

ALL SAINTS PSHCE EDUCATION: YEAR PLAN – PSHE/RSE

Key- Blue = Health and Wellbeing. Pink = RSE. Green = Careers and Finance Red = Laws

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Mental Wellbeing</p> <ul style="list-style-type: none"> • Transition • 10:10 Who am I • Personal Identity • Resilience • Anxiety and depression • Coping Strategies • Dealing with anger • Benefits of exercise 	<p>Staying safe</p> <ul style="list-style-type: none"> • Community safety • First Aid • Anti-Bullying • Respecting others • Healthy Eating • What is citizenship • Being a British Citizen 	<p>Families</p> <ul style="list-style-type: none"> • Types of relationships • 10:10 Families and friends • Marriage and families • 10:10 Health inside and out • 10:10 Changing bodies 	<p>Relationships</p> <ul style="list-style-type: none"> • 10:10 Cinema in education part: <ol style="list-style-type: none"> 1 Facts of Life 2 Seeking and Offering Support 3 Looking in the Mirror • International Woman’s Day • Respecting Boundaries • Situations of struggle and conflict • Internet safety • 10:10 Where we come from 	<p>Relationships</p> <ul style="list-style-type: none"> • 10:10 Living responsibly • British Values -Labelling and Stereotyping • Protected characteristics • Racism • British Values – Multicultural Britain • Wants and needs 	<p>Resilience</p> <ul style="list-style-type: none"> • 10:10 My life on screen • Resilience • Internet safety – Hate speech • Aspirations • Careers • 10:10 Close assessment
Year 8	<p>Safety, Health and fitness</p> <ul style="list-style-type: none"> • Core values and motivation • Protected characteristics – hate crimes • Homophobia • Importance of exercise • Healthy eating • 10:10 Appreciating differences • Black History Month 	<p>Health and prevention</p> <ul style="list-style-type: none"> • Safety in the community • Anti-Bullying • How to keep healthy • The importance of sleep • Communication skills • Global Citizenship 	<p>Internet Safety</p> <ul style="list-style-type: none"> • 10:10 Created and Chosen • Risky Behaviours and situations • Knife crime • Gambling awareness • 10:10 Trouble with Max 	<p>Online media</p> <ul style="list-style-type: none"> • 10:10 Trust the Truth • International Woman’s Day • Gangs • 10:10 Trust the Truth • 10:10 Think Before You Share • Online behaviour 	<p>Being Safe</p> <ul style="list-style-type: none"> • 10:10 Consent • 10:10 Feelings • Criminal Exploitation • FGM • Managing Conflict • 10:10 Before I was born 	<p>Employment</p> <ul style="list-style-type: none"> • 10:10 Wider World • Diversity and Difference • British Values – Equality • Human Rights • Active Citizenship • Parliament • Employment Rights

Year 9	<p>Drugs Alcohol and Tobacco</p> <p>Hate Crime</p> <ul style="list-style-type: none"> • Drugs and the Law • Alcohol • Tobacco • Substance Misuse • Positive and Negative Drug Use • Black History Month • County Lines • PREVENT – Extremism 	<p>Financial Choices</p> <ul style="list-style-type: none"> • Safety in the Community • Resisting Peer Pressure • Anti-Bullying Week • Attitudes to Money • Understand Financial Terms • Influences and Debt • Debit and Credit Cards • Ethics of Money • Recession 	<p>Choices and Pathways</p> <ul style="list-style-type: none"> • Critical thinking • GMACS • Options – School Subjects • Qualifications • Careers Pathways • Substance misuse 	<p>Choices and pathways</p> <ul style="list-style-type: none"> • Employability Skills • Literacy and Numeracy Skills • International Woman’s day • STEM Careers • Success with Rules 	<p>Intimate relationships</p> <p>Adolescents</p> <ul style="list-style-type: none"> • 10:10 The Search for Love • 10:10 Love People, Use Things • 10:10 100% Consent • 10:10 Knowing my Rights and Responsibilities • 10:10 Cinema in Ed Part 1- Love, Honour and Cherish Part 2+3 - The gift of Sex • 10:10 Marriage 	<p>Adolescents</p> <ul style="list-style-type: none"> • 10:10 In Control of my Choices • Respecting Diversity – Gender Identity • 10:10 Fertility and Contraception • LGBT and Hate Speech • Regular Self Examination (Cancer) • Immunisations • 10:10 Close assessment
	<p>Families</p> <p>Developing Learning Skills</p> <ul style="list-style-type: none"> • Mental Health – Managing Transition • 10:10 Self Image • 10:10 Parenthood • 10:10 Babies 1 • 10:10 Unexpected Pregnancy • 10:10 Safe Sex or Save Sex • Black History Month • 10:10 Values, Beliefs and Attitudes 	<p>Relationships</p> <ul style="list-style-type: none"> • 10:10 Abuse • British Values - Remembrance Day • Anti-Bullying Week • Racism and Homophobia • Sexism and Ableism • Diversity in Britain • 10:10 Solidarity • LGBTQ+ Hate Crime 	<p>Politics, and personal safety</p> <ul style="list-style-type: none"> • Types of Government • UK Political System • World Political Systems • The Commonwealth • Gangs • Extremism and Radicalisation • 10:10 Authentic Freedom 	<p>Healthy behaviours</p> <ul style="list-style-type: none"> • Mental Health – Stress, Anxiety and Depression • Mental Health – Grief and Bereavement • International Woman’s Day • Gambling • 10:10 Post Assessment 	<p>Self-development</p> <ul style="list-style-type: none"> • Consequences of Drugs • Managing Financial Risks • Mental Health – Coping Strategies • Developing Life Goals • GMACS 	<p>Careers</p> <ul style="list-style-type: none"> • GMACS • Interview Skills and Personal Statements • Work Experience Preparation • Work Experience • Work Experience Review • Steps for Year 11
	<p>Choices and Pathways / Employment rights and Responsibilities</p> <ul style="list-style-type: none"> • Preparation for Post 16 • The Range of Opportunities • GMACS • Application Support 	<p>Work and careers</p> <ul style="list-style-type: none"> • GMACS • Application Support <p>Health and staying safe</p> <ul style="list-style-type: none"> • 10:10 Assess and Self Worth • 10:10 Eating Disorders and Addictions • Body Image • 10:10 Pornography 	<p>Body changes</p> <ul style="list-style-type: none"> • 10:10 Cinema in Education: 1 Truth and Lies 2 + 3 Truth or Lies • 10:10 – STI’s • 10:10 Pregnancy and Abortion • 10:10 Fertility and Birth Control 	<p>Mental Wellbeing</p> <ul style="list-style-type: none"> • 10:10 Coercive Control • Violence against Women and Girls. Consent • 10:10 Parenting 	<p>Health prevention and being safe</p> <ul style="list-style-type: none"> • 10:10 Assessment • Revision Techniques • 10:10 Addictions • Dealing with Stress 	
Year 11						

