



PSHCE - YEAR 7 OVERVIEW

	FIRST HALF	SECOND HALF
AUTUMN TERM	<p>Health and Wellbeing</p> <p>What do we mean by a healthy lifestyle?</p> <p>How can I keep healthy, diet and nutrition?</p> <p>Eating responsibly, food labels and health hazards.</p> <p>What's the big deal about energy drinks?</p> <p>Healthy living, exercise and keeping active.</p> <p>Not eating healthily, what are the consequences?</p> <p>Assessment</p>	<p>Health and Wellbeing</p> <p>Introduction to mental health issues.</p> <p>How can we manage our anger?</p> <p>Puberty – what happens, when and where?</p> <p>Periods – what happens when and why?</p> <p>Hygiene, why is it important?</p> <p>FGM, what is this and why is it so dangerous?</p> <p>What are drugs, why are they dangerous?</p> <p>Assessment</p>

	FIRST HALF	SECOND HALF
SPRING TERM	<p>Living in the wider world</p> <p>Being an aspirational student.</p> <p>The importance of self-esteem.</p> <p>NHS Managing Emotions Course (4 weeks)</p> <p>How can we budget our money?</p> <p>How can I create a personal budgeting plan?</p> <p>Assessment</p>	<p>Living in the wider world</p> <p>What are savings, loans and interest.</p> <p>What are the different types of financial transactions?</p> <p>What are wants and needs and why we need to know the difference?</p> <p>What is stereotyping and prejudice, racism focus.</p> <p>How can we enjoy social media but keep our accounts safe and private?</p> <p>How can we shop ethically?</p> <p>Assessment</p>



	FIRST HALF	SECOND HALF
SUMMER TERM	<p>Relationships</p> <p>Keeping good friendships and avoiding toxic ones</p> <p>Family relationships, the different types of families and why we don't always get along.</p> <p>Love and relationships, falling in love and dealing with new feelings.</p> <p>Bullying or banter? Why do people bully others and how can we help stop this?</p> <p>Assessment</p>	<p>Relationships</p> <p>What is cyberbullying? Why do people bully online?</p> <p>How do we keep safe and have positive relationships (on and off-line)?</p> <p>What is my personal identity and why is diversity so important?</p> <p>Extremism – why does radicalisation happen and how does it challenge our values?</p> <p>Assessment</p>



PSHCE - YEAR 8 OVERVIEW

	FIRST HALF	SECOND HALF
AUTUMN TERM	<p>Health and Wellbeing</p> <p>How can self-confidence boost our achievements?</p> <p>Personal development and target setting.</p> <p>Managing my behaviour to achieve.</p> <p>Emotional literacy and self awareness.</p> <p>What is mindfulness?</p> <p>Assessment</p>	<p>Health and Wellbeing</p> <p>What is vaping and is it as dangerous as smoking?</p> <p>Cancer awareness.</p> <p>How can we look after ourselves and others in an emergency? Personal safety and first aid x 4 sessions. Allergic reactions, breaking a bone, knife crime and CPR.</p> <p>Why do teenage parents have it so tough?</p> <p>Assessment</p>

	FIRST HALF	SECOND HALF
SPRING TERM	<p>Living in the wider world</p> <p>Stereotyping and discrimination, disability focus.</p> <p>Stereotyping and discrimination, LGBTQ+ homophobia focus.</p> <p>Stereotyping and discrimination, teenager focus.</p> <p>Internet Safety, what is online grooming and why must we be aware and careful?</p> <p>How can we care for the environment?</p> <p>Why is the environment changing?</p> <p>Assessment</p>	<p>Living in the wider world</p> <p>Finance, what is income and expenditure?</p> <p>Why do we pay tax and how is this spent?</p> <p>Finance, budgeting and saving in personal finances.</p> <p>Careers focus, entrepreneurs.</p> <p>Careers focus, Teamwork skills.</p> <p>Careers focus, communication skills.</p> <p>Assessment</p>



	FIRST HALF	SECOND HALF
SUMMER TERM	<p>Relationships</p> <p>What is consent and why is it important we know about it?</p> <p>How do we have safe sex and use different forms of contraception?</p> <p>What is pornography and why can it be dangerous?</p> <p>What is sexting and why it is so risky to send personal images?</p> <p>How do we keep good sexual health and avoid STI's?</p> <p>Body image and the media with a focus on boys.</p> <p>Domestic conflict and why is it so dangerous to run away from home?</p> <p>Assessment</p>	<p>Relationships</p> <p>How can British Values teach us tolerance and respect for others?</p> <p>Where does extremism come from?</p> <p>How do religious extremists attract converts?</p> <p>Islamophobia, do Muslims really want Sharia Law in Britain?</p> <p>Stereotyping, discrimination and prejudice. Religious focus.</p> <p>Assessment</p>



PSHCE - YEAR 9 OVERVIEW

	FIRST HALF	SECOND HALF
AUTUMN TERM	<p>Health and Wellbeing</p> <p>Why do we need to follow rules to succeed?</p> <p>How can we develop interpersonal skills to succeed?</p> <p>How can we foster a growth mindset?</p> <p>How can we manage the stress of school and exams?</p> <p>Managing anxiety.</p> <p>Why do people become selfie obsessed?</p> <p>Assessment</p>	<p>Health and Wellbeing</p> <p>How are we protected from prejudice and discrimination?</p> <p>Alcohol Awareness.</p> <p>Why do people take illegal drugs?</p> <p>Responsible health choices, blood donation, stem cells and hygiene.</p> <p>Acid attacks, why are these increasing?</p> <p>What is self-harm and why do people do this?</p> <p>Assessment</p>

	FIRST HALF	SECOND HALF
SPRING TERM	<p>Living in the wider world</p> <p>How can I stay financially savvy and avoid debt?</p> <p>Navigating accounts, savings, loans and financial institutions.</p> <p>What rights do we have as consumers?</p> <p>Employability skills, preparing for and applying for the world of work.</p> <p>Taking control of my future.</p> <p>Work skills and the work environment.</p> <p>Assessment</p>	<p>Living in the wider world</p> <p>What can we learn from successful businesses and entrepreneurs?</p> <p>Enterprise and workplace skills and character.</p> <p>How do charities like UNICEF help across the world?</p> <p>Should we send aid to foreign countries, is aid the answer?</p> <p>How can extreme views lead to human rights abuses and atrocities?</p> <p>Assessment</p>



	FIRST HALF	SECOND HALF
SUMMER TERM	<p>Relationships</p> <p>How does knife crime impact on our communities, why do teens get involved and what are the consequences?</p> <p>How does the law deal with young offenders?</p> <p>Body image and the media, focus on girls.</p> <p>Body image and the media, how does this contribute to eating disorders?</p> <p>CSE – How are children and young people lured into dangerous relationships and what do this look like?</p> <p>Assessment</p>	<p>Relationships</p> <p>What are domestic violence and abusive relationships?</p> <p>What is peer pressure, why is it so powerful and how can we overcome this?</p> <p>Can we respect and celebrate British Values and the religion and culture of our choice? (2 lessons)</p> <p>Why are British communities so diverse, immigration and diversity focus.</p> <p>Who are the LGBT+ community and what would they like us know?</p> <p>Assessment</p>



PSHCE - YEAR 10 OVERVIEW

	FIRST HALF	SECOND HALF
AUTUMN TERM	<p>Health and Wellbeing</p> <p>How can we manage grief and bereavement?</p> <p>Why do some people commit suicide?</p> <p>How can we manage social anxiety?</p> <p>Social media and self-esteem?</p> <p>Internet safety – the dangers of excessive screen time.</p> <p>Study Skills, the power of mind and memory.</p> <p>Assessment</p>	<p>Health and Wellbeing</p> <p>How can we manage our time effectively to help us succeed?</p> <p>How can we take steps to live more sustainably, carbon footprints?</p> <p>Why do some people become homeless and why is homelessness on the increase?</p> <p>What are hate crimes and why do these still happen?</p> <p>Can tattoos and piercings be dangerous?</p> <p>What is binge drinking, what are the risks and why do people still do it?</p> <p>Assessment</p>

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SPRING TERM	<p>Living in the wider world</p> <p>How do we choose a career that suits our personality, ambition and qualifications?</p> <p>What are employers looking for in a CV?</p> <p>Why pursue a career in the STEM industries?</p> <p>How can we successfully prepare for work experience?</p> <p>What rights and responsibilities do we have in the workplace?</p> <p>Why do we still need an International Women's Day?</p> <p>Assessment</p>	<p>Living in the wider world</p> <p>British Values, how does the criminal justice system work?</p> <p>What is anti-social behaviour and how does this affect communities?</p> <p>Crime, gangs and county lines.</p> <p>What is money laundering and why are some students taken in by this crime?</p> <p>Why do some religious people become terrorists?</p> <p>What is overt and covert racism?</p> <p>What is fake news and why do we still need critical thinking skills?</p> <p>Assessment</p>
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	FIRST HALF	SECOND HALF
SUMMER TERM	<p>Relationships</p> <p>How can we manage conflict successfully?</p> <p>What are forced and arranged marriages and what do we need to know?</p> <p>Harassment and stalking, what are these things and what does the law say about it?</p> <p>Revenge porn, what is this and how can we prevent ourselves from being victims?</p> <p>Do we have healthy or unhealthy relationships with our role models?</p> <p>Assessment</p>	<p>Relationships</p> <p>Same sex relationships.</p> <p>Gender and trans identities.</p> <p>What is community cohesion and why is this important?</p> <p>Why do sexism, gender prejudice and stereotypes still exist?</p> <p>Parenting, the different types and styles of looking after a child.</p> <p>Assessment</p>



PSHCE - YEAR 11 OVERVIEW

	FIRST HALF	SECOND HALF
AUTUMN TERM	<p>Health and Wellbeing</p> <p>Why is PSCHCE so important?</p> <p>How can we celebrate diversity and our identities?</p> <p>Privilege, how does this affect us all?</p> <p>What is body positivity and why is this controversial, obesity issues?</p> <p>Fertility and reproductive health issues.</p> <p>First Aid CPR</p> <p>Assessment</p>	<p>Health and Wellbeing</p> <p>Perseverance and procrastination.</p> <p>Why do we need sleep and how does sleep deprivation affect us?</p> <p>Risk taking behaviour.</p> <p>Gambling and online gaming.</p> <p>Digital footprints and the impact on your future.</p> <p>Personal safety in the wider world.</p> <p>Assessment</p>

	FIRST HALF	SECOND HALF
SPRING TERM	<p>Living in the wider world</p> <p>How can we protect animal rights and aid sustainability?</p> <p>How is plastic pollution destroying our environment?</p> <p>Globalisation, how does this affect us?</p> <p>What is multiculturalism?</p> <p>What is right wing extremism?</p> <p>Internet safety, the dark web.</p> <p>What is cyber crime?</p> <p>Assessment</p>	<p>Living in the wider world</p> <p>Exam revision and study skills.</p> <p>Applying to colleges and universities.</p> <p>Independent living.</p> <p>How can we successfully prepare for a job interview?</p> <p>Why is health and safety at work so important?</p> <p>How can trade unions protect our rights at work?</p> <p>Assessment</p>



	FIRST HALF	SECOND HALF
SUMMER TERM	<p>Relationships</p> <p>Bullying, body shaming.</p> <p>Relationship types and sexuality.</p> <p>Why is it essential we know about consent, rape and sexual abuse?</p> <p>What is good sex?</p> <p>What is chem sex and what does it mean?</p> <p>Relationship break ups.</p> <p>How can we make ourselves and other people feel more positive and why is happiness important?</p> <p>Assessment</p>	<p>Relationships</p> <p>Study Leave</p>