact on society Sexualisation of the Media Sexting, Nudes and Dick Pricks Domestic Abuse and Domestic Violence Sexual Assault and Rape Unhealthy Relationships TES RESOURCE</p>	<p>STEPPING INTO THE FUTURE</p>	<p>LEISURE AND RECREATION Recreational Physical Education in PSHE is about teaching areas of physical health, mental prosperity, social and emotional well-being. It includes aspects of "comprehensive well-being" through an increased focus on fitness and sports activities. Curriculum days further this opportunity. Recreational PE allows students time away from the stress of GCSE's and provides an exam free zone, where there is the potential for students to focus on themselves.</p>	<p>REVISION</p>	<p>REVISION</p>

The above programme follows the PSHE Associations Programmes of Study for KS 3 and 4, focusing around 3 main themes of: 1. Health and Wellbeing, 2. Relationships and 3. Living in the Real world (Careers Education will also cover theme 3 and be delivered during tutor time as well)

The above programme will also include the statutory guidance for RSE, relationships education and health education.

All resources to teach these lessons can be found in [workgroups/subjects/pshe/2021-2022](https://www.workgroups/subjects/pshe/2021-2022)

RELATIONSHIPS

LIVING IN THE REAL WORLD

HEALTH EDUCATION