

Long Term Plan PSHE

PSHE Curriculum

Underpinning themes

Throughout the PSHE curriculum, in addition to the theme of safeguarding, the following Preparing for Adulthood themes are embedded via positive reinforcement, considered individualised planning and thoughtful student led reflection:

- Preparing for Employment and/or Further Learning
- Managing personal health and wellbeing
- Community participation
- Independent Living

We are aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education and RSE are also be particularly important subjects for some pupils; for example, those with Social, Emotional and Mental Health needs or learning disabilities. Such factors have been taken into consideration when designing and teaching this subject.

Mandatory topics

Teaching is sensitive, age-appropriate, developmentally appropriate and delivered with reference to the law.

Statutory guidance

'114. Schools will retain freedom to determine an age-appropriate, developmental curriculum which meets the needs of young people, is developed in consultation with parents and the local community.....Where appropriate this may also require a differentiated curriculum. Schools have specific duties to increase the extent to which disabled pupils can participate in the curriculum'. (DfE, 2019, pg41)

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1090195/Relationships_Education_RSE_and_Health_Education.pdf

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Year 7

	Autumn Term		Spring Term		Summer Term	
	Physical Wellbeing & Day to Day Independence		Social and Emotional Wellbeing & Protection from Abuse and Neglect		Personal Relationships & Citizenship	
Overarching learning themes	<p>Introduction – Getting to know each other/ introductions</p> <p>Zones of Regulation</p> <p>Health Know what is meant by good health and ways in which to prevent illness</p> <p>Personal care and hygiene Understand the need for good hygiene and recognise basic routines there importance and products</p>	<p>Personal health, care and Hygiene cont'd Understand the need for good health and hygiene and recognise basic routines and their importance</p> <p>Growing and changing Understand that as we get older our bodies change and so does the need for better personal care and routines</p>	<p>Personal Safety Know how to stay safe at home, from other people's behaviour & online</p> <p>Know basic emergency responses and when to call 999</p> <p>Know familiar health and safety signs</p>	<p>Getting about safely Know how to stay safe when out and about. Know how to travel somewhere safely Know how to be safe in the dark. Know emergency evacuation procedures</p>	<p>Developing assertiveness Recognise key implications and benefits of assertiveness. Understand ways of being assertive in given situations.</p>	<p>Relationships Know that relationships can be different. Know how to behave appropriately in a relationship. Know the difference between informal and formal relationships</p>
Mandatory topics	Personal hygiene Zones of Regulation		Online behaviours & relationships		Consent Permission	LGBT Equality
*Supplementary topics Differentiated and personalised teaching will be the starting point to ensure accessibility	Health signs and symptoms of good and poor health. Common illnesses and what to do Physical health Health and fitness Personal hygiene/ products to use/ intimate care Zones	Cont'd from last term last term Dealing with ill health- (Medicines/ calling the Dr) Puberty basics Periods Daily Routines Zones	STAR S- Safe (Sharing) T- Trust (not everyone can be trusted) A- Action (what to do) R- Respect(kindness) online How information and data is shared and used online Online vs real life behaviours Cat fishing Grooming Respect	Clever never goes Travel safety (Road/ Train/ Bike) Personal safety Sun safety Evacuation procedures Fire safety Water safety Security in the home	Secrets (some should never be kept) Consent – permission, age, body ownership, Appropriate/safe contact Wellbeing survey Zones of Regulation Concept of privacy Understanding your own needs Having your needs/feelings/wishes met	Positive & respectful relationships Healthy home/family life Feeling safe Respecting differences in relationships Stereotyping

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Year 8

Overarching learning themes	Autumn Term		Spring Term		Summer Term	
	Physical Wellbeing & Day to Day Independence		Social and Emotional Wellbeing & Protection from Abuse and Neglect		Personal Relationships & Citizenship	
	<p>Health, Hygiene and Personal Care revisited Know and state how to prevent illness and where to go to get support for common illnesses Know and state basic regular personal care routines State and explain the important of good personal hygiene (if not done last year)</p>	<p>Looking after my needs, and the needs of others Identify and know regular routines that are required Know how to manage regular routines appropriately in the home State why we have some routines and how they may change dependent on personal circumstance</p>	<p>Peer on Peer pressures Understand where pressures can come from regarding comparison and behaviours Being aware of the risk associated with peer pressure</p> <p>Staying safe online Describe what keeping safe online means Identify common dangers and risks associated with being online</p>	<p>Personal Awareness Recognise that all bodies and personalities are unique Recognise the ways in which people may experience difficulties with their own self-image and why Identify own personal attributes and why they are unique and special</p>	<p>Changing and Growing Know about the changes to the body as you grow</p> <p>Relationships Know about some different sorts of relationship. Know about physical relationships and aspects of human reproduction.</p>	<p>Living in a diverse society Appreciate the differences in people. Understand the need for tolerance in society. Recognise the contributions of diverse groups to society.</p>
Mandatory topics			Online behaviours		Consent Puberty/Periods	Sexuality Gender identity Discrimination
*Supplementary topics Differentiated and personalised teaching will be the starting point to ensure accessibility	Personal hygiene Manners Suitable clothing choices Eating disorders/ basics Puberty/Periods	Laundry Shopping and Shop lifting Security at home and at school/ feeling safe Zones of Regulation Puberty/Periods Roles and stereotypes	Network sites and ages Cyberbullying Trolling Respect online Image sharing (nudes/sexting etc) Comparisons online Not all that is seen online is true Peer pressure	Self image and self respect Being unique self-respect and how this links to their own happiness Eating disorders	Consent Puberty revisited. Puberty and feelings Basic reproductive body parts body parts Different relationships LGBT + Gender identity Discrimination	Friendships Prejudice LGBT + Gender identity Discrimination Introduction to extremism/radicalisation Gender roles Violence towards woman

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Year 9

Overarching learning themes	Autumn Term		Spring Term		Summer Term	
	Physical Wellbeing & Day to Day Independence		Social and Emotional Wellbeing & Protection from Abuse and Neglect		Personal Relationships & Citizenship	
	<p>Pillars of wellbeing Ways in which students can be responsible for their own physical and emotional wellbeing</p>	<p>Risky and Illegal Substances Which substances are illegal and which are risky but legal? Situations in which there may be risks associated with substances and ways to stay safe</p>	<p>Community Safety Risks within the community, what to look for, how to stay safe and how to access support</p>	<p>Getting out and about Personal risks to safety when out and about. How to get around safely. Potential of managing unexpected situations.</p>	<p>Personal relationships Understand the law regarding sex. Understand the importance of consent.</p>	<p>Personal relationships Know the physical risks associated with sex</p>
Mandatory topics		Substance misuse & the Law	Exploitation			
<p>*Supplementary topics Differentiated and personalised teaching will be the starting point to ensure accessibility</p>	<p>Exploring the Pillars. Overview and importance Sleep Diet Exercise Wellbeing Zones of Regulation</p>	<p>Smoking (E cigarettes and vaping) Alcohol</p>	<p>Substances revisited Drugs Gangs County Lines CSE Stranger danger Anti-social behaviour FGM</p>	<p>Topic suggestions from spring term Road safety Bike safety Railway safety Sun safety Emergency scenarios</p>	<p>Embarrassment about sex Reasons for having sex Feeling ready for sex Peer pressure Consent (Cup of tea) recap Contraception basics/ putting on a condom basics STIs the basics Sexual myths Violence towards woman</p>	<p>Cont'd from last term Pregnancy how and links to alcohol Staying safe Contraception Health support Respectful relationship – physical respect/violence/abuse</p>

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Year 10

Overarching learning themes	Autumn Term		Spring Term		Summer Term	
	Physical Wellbeing & Day to Day Independence		Social and Emotional Wellbeing & Protection from Abuse and Neglect		Personal Relationships & Citizenship	
	<p>World of work Identify/understand skills and requirements of obtaining a job ,different roles and on being in meaningful employment</p>	<p>World of Work cont'd Understand the rules within work placements and how our behaviour impacts our employability. Exploring appropriate ways in which to behaviour.</p>	<p>Personal Awareness Identify/state how I feel about myself and what influences how I view myself. Identity ways in which I can grow self-confidence/esteem</p> <p>Personal Safety Explore ways in which I can keep myself safe from day-to-day harm</p>	<p>Personal safety Explore ways in which I can keep myself safe from day-to-day harm</p> <p>Staying safe from harmful content Explore the different forms of potentially harmful content Describe specific ways of keeping ourselves safe</p>	<p>Intimacy within relationships Identify different levels of intimacy (physical/sexual) within relationships and their associated risks. Develop more detailed knowledge of physical risks of sex and how to reduce risks Identify support available</p>	<p>Risky Behaviours Able to identify potentially safe and unsafe behaviours and/or substances and the risk/impact associated Know about the law in relationship to different substances Able to identify potentially safe and unsafe sexual behaviours and the law</p>
Mandatory topics		Online behaviours		Online content, sharing, viewing and the law	Marriage Sexualisation of woman and the images we see (realities of what we see online/porn)	Substances and the law Sex, consent, the law
*Supplementary topics Differentiated and personalised teaching will be the starting point to ensure accessibility	Different jobs Skills and qualities Stereotyping Presentation CV writing Alternatives to employment Boundaries Work place relationships	CV writing Health and safety in the workplace Social media use Presentation (Clothes/ photos) Behaviour at work Interview preparation Health and safety at work/ clothing signs zones	Social media/Advertising Unhealthy/health body image Photoshop/filters Comparison Peer pressure/abuse Travel Community access Rules for staying safe out and about CSE County Lines Hobbies/interests/goals Zones of Regulation Self-respect and confidence	Pornography & Violence towards women Sexting Social media platforms Online gaming Grooming/trolling Harassment Where to get help Sexual content on streaming service Pornography. sharing and viewing indecent images of children (including those created by children) Distribution of online material	Marriage (inc forced) STI's Pregnancy and alcohol Contraception Differing relationships Expectations & pressure (behaviour within relationships are criminal, including violent behaviour and coercive control) Violence towards women Unwanted attention Support consent, including the age of consent	Drugs Smoking vaping Alcohol Prescription medication Law Age limits Physical and emotional impacts Strategies for identifying and managing sexual pressure how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

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Year 11

Overarching learning themes	Autumn Term		Spring Term		Summer Term	
	Physical Wellbeing & Day to Day Independence		Social and Emotional Wellbeing & Protection from Abuse and Neglect		Personal Relationships & Citizenship	
	<p>Money Management Identifying way in which I can appropriately manage my money</p>	<p>Money Management cont'd Identity risks associated with the mismanagement of money</p>	<p>Personal Safety Review issues that may impact my safety at home, within relationships and out and about in the community Identify support available Understand my own responsibilities around staying safe</p>	<p>Personal Safety cont'd Review issues that may impact my safety at home, within relationships and out and about in the community Identify support available Understand my own responsibilities around staying safe</p>	<p>Sexual Health and Sexual Relationships Review and consider the notion of consent and readiness/managing expectations Know the laws associated with harmful behaviours/acts</p>	<p>Moving On Being ready to move on to life after school, managing change and understanding my support networks</p>
Mandatory topics				Exploitation revisited	Violence against women and girls Consent reexplored	
<p>*Supplementary topics Differentiated and personalised teaching will be the starting point to ensure accessibility</p>	<p>What do I need money for Want vs need Budgeting Value for money Debt/ loans/ not paying bills Gambling and impact on health and relationships</p>	<p>Avoiding scams Banking Paying for items (Credit/debit cards Making a digital payment overdrafts Bank statements ATMs</p>	<p>Forced marriage FGM Other people behaviour Knowing when to use 999 Tattoos, piercings, cosmetic surgery Gaming Laws relating to content Harmful content Online safety Sharing images Risky behaviour Substance misuse</p>	<p>Forced marriage FGM Other people behaviour Knowing when to use 999 Tattoos, piercings, cosmetic surgery Gaming Laws relating to content Harmful content Online safety Sharing images Risky behaviours Substance misuse</p>	<p>Managing own health needs Signs and symptoms STI's Help and support Emotional impacts Being ready Consent Exploitation Abuse Rape Forced marriage FGM Coercion</p>	<p>Travelling safely How to get to college Moving on and risks associated Support networks Managing change Planning journeys to new settings Trips into the community</p>

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