**PSHE planning overview 2016 to 2017 – fortnight by fortnight**

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| **Week** | **Year 7** | **Year 8** | **Year 9 – 2 lessons a fortnight** | **Year 10 – no discrete PSHE provision** | **Year 11** |
| 1 or 2 – 8th to 16th Sept | **Introducing PSHE** – what is PSHE, how will we work together, how is year 7 different? (1.1, 1.2, 1.3) | **Introducing PSHE –** what it’s like here? (1.4) | **Introducing PSHE –** what do I value and why? (1.5)  **Relationships and sex education: facts –** what are HIV and AIDS? What are STIs? (2.4, 2.5) |  | **Follow up from work experience –** write thank-you letters, evaluate experience  **The future –** study or employment – what’s out there? (chapter 9, KS4), types of employment and employment trends (chapter 10, KS4) |
| 3 or 4 – 19th to 30th Sept | **Relationships and sex education: facts** – what happens at puberty, how are babies made? (2.1, 2.2) | **Relationships and sex education: puberty** | **Relationships and sex education: facts –** what does the law say? (2.6), FGM  **Relationships and sex education: feelings –** what do we see about sex in the media? (3.5) | **Years 7 – 11**  **LPR – careers assembly**. Celebrating work experience, promoting STEM occupations. | **The future –** study or employments – what’s out there? (chapter 9, KS4), types of employment and employment trends (chapter 10, KS4) |
| 5 or 6 – 3rd to 14th Oct | **Relationships and sex education: feelings** – why am I feeling like this, boys and girls – is there a difference? (3.1, 3.2) | **Relationships and sex education: feelings** – why are friends important? (3.3) | **Relationships and sex education: feelings –** Is commitment important in relationships? (3.6)  **Relationships and sex education: feelings –** what if I don’t want to? (3.7) | **Chelsea’s choice – years 8 to 11.** Sexual exploitation, internet safety, where to find support. | **The future** – review CV, skills and qualities needed for employment (chapter 10, KS4)  The future – at what age can I … (chapter 9, KS4), moving on |
| 7 or 8 – 17th Oct to 4th Nov (Half term) | **Emotional wellbeing** – what am I good at? (5.1) | **Relationships and sex education: feelings –** assertiveness, submissive, aggression. Making choices about behaviour. | **Drugs –** how do drugs affect people? (4.3) and further research on drugs including alcohol and smoking  **Drugs –** what about drugs and the law? (4.4) | **Heartstart at KCC –** Southwest Ambulance Service | **The future** – survey re. progression routes |
| 9 or 10 – 7th to 18th Nov | **Emotional wellbeing** – what does assertiveness mean? (5.2) | **Relationships and sex education: feelings –** what are the different types of relationships? (3.4) | **Drugs -** How do I manage situations involving drugs? (4.5) |  | **Personal finance –** budgeting, credit and debit (chapter 8, KS4) |
| 11 or 12 – 21st Nov to 2nd Dec | **Healthy lifestyle** – what do we need to keep healthy? (6.1) | **Drugs –** what do we mean by drugs? How do drugs affect people? (4.1, 4.3) | **Emotional wellbeing –** how do I manage my feelings (5.6) What do we mean by mental health?  What happens when relationships break down? (5.7) Domestic abuse (year 9 Mental Health resources) | Careers Day – visit careers fair  CV writing  Choices around work experience | **Sex and relationships** – ground rules, consent (chapter 2, page 18, KS4), First Sex video |
| 13 or 14 – 5th Dec to 16th Dec | **Healthy lifestyle** – what is my personal health profile? (6.2) | **Emotional wellbeing –** what happens when we are feeling down? What does resilience mean? (5.3, 5.4) | **Emotional wellbeing –** how do we cope with loss and bereavement? (5.8)  Facing challenges, managing stress – chapter 3, KS4 |  | **Sex and relationships** – sexual health – contraception, teenage pregnancy |
| CHRISTMAS HOLIDAYS | | | | | |
| 15 or 16 – 2nd to 13th Jan | **Risk and safety –** what do we mean by ‘risk’, how can we manage risky situations? (7.1, 7.2) | **Emotional wellbeing –** is anybody perfect? Body image. (5.5) | **Emotional wellbeing –** body image and eating disorders (year 9 Mental Health resources) |  | **Sex and relationships –** sexual health – STI’s including HIV and AIDs |
| 17 or 18 – 16th to 27th Jan | **Risk and safety** – how do I practise refusal skills (7.3) | **Healthy lifestyle –** how do I keep healthy? (6.3) | **Risk and safety –** internet safety and grooming (Year 9 mental health resources) |  | **Sex and relationships –** FGM and homophobic bullying |
| 19 or 20 – 30th Jan to 10th Feb (Half term) | **Risk and safety** – how can we tackle bullying? (7.4) | **Risk and safety –** what is ‘risking on purpose’? Can gambling be good? (7.5, 7.6) | **Healthy lifestyle –** how do I keep healthy? Who can I talk to about my health? (6.3, 6.4) |  | **Health –** body image, eating disorders (chapter 1 and year 9 mental health resources) |
| 21 or 22 – 20th Feb to 3rd March | **Identity –** who am I? (8.1) | **Risk and safety –** how do I reduce risks? (7.7) | **Healthy lifestyle –** review on managing stress, mindfulness (year 9 mental health unit) |  | **Healthy lifestyle –** review on managing stress, mindfulness (year 9 mental health unit) |
| 23 or 24 – 6th to 17th March | **Identity –** what does family mean? (8.2) | **Identity –** How can I contribute to family life? (8.2) | **Risk and safety –** can gambling be good? How do I reduce risks? (7.6, 7.7) |  | **Healthy choices –** Drugs (chapter 2, KS4) |
| 25 or 26 – 20th March to 31st March | **Communities** – who is in our communities? (9.1) | **Identity –** How do I respond to other people? (8.4) | **Risk and safety –** Who can help me keep safe? Where can I find help on …? (7.8, 7.9) |  | **Healthy choices –** Alcohol and smoking (chapter 2, KS4) |
| EASTER HOLIDAYS | | | | | |
| 27 or 28 – 17th to 21st April | **Communities –** who do I feel about difference? (9.2) | **Identity –** How am I doing? (8.5) | **Identity –** what are my rights and responsibilities? (8.6)  **Communities –** how can I contribute to my community? (9.6) |  | **Revision in PSHE?**  Further topics to cover – bereavement, healthy relationships and domestic violence, challenging discrimination, diverse and conflicting values |
| 29 or 30 – 24th April to 5th May | **Planning for the future –** who do I work best with others? How can we improve our communication skills? (10.1, 10.2) | **Communities –** How can we value each other? (9.3) | **Communities –** what do voluntary agencies do? (9.7)  **Communities –** how can we challenge prejudice and discrimination (9.8) |  |  |
| 31 or 32 – 8th to 19th May | **Planning for the future –** what do I want and how do I get it? (10.3) | **Communities –** What makes a successful community? (9.4) | **Planning for the future –** how do I improve my prospects? What does the law say about work? (10.7, 10.8)  **The future** – At what age can I … (chapter 9 Key Stage 4 book) |  |  |
| 33 or 34 – 22nd May to 9th June (Half term) | **Planning for the future –** how do I plan for my future? (10.4) | **Communities –** What can cause problems in communities? (9.5) | **The future –** study or employments – what’s out there? (chapter 9, KS4), types of employment and employment trends (chapter 10, KS4) |  |  |
| 35 or 36 – 12th June to 23rd June | **Money and me –** how do I save and how do I budget? (11.1) | **Planning for the future –** What do I need to plan for? (10.5) | **The future –** creating a CV, skills and qualities needed for employment (chapter 10, KS4) |  |  |
| 37 or 38 – 26th June to 7th July | **Drugs** – what do we mean by drugs? (4.1) | **Planning for the future –** What opportunities are out there for me? (10.6) | **Personal finance –** budgeting, credit and debit (chapter 8, KS4) |  |  |
| 39 – 10th to 14th July | **Drugs –** drugs – fact or fiction (4.2) | **Money and me –** What influences our spending? (11.2) | **Money and me –** how enterprising am I? (11.3) | Work experience week |  |