

# PSHE/RSE

## Key

RSE: Ten: Ten Wider World Physical Health and Mental Wellbeing The Law Citizenship

|        | Autumn 1   | Autumn 2   | Spring 1  | Spring 2  | Summer 1  | Summer 2   |
|--------|--|--|---|---|---|--|
| Year 7 | <ul style="list-style-type: none"><li>•Transition to Year 7</li><li>•Respect</li><li>•10:10 Who am I</li><li>•Resilience</li><li>•Mental Health</li><li>•Black History Month</li></ul>   | <ul style="list-style-type: none"><li>•Mental Health</li><li>•First Aid</li><li>•Anti-Bullying</li><li>•Respecting others</li><li>•Healthy Eating</li><li>•What is citizenship</li></ul>   | <ul style="list-style-type: none"><li>•Healthy Diet</li><li>•10:10 Family and friends</li><li>•Healthy Lifestyle</li><li>•10:10 Health inside and out</li><li>•10:10 Changing bodies</li><li>•Developing Bodies</li></ul> | <ul style="list-style-type: none"><li>• 10:10 Cinema in education part:<ul style="list-style-type: none"><li>1 Facts of Life</li><li>2 Seeking and Offering Support</li><li>3 Looking in the Mirror</li></ul></li><li>•10:10 Where we come from</li><li>•Britsih Values<ul style="list-style-type: none"><li>• Road Safety</li><li>• First Aid- Bleeding</li></ul></li><li>•National Careers Week</li></ul> | <ul style="list-style-type: none"><li>•Anti Bullying</li><li>•British Values</li><li>•Racism</li><li>•Wants and Needs</li><li>•Healthy Lifestyle</li></ul>  | <ul style="list-style-type: none"><li>•10:10 My life on screen</li><li>•The law of online behaviours including image and information sharing</li><li>•10:10 Living Responsibly</li><li>• Mental Health</li><li>•Careers</li><li>•Aspirations and career pathways</li></ul> |
| Year 8 | <ul style="list-style-type: none"><li>•Core values and motivation</li><li>• 10:10 Created and Chosen</li><li>•10:10 Appreciating Differences</li><li>•Equality Act</li><li>•Physical Exercise</li><li>•Healthy Eating</li><li>•Importance of sleep</li><li>•Water Safety</li></ul> | <ul style="list-style-type: none"><li>• 10:10 Cinema in education: Trouble with Max</li><li>• 10:10 Cinema in education: Trust the Truth (2 parts)</li><li>•Anti-Bullying</li><li>•Communication skills</li><li>•Global Citizenship</li><li>•Fisrt Aid- Asthma</li></ul> | <ul style="list-style-type: none"><li>• First Aid</li><li>• First Aid Allergies</li><li>• Immuniation and Vaccination</li><li>•Knife Crime</li><li>• Disability</li></ul>   | <ul style="list-style-type: none"><li>•10:10 Think Before You Share</li><li>•The law of online behaviours including image and information sharing</li><li>•10:10 Feelings</li><li>•10:10 Before I was born</li><li>•Equality Act</li><li>•Entrepreneur</li><li>•Budgeting</li><li>•National Careers Week</li></ul>  | <ul style="list-style-type: none"><li>•10:10 Tough relationships</li><li>•Equality Act</li><li>•Gangs</li><li>•violence and exploitation by gangs</li><li>•The Police</li><li>•Civil and Criminal Offences</li><li>•Democracy</li></ul> | <ul style="list-style-type: none"><li>• 10:10 Wider World</li><li>•Equality Act</li><li>• Mental Health</li><li>• Careers</li><li>• Employment Rights</li><li>• The Justice system</li><li>• Plastic and recycling</li><li>• Global Citizenship</li></ul>                  |

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| Year 9  | <ul style="list-style-type: none"> <li>•Drugs and the Law</li> <li>•Alcohol</li> <li>•Substance Misuse</li> <li>•Smoking and vaping</li> <li>•Parliament</li> <li>•Employability</li> </ul>  | <ul style="list-style-type: none"> <li>•Resisting Peer Pressure</li> <li>•Cost of living</li> <li>•Money management</li> <li>•Money, savings and loans</li> <li>•Critical thinking</li> <li>•Cell Donation</li> </ul>   | <ul style="list-style-type: none"> <li>•Careers</li> <li>•Year 9 options</li> <li>•Qualifications</li> <li>•Careers Pathways</li> <li>• First Aid Head Injuries</li> <li>• First Aid- Choking</li> </ul>   | <ul style="list-style-type: none"> <li>•10:10 Cinema in Education<br/>Part 1- Love, Honour and Cherish<br/>Part 2+3 - The gift of Sex/Self</li> <li>•Behaviour at work</li> <li>• Employability skills</li> <li>• Literacy and numeracy skills</li> <li>• Digital Citizen</li> <li>• National Careers Week</li> </ul> | <ul style="list-style-type: none"> <li>•10:10 The Search for Love</li> <li>•10:10 Love People, Use Things</li> <li>•Budgeting</li> <li>•Gambling</li> <li>•First Aid- CPR</li> <li>•Healthcare System</li> </ul>                                       | <ul style="list-style-type: none"> <li>•Oral hygiene</li> <li>•10:10 In Control of my Choices</li> <li>•10:10 Fertility and Contraception</li> <li>•10:10 Commitment and Marriage</li> <li>•10:10 Understanding Consent</li> <li>•10:10 Human Rights and Wrongs<br/>Equality Act<br/>Exploitation<br/>Consent<br/>Human Rights</li> </ul>                                       |
| Year 10 | <ul style="list-style-type: none"> <li>•Mental Health – Managing Transition</li> <li>•Anti Social Behaviour</li> <li>•10:10 Authentic Freedom</li> <li>•10:10 Self Image</li> <li>•10:10 Beliefs, Values and Attitudes</li> <li>•Study Skills</li> <li>•Tatoos and piercing</li> </ul> | <ul style="list-style-type: none"> <li>•10:10 Parenthood</li> <li>•10:10 Cinema in education: Babies</li> <li>•10:10 Cinema in education: Responding to an unexpected pregnancy</li> <li>•10:10 Cinema in education: Safe Sex or Save Sex</li> <li>•Interview Techniques</li> <li>•Mental Health</li> <li>•Developing Bodies</li> </ul> | <ul style="list-style-type: none"> <li>•The sleep factors</li> <li>•10:10 Pregnancy and Abortion</li> <li>•10:10 Abuse</li> <li>•10:10 Solidarity<br/>Violence against women and girls<br/>Hate Crime<br/>FGM</li> <li>•Extremism/radicalisation</li> <li>•Criminal Exploitation</li> <li>•LMI</li> <li>•Neurodiversity</li> </ul>                 | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>•Money, savings and loans</li> <li>•Enterprise</li> <li>•Fraud and Cybercrime</li> <li>•Fake News</li> <li>•First Aid Bleeding</li> <li>•British Values</li> <li>•National Careers Week</li> </ul>  | <ul style="list-style-type: none"> <li>•United Nations</li> <li>•Commonwealth</li> <li>•Electoral Systems</li> <li>•UK Political System</li> <li>•Social Action</li> <li>•Human Rights</li> <li>•STEM</li> <li>•Work experience preparation</li> </ul> | <ul style="list-style-type: none"> <li>• Study Skills</li> <li>• Applying to college and university</li> <li>• STEM</li> <li>• Work Experience Preparation</li> <li>• Work Experience Review</li> <li>• Online reputation</li> <li>• First Aid- Chest Injuies</li> <li>• Cancer awareness</li> <li>• Self Examination</li> <li>• Substance Misuse</li> <li>• Alcohol</li> </ul> |
| Year 11 | <ul style="list-style-type: none"> <li>•Preparation for Post 16</li> <li>•College applications</li> <li>•The Range of Opportunities</li> <li>•Application Support</li> <li>•The sleep factors</li> <li>•Communication skills</li> </ul>  | <ul style="list-style-type: none"> <li>• Application Support</li> <li>• Study skills</li> <li>• 10:10 Addictions</li> <li>•10:10 Self Worth<br/>Illegal Substances</li> <li>•10:10 Eating Disorders</li> <li>• 10:10 Pornography</li> </ul>   | <ul style="list-style-type: none"> <li>• 10:10 Cinema in Education:<br/>1 Truth and Lies<br/>2 + 3Truth or Lies</li> <li>• 10:10 – STI's</li> <li>• 10:10 Birth Control</li> <li>•10:10 Coercive Control<br/>Violence against women and girls<br/>Hate Crime<br/>FGM<br/>Consent<br/>Extremism/radicalisation<br/>Criminal Exploitation</li> </ul> | <ul style="list-style-type: none"> <li>• Interview Skills and Personal Statements</li> <li>•Revision Techniques</li> <li>•Dealing with Stress Mental Health – Coping Strategies</li> <li>• First Aid- Bone and Muscle Injuries</li> <li>•National Careers Week</li> </ul>   | <ul style="list-style-type: none"> <li>•Managing Money</li> <li>•Financial Independence</li> <li>•Finance</li> <li>• First Aid- Choking</li> <li>• Employment Rights</li> <li>• Importance of sleep</li> <li>• Healthy Lifestyle</li> </ul>            |   |