

## PSHCE Curriculum Plan

	<b>Half Term 1 Careers and Financial Awareness</b>	<b>Half term 2 British Values/ Democracy/Rights and Responsibilities</b>	<b>Half term 3 Emotional Health and Wellbeing</b>	<b>Half term 4 Relationships and Sex Education</b>	<b>Half term 5 Promoting a healthy Lifestyle and Physical Wellbeing</b>	Half term 6 Catch up and Assessment
<b>Year 7</b>	My Dream Career Aspirational thinking	Aspirations	Mental Health and Happiness and Positivity	Friendships	Physical Wellbeing: What is this?	END OF YEAR FORMS ASSESSMENT
	Incomings and Outgoings Higher Horizons	Citizenship	Emotional Literacy	Families	Personal Hygiene, with reference to self-image	Mindfulness & Relaxation
	Budgeting	British Values	Bullying	Romance Love and Feelings	Negative Impact of Drugs: Focus on Smoking and Vaping	Mental Health
	Banking Finances					The Power of a Good Deed
						The importance of regular exercise The Importance of a Healthy Diet

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Year 8	How Physical Wellbeing can combat stress and anxiety	British Law and the Legal Process	Keeping Good Mental Health & Recognising Signs of Depression	Discrimination in the work place	Domestic conflict	END OF YEAR FORMS ASSESSMENT
	The link between poor diet and disease	Combatting Exploitation	On -Line Bullying	Employment Laws and protection	Consent	Tax and National Insurance
	The negative impact of Drugs: Focussing on Alcohol	Nationalism	Self – Harm & Eating Disorders	Communications skills Interpersonal skills	Sexting	Racism
	Drugs and the Law	Extremism			STIs	Self Confidence & Self Esteem
	Basic First Aid Training ST John’s Ambulance if possible day. Activity Day with Visitor					Strategies to Manage Feelings & Challenging Circumstances
						Keeping Safe On-line

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Year 9	How we can improve our Physical and Mental Health: focussing on hobbies and interests: focus here on the negative impact of the 'Online World'	Crime and County Lines	Personal skills and qualities	Recognising Mental Ill Health and when to Get Help	Same sex relationships	END OF YEAR FORMS ASSESSMENT
	The negative impact of Drugs: Focussing on Cannabis use	Genocide	Options discussions and planning See Kev Graham about Options	Impact of the Media on Mental Health and Emotional Wellbeing	Abusive relationships	
	The importance of sleep, diet and exercise on our physical wellbeing: focus on gaming.	Women's Rights and the Vote	Start Profile	Managing Social Anxiety	Safe Sex	
					Pornography	

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Year 10	Planning/ Writing CV's 1 Provide predicted grade for students Computer Logins	Democracy	Health risks & Issues Related to the Media and Body Image	Healthy Eating/Life Skills/Poor Diet and link to Disease	Break ups	END OF YEAR FORMS ASSESSMENT
	Typing CV's 2	Criminal and Civil Law	Managing Tough Times; Change, Grief and Bereavement	Negative Impact of Drug taking and the Law: Prescribed Drugs	Consent	Preparation for Work Experience
	Interview techniques	Discrimination	Careers Mock Interview preparation	Risk Taking Behaviours	Teen Pregnancy	Preparation for Secondary College and Reaseheath Taster Day
	Researching Colleges		Self Confidence & Self Esteem: Making use of Constructive Criticism			

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Year 11	Half Term 1 Careers and Financial Awareness	Half term 2 British Values/ Democracy/Rights and Responsibilities	Half term 3 Physical Emotional Health and Wellbeing	Half term 2 Relationships and Sex Education	Half term 5 Promoting a healthy Lifestyle and Physical Wellbeing	Half term 6
	My Dream Career/ Aspirational thinking	Women in the Media	Suicide	Parenting	Pupils leaving and exams	
	Personal Statement for college application	Disability	Strategies to Manage Stress, Anxiety & Depression	Child Sexual Exploitation	Support with exam stress and well-being.	
	College Research and Applications IT Rooms needed	Inequality	Mindfulness and Relaxation leading up to and during Exams.	Relationship Types	END OF YEAR FORMS ASSESSMENT	
	Back up College Applications IT Rooms needed					