

Key Stage 3: Year 7 PSHE

Term 1	<b>Overall Curriculum Goals - developing the following Themes:</b> <ul style="list-style-type: none"> <li>• Health and Wellbeing</li> <li>• Relationships and Sex Education</li> <li>• Living in the Wider World.</li> </ul> <b>(Includes Careers and aspects of Citizenship.)</b>						
	FC 02/09	FC 14/09	FC 28/09	FC 12/10	FC 02/11	FC 23/11	FC 7/12
	Introduction to PSHE at your new secondary school – To be done in induction sessions.	Five ways to Wellbeing (including reconnecting to others after lockdown).	Metacognition and self-regulation	Personal safety	Enterprise skills	Anti-bullying week. Theme: 'United against bullying'.	Careers opportunities and future career aspirations.
	<b>Key Vocabulary/Concepts/ideas</b>						
<b>Half Term 1</b> <ul style="list-style-type: none"> <li>• Personal, social, health, economic. Ground rules, values, respect, hard work, aspiration, integrity, skills, qualities, positive friendships, road safety,</li> </ul>			<b>Half Term 2</b> <ul style="list-style-type: none"> <li>• Enterprise, problem solving, communication skills, teamwork, leadership, risk management, creativity, careers, labour market information, aspiration, stereotypes.</li> <li>• 'United against bullying' – Racism and other forms of discrimination.</li> </ul>				
Term 2	FC 4/01	FC 18/01	FC 01/02	FC 22/02	FC 08/03	FC 22/03	
	Developing self-worth and self-efficacy	Healthy lifestyle choices	Negative influences on lifestyle choices	Personal hygiene	Saving, spending and budgeting	Making safe financial choices.	
	<b>Key Vocabulary/Concepts/ideas</b>						
<b>Half Term 3</b> <ul style="list-style-type: none"> <li>• Self-worth, self-efficacy</li> <li>• Physical health, mental wellbeing, healthy diet, sleep, physical activity, drugs, legal, illegal, tobacco, smoking</li> </ul>			<b>Half Term 4</b> <ul style="list-style-type: none"> <li>• Personal hygiene and dental health.</li> <li>• Finance, saving, income, expenditure, budget, ethical, unethical, consumerism, risk.</li> </ul>				
Term 3	WC 19/04	WC 03/05	WC 17/05	WC 07/06	WC 21/06	05/07	
	Puberty	Positive and negative relationships	Challenging media stereotypes	What is diversity?	Prejudice and discrimination. <b>Extended writing</b>	Cyber bullying and online safety	
	<b>Key Vocabulary/Concepts/ideas</b>						
<b>Half Term 5</b> <ul style="list-style-type: none"> <li>• Puberty, penis, scrotum, urethra, testicles, foreskin, vulva, vagina, uterus/womb. Urethra, ovaries, fallopian tube, periods and menstrual wellbeing, FGM.</li> <li>• Positive and negative relationships. Consent, stereotypes., Diversity, Prejudice, discrimination and stereotypes.</li> </ul>			<b>Half Term 6</b> <ul style="list-style-type: none"> <li>• Cyber bullying. Social media, reporting.</li> <li>• Finance, saving, income, expenditure, budget, ethical, unethical, consumerism, risk.</li> </ul>				
<b>CEIAG</b>							
Enterprise skills, careers opportunities including local LMI, challenging stereotypes and identifying future career aspirations.							

Key Stage 3: Year 8 PSHE

Term 1	<b>Overall Curriculum Goals - developing the following Themes:</b> <ul style="list-style-type: none"> <li>• Health and Wellbeing</li> <li>• Relationships and Sex Education</li> <li>• Living in the Wider World.</li> </ul> <b>(Includes Careers and aspects of Citizenship.)</b>						
	FC 02/09	FC 14/09	FC 28/09	FC 12/10	FC 02/11	FC 23/11	FC 7/12
	Five ways to Wellbeing (including reconnecting to others after lockdown).	Metacognition and self-regulation	Why do young people take drugs?	Focus on alcohol.	UK Government	Anti-bullying week. Theme: 'United against bullying'.	Careers – what's out there? Equal opportunities
	<b>Key Vocabulary/Concepts/ideas</b>						
<b>Half Term 1</b> <ul style="list-style-type: none"> <li>• Ground rules, medicinal drugs, recreational drugs, legal, illegal, prescription drugs, social norms, habit, dependence, peer pressure.</li> </ul>			<b>Half Term 2</b> <ul style="list-style-type: none"> <li>• Career, employment, self-employment, voluntary work, LMI, labour laws, parliament, government, house of commons, house of lords, democracy, devolution, equal opportunities, stereotypes, discrimination.</li> <li>• 'United against bullying' – Racism and other forms of discrimination.</li> </ul>				
Term 2	FC 4/01	FC 18/01	FC 01/02	FC 22/02	FC 08/03	FC 22/03	
	What is mental health and emotional wellbeing?	Coping strategies	Developing digital resilience – Body image, FOMO and online stress.	Online communication and being share aware	Fake news?	What is online grooming?	
	<b>Key Vocabulary/Concepts/ideas</b>						
	<b>Half Term 3</b> <ul style="list-style-type: none"> <li>• Mental health, wellbeing, myths, stigma, emotions, coping strategies, digital resilience, media, social media, body image, fear of missing out, online stress.</li> </ul>			<b>Half Term 4</b> <ul style="list-style-type: none"> <li>• Social media, risk, fake news, echo chamber, filter bubble, internet citizen, online grooming, sexual and financial exploitation, extremism, and radicalisation.</li> </ul>			
Term 3	WC 19/04	WC 03/05	WC 17/05	WC 07/06	WC 21/06	05/07	
	What is discrimination?	Focus on racism and religious discrimination.	Focus on homophobia, biphobia and transphobia.	What is a healthy relationship? <b>Extended writing</b>	What is consent?	Basic forms of contraception.	
	<b>Key Vocabulary/Concepts/ideas</b>						
	<b>Half Term 5</b> <ul style="list-style-type: none"> <li>• Prejudice, discrimination, stereotype, racism, religious discrimination, disability discrimination, sexism. Homophobia, biphobia, transphobia, equality act, gender, sexuality.</li> </ul>			<b>Half Term 6</b> <ul style="list-style-type: none"> <li>• Relationships, gender identity, sexuality, risks of sexting, communication, consent, contraception.</li> </ul>			
<b>CEIAG</b>							
Different types and patterns of work, including employment, self-employment and voluntary work. Labour laws for children. Local labour market information. Equal opportunities in work, challenging stereotypes and discrimination in relation to work and pay. Setting aspirational goals for future carers and challenge expectations that limit choices.							

Key Stage 3: Year 9 PSHE

Term 1	<b>Overall Curriculum Goals - developing the following Themes:</b> <ul style="list-style-type: none"> <li>• Health and Wellbeing</li> <li>• Relationships and Sex Education</li> <li>• Living in the Wider World.</li> </ul> <b>(Includes Careers and aspects of Citizenship.)</b>						
	FC 02/09	FC 14/09	FC 28/09	FC 12/10	FC 02/11	FC 23/11	FC 7/12
	Wellbeing and introduction to self-regulation.	Metacognition and self-regulation	Healthy vs unhealthy relationships.	Gang exploitation – includes cannabis and knife crime	Employability skills.	Anti-bullying week. Theme: 'United against bullying'.	Enterprise.
	<b>Key Vocabulary/Concepts/ideas</b>						
<b>Half Term 1</b> <ul style="list-style-type: none"> <li>• Ground rules, passive, aggressive, assertive, communication, gang, exploitation, peer pressure, knife crime, cannabis.</li> </ul>			<b>Half Term 2</b> <ul style="list-style-type: none"> <li>• Employability skills, employment rights and responsibilities, enterprise, constructive feedback, personal brand.</li> <li>• 'United against bullying' – Racism and other forms of discrimination.</li> </ul>				
Term 2	FC 4/01	FC 18/01	FC 01/02	FC 22/02	FC 08/03	FC 22/03	
	Online presence.	Career Options	Developing my strengths and Post 14 options.	Healthy lifestyle choices.	Taking responsibility for your physical health.	Families and parenting	
	<b>Key Vocabulary/Concepts/ideas</b>						
	<b>Half Term 3</b> <ul style="list-style-type: none"> <li>• Skills, qualities, interests, career pathways, career, plan, employment, LMI, aspiration, goals.</li> </ul>			<b>Half Term 4</b> <ul style="list-style-type: none"> <li>• Work life balance, healthy eating, physical and mental health, independent health choice, self-examination.</li> <li>• Family, nuclear, single parent, same sex parents, blended family, fostering, adoption.</li> </ul>			
Term 3	WC 19/04	WC 03/05	WC 17/05	WC 07/06	WC 21/06	05/07	
	Healthy relationships at home <b>Extended writing</b>	Relationship changes	Relationships and sex education.	STI's and contraception	Sex and the media.	First aid recap	
	<b>Key Vocabulary/Concepts/ideas</b>						
	<b>Half Term 5</b> <ul style="list-style-type: none"> <li>• Relationships, gender identity, sexuality, capacity to consent, intimacy.</li> </ul>			<b>Half Term 6</b> <ul style="list-style-type: none"> <li>• STI's, pregnancy, media, sexting, harmful impact of pornography.</li> <li>• Emergency, first aid.</li> </ul>			
<b>CEIAG</b>							
Young people's employment rights and responsibilities, employability skills, developing transferable skills, different types of employment and career pathways, including local LMI. How to manage feelings relating to future employment. How to work towards aspirations and set meaningful, realistic goals for the future. Post 14 and post 16 options.							

Key Stage 4: Year 10 PSHE

Term 1	<b>Overall Curriculum Goals - developing the following Themes:</b> <ul style="list-style-type: none"> <li>• Health and Wellbeing</li> <li>• Relationships and Sex Education</li> <li>• Living in the Wider World.</li> </ul> <b>(Includes Careers and aspects of Citizenship.)</b>						
	FC 02/09	FC 14/09	FC 28/09	FC 12/10	FC 02/11	FC 23/11	FC 7/12
	Wellbeing and introduction to self-regulation.	Metacognition and self-regulation	Mental health, mental ill health and the media.	Budgeting and saving.	Debt prevention and management.	Anti-bullying week. Theme: 'United against bullying'.	Gambling and debt.
	<b>Key Vocabulary/Concepts/ideas</b>						
<b>Half Term 1</b> <ul style="list-style-type: none"> <li>• Mental health, emotional wellbeing, reframing negative thinking, mental ill health, support, media, stereotypes, stigma, misinformation.</li> </ul>			<b>Half Term 2</b> <ul style="list-style-type: none"> <li>• Budget, budgeting, income, expenditure, risk, debt, fraud, cybercrime, credit, targeting advertising, gambling, gamblers fallacy.</li> <li>• 'United against bullying' – Racism and other forms of discrimination.</li> </ul>				
Term 2	FC 4/01	FC 18/01	FC 01/02	FC 22/02	FC 08/03	FC 22/03	
	Peer influence	Media influence and gang culture	Impact of drugs	Careers education - show casing personal strengths	Careers education – Managing your online reputation.	Careers pathways and preparation for careers interview	
	<b>Key Vocabulary/Concepts/ideas</b>						
	<b>Half Term 3</b> <ul style="list-style-type: none"> <li>• Peer pressure, role model, exit strategies, gang, exploitation, knife crime, drugs.</li> <li>• Drugs, alcohol, safety, substance abuse, addiction.</li> </ul>			<b>Half Term 4</b> <ul style="list-style-type: none"> <li>• Strengths, skills, qualities, career development, online presence, LMI, responsibilities, health and safety, work experience, evaluation, career plan.</li> </ul>			
Term 3	WC 19/04	WC 03/05	WC 17/05	WC 07/06	WC 21/06	05/07	
	Relationship values	Sex, Gender and relationships	Role of consent <b>Extended writing</b>	Media influence	Community cohesion	Challenging extremism	
	<b>Key Vocabulary/Concepts/ideas</b>						
	<b>Half Term 5</b> <ul style="list-style-type: none"> <li>• Values, asexuality, abstinence, celibacy, social norms, gender, relationships, consent, manipulation, capacity to consent, coercion, exploitation, support.</li> </ul>			<b>Half Term 6</b> <ul style="list-style-type: none"> <li>• Media, pressure, social media, up skirting, harmful impact or pornography.</li> <li>• Community, equality, inclusion, respect, belonging, discrimination, extremism, radicalisation.</li> </ul>			
<b>CEIAG</b>							
Evaluate strengths and interests in relation to career development. Opportunities in learning and work (including local LMI). Responsibilities in the work place and how to manage practical problems and health and safety. How to evaluate and build on learning from work experience.							

Key Stage 4: Year 11 PSHE

Term 1	<b>Overall Curriculum Goals - developing the following Themes:</b> <ul style="list-style-type: none"> <li>• Health and Wellbeing</li> <li>• Relationships and Sex Education</li> <li>• Living in the Wider World.</li> </ul> <b>(Includes Careers, aspects of Citizenship and Christianity (RE).)</b>						
	FC 02/09	FC 14/09	FC 28/09	FC 12/10	FC 02/11	FC 23/11	FC 7/12
	Wellbeing and introduction to self-regulation.	Metacognition and self-regulation	Post 16 options	Application processes	CV writing	Anti-bullying week. Theme: 'United against bullying'.	Future opportunities
	<b>Key Vocabulary/Concepts/ideas</b>						
<b>Half Term 1</b> <ul style="list-style-type: none"> <li>• RPA, LMI, career pathway, work life balance, application form, letter of application, personal statement, interview preparation, interview techniques, CV.</li> </ul>				<b>Half Term 2</b> <ul style="list-style-type: none"> <li>• 'United against bullying' – Racism and other forms of discrimination.</li> <li>• Self-concept, self-efficacy, motivation, resilience, perseverance, stress, stress management, aspiration, ambition, SMART targets, constructive feedback.</li> </ul>			
Term 2	FC 4/01	FC 18/01	FC 01/02	FC 22/02	FC 08/03	FC 22/03	
	Personal values <i>Embed RE – Core values</i>	Responsible health choices - Vaccinations <i>Embed RE – Christian views on organ donations</i>	Responsible health choices – Organ donation and STEM cell donation <i>Embed RE – Christian views on organ donations</i>	Family life – Long term commitments <i>Embed RE – Christian views on family life.</i>	Parental responsibilities. <i>Embed RE – Christianity – gender roles.</i>	Fertility, pregnancy, and adoption. <i>Embed RE – Christian views around topics.</i>	
	<b>Key Vocabulary/Concepts/ideas</b>						
	<b>Half Term 3</b> <ul style="list-style-type: none"> <li>• Values, emotions.</li> <li>• Lifestyle, cancer, screening, self-examination, vaccinations, immunisation, doctors, opticians, dentist, blood, organ and STEM cell donation.</li> </ul>				<b>Half Term 4</b> <ul style="list-style-type: none"> <li>• Fertility, pregnancy, miscarriage, birth, abortion, adoption, fostering, parenting, finance.</li> <li>• Families, marriage, forced marriage.</li> </ul>		
Term 3	WC 19/04	WC 03/05	WC 17/05	WC 07/06	WC 21/06	05/07	
	Managing exam stress	Keeping safe independent contexts <i>Extended writing</i>	Relationship changes	Dealing with abusive and unwanted relationships.			
	<b>Key Vocabulary/Concepts/ideas</b>						
	<b>Half Term 5</b> <ul style="list-style-type: none"> <li>• Revision techniques, exam stress, relaxation, wellbeing, sleep.</li> <li>• Risk, safety, first aid, emergency situations.</li> <li>• Change, loss, grief, bereavement, gender identity, gender expression, sexual orientation.</li> </ul>				<b>Half Term 6</b> <ul style="list-style-type: none"> <li>• Gender identity, gender expression, sexual orientation, assertive communication, consent, contraception, sexual health, harassment, stalking, abuse, exploitation, support.</li> </ul>		
<b>CEIAG</b>							
Raising the participation age (RPA), Local labour market information (LMI), Application processes and CV writing. Interview preparation and techniques. How to balance ambition and unrealistic expectations. How to use feedback constructively when planning for the future. Managing your online presence in relation to careers.							