

# PSHE Programme of Study - Year 7 (Year 1)



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Autumn 1 - Living in the Wider World						Autumn 2 - Living in the Wider World					
	Introduction to KS3 PSHE						Finance					
	1. Aspirations	2. Self-Esteem	3. Needs and Wants	4. Stereotypes	5. Staying safe online	6. Ethical Consumers	1. Introduction to budgeting	2. Personal budgets	3. Personal budgets	4. Savings and loans	5. Financial products	6. Financial transactions
	Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content			Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content		
Spring	Spring 1 - Relationships						Spring 2 - Relationships					
	Relationships, Identity and Safety						Relationships, Identity and Safety					
	1. Friendships	2. Families	3. Romance and Love	4. Bullying or Banter	5. Online Bullying	6. Positive relationships	7. Being a British Citizen	8. Radicalisation				
	Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content			Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content		
Summer	Summer 1 – Health and Wellbeing						Summer 2 – Health and Wellbeing		Summer 2 - Relationships			
	Healthy living and Responsible Health Choices						Emotional Health and Wellbeing		Puberty			
	1. Healthy Lifestyle	3. Healthy Eating	5. Energy Drinks	7. Dangers of Smoking	1. Good mental health	2. Emotional literacy	1. Puberty	2. Periods	3. FGM			
	2. Balanced Diet	4. Consequences of not living a healthy life	6. Healthy and active	8. Dangers of Drugs								
	Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content			Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content		

# PSHE Programme of Study - Year 8 (Year 2)



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12					
Autumn	Autumn 1 - Relationships						Autumn 2 – Living in the Wider World										
	Sex, Relationships and Conflict						Prejudice, Values, Extremism + Cults										
	1. Consent	2. contraception	3. Dangers of pornography	4. Sexting	5. STIs	6. Male body image	7. Domestic Conflict	1. British Values : Tolerance	2. Radical Groups	3. Extremism	4. Leaders and converts	5. Sharia Law in the UK	6. Preventing radicalisation	7. Prejudice and discrimination			
	Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content				Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content						
Spring	Spring 1 – Living in the Wider World						Spring 2 – Health and Wellbeing										
	Careers and Finance						My Goals, Behaviour and Emotions										
	1. Income and expenditure	2. Tax and NI	3. Tax and public spending	4. Budgeting and saving	5. Entrepreneurs	6. Careers skills : Teamwork	7. Careers skills : Communication	1. Self-confidence and goals	2. Personal target setting	3. Managing behaviour to achieve	4. Self-awareness	5. Mindfulness					
	Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content				Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content						
Summer	Summer 1 – Health and Wellbeing						Summer 2 – Living in the Wider World										
	Looking After Our Health						Discrimination, Prejudice and Challenges										
	1. Vaping, nicotine and addiction		2. Cancer awareness		3. Personal safety		4. Teenage Pregnancy		1. Stereotypes And discrimination : Disability		2. Homophobia		3. Stereotypes and discrimination : Teenagers		4. Avoiding online groomers		5. The environment
	Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content				Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content						

# PSHE Programme of Study - Year 9 (Year 3)



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	<b>Autumn 1 Relationships (+ Health and Wellbeing)</b>						<b>Autumn 2 – Health and Wellbeing</b>					
	Healthy Relationships With Others And Ourselves						Health and Personal Safety					
	1. Eating disorders 2. Body Image	3. Child sexual exploitation 4. Abusive relationships	5. Peer Pressure 6. British culture and community	7. British Values and identity 8. LGBTQAI+	1. Alcohol awareness	2. Drugs and the law	3. Vaccinations, blood and organ donations	4. Vaccinations, Blood and organ donations	5. Acid attacks	6. Self-harm		
	Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content			Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content		
Spring	<b>Spring 1 – Living in the Wider World</b>						<b>Spring 2 – Living in the Wider World</b>					
	Achieving with good Mental Health						Careers and Enterprise					
	1. Behaving to achieve 2. Human rights : access to education	3. Interpersonal skills 4. Discrimination and equality	5. Growth Mindset 6. Coping with stress	7. Managing anxiety 8. Selfie Safety	1. Taking control of my future	2. Work skills, enterprise and the work environment	3. What are enterprise skills?	4. Enterprise and workplace skills				
	Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content			Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content		
Summer	<b>Summer 1 - Living in the Wider World</b>						<b>Summer 2 – Living in the Wider World</b>					
	Finance and Careers						Rights and Responsibilities					
	1. Being financially savvy	2. Successfully managing my money	3. Consumers and the law	4. Employability	1. UNICEF	2. Human rights : trafficking	3. Helping other countries	4. Sustainability	5. Youth offending	6. Knife Crime		
	Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content			Notes/Links/Interleaving • Three-way challenge learning objectives for each session.			Additional Higher Content		