

Year	Michaelmas	Lent	Trinity
Year 7 1 hour & 10 minutes With Specialist PSHCE teacher	<b>Personal Well-being</b> Transition to secondary education Study skills & learning strategies The role of the media & body image Physical and emotional sides of puberty Confidence <b>Relationships</b> Positive relationships, including class, friendships & teams Listening & communication skills <b>Living in the Wider world</b> Diversity & Stereotypes -BV	<b>Personal well-being</b> Understanding the physical changes of puberty & their emotional repercussions <b>Relationships</b> Family Life <b>Living in the Wider world</b> The use of money – personal & global Parliament & Mock elections - BV Justice & the Legal System - BV The Courts	<b>Personal well-being</b> Revision & study skills Food and Mood Internet Safety Water & Fire Safety Sun Safety Making informed choices about health, diet & exercise Meditation & relaxation techniques
Year 8 1 hour & 10 minutes With Specialist PSHCE teacher	<b>Personal Well-being</b> Study skills & learning strategies <b>Living in the Wider world</b> Developing team work & leadership skills Developing flexibility & resilience through the use of BLP <b>Relationships</b> Developing healthy relationships - recognising & dealing with negative behaviours (inc bullying)	<b>Living in the Wider world</b> Developing skills as a critical consumer – slavery footprint Planning a fair trade event Becoming a productive member of a diverse community Online Safety <b>Relationships</b> To begin to think about different levels of intimacy and consent Understanding the language of sex, sexuality & gender	<b>Personal well-being</b> Revision & Study Skills – mental and physical well being – sleep, food, me time, mindfulness First Aid Risks & consequences of drugs, alcohol & tobacco How to access information, help & advice <b>Relationships</b> Identifying healthy & unhealthy relationships
Year 9 Two 35 minute lessons With Specialist PSHCE teacher	<b>Personal Well-being</b> Study skills & learning strategies Barclay's Life Skills/ Careers Convention <b>Relationships</b> Develop & maintain healthy relationships Respect Equality & being a productive member of a diverse community Recognising values & thinking about how they influence choices <b>The Wider world</b> Examine the issue of Girl's Education Globally	<b>Personal Well-being</b> Feed in from Careers from last term to- guidance on making choices for Key Stage 4 Image & Identity and how they change over time <b>Relationships</b> Explore consent, the Law in relation to them Underage pregnancy Managing Peer Pressure/ Get assertive not angry	<b>Living in The Wider World</b> Revision & Study Skills – mental and physical well being – sleep, food, me time, mindfulness <b>Personal Wellbeing</b> Assessing & managing risks to health & staying healthy –v sexual health – condoms Maintaining physical, mental & emotional health & well-being Transition to Key Stage 4 – message to your future self <b>The Wider world</b> Democracy/ British Values
Year 10 1 hour & 10 minutes With Specialist PSHCE teacher	<b>Personal Well-being</b> Transition to KS4 - Recognising skills & qualities & identifying transferable skills ( left over because of Eu) Study skills & learning strategies <b>The Wider World</b> Explore how student's strengths, interests, skills & qualities are changing & how these relate to employability Effective Job Applications & CVs Start thinking about work experience Young people's employment rights Finance <b>Personal well-being - Re-think cancer</b>	<b>Relationships</b> Explore how to develop & maintain a variety of healthy relationships Sexual Identity Recognising risky/negative behaviours & relationships, including those online The importance of consent & their right not to consent How to access help, information, advice & support <b>The Wider world</b> Examination of gender discrimination <b>Personal well-being</b> Revision strategies - Elevate Managing worry & stress	<b>Personal well-being</b> Assessing & managing risks to health & staying healthy Maintaining physical, mental & emotional health & well-being- Contraception & Sexual Health Fertility & Pregnancy How to access help, information, advice & support
Year 11 1 hour & 10 minutes With Specialist PSHCE teacher	<b>Personal Well-being</b> Positive Psychology <b>The Wider world</b> Morrisby profiling Focus on individual strengths, skills & interests Exploring Post 16 options & potential employment opportunities <b>Personal and well-being</b> Factual information about legal & illegal substances and the law	<b>Relationships</b> Examination of the role of sex in the media & its impact Healthy Relationships The importance of consent Sex & the Law <b>Personal well-being</b> Sexual Health How to access help, information, advice & support Healthy Eating and Eating Disorders	<b>Personal well-being</b> Managing worry / stress & Mindfulness Study skills & learning strategies <b>The Wider world</b> Financial awareness

	relating to their supply, use & misuse To think about risks and consequences of above		
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