



## **PSHE**

Year	Cycle 1 -12 Weeks (10 weeks teaching, 1 week assessment, 1 impact week)	Cycle 2 -12 Weeks (10 weeks teaching, 1 week assessment, 1 impact week	Cycle 3 -12 Weeks (10 weeks teaching, 1 week assessment, 1 impact week
7	Relationships: Transition to secondary school, making a positive start, what does it mean to be a good friend? and safe online friendships. All the above to transition and introduce pupils to the subject.  In the tutorial programme, students also cover British values and how to tackle Extremism.	Health and wellbeing - How we treat older people, self-awareness and how to deal with personal conflict. Pupils then learn about how their bodies change during puberty, why it is important to keep healthy with a focus on both physical and mental health. During the tutorial programme, students also focus on mental health and wellbeing during this cycle.	Relationships: Bullying, peer pressure, boundaries and assertiveness, long term relationships and marriage.  Mental health awareness week is covered in the tutorial programme, along with the enrichment day on keeping healthy.
	Living in the wider world: Intro to careers, saving, spending and budgeting and skills for employment. Students will also complete a Careers survey in tutor time and attend careers based tutorials. Students also have an enrichment day during this cycle, where they focus on building relationships.	Relationships: focuses on how Britain is multicultural and how it became that way, then moves onto exploring what is a refugee? This also links to the tutorial programme where the idea of diversity is looked at, examining different religions and abilities, along with a focus on the Black Lives Matter campaign. This is then further developed in the next cycle by learning about Stephen Lawrence and the impact of racially motivated violence and hate crime. Students also have an enrichment day during this cycle, where they focus on 'living in the wider world.'	Living in the wider world: Aspirations, identifying career aspirations, developing skills, challenging stereotypes and an introduction into apprenticeships.  The issue of tolerance is covered in the tutorial programme with a focus on World Refugee Day.
8	Relationships – Healthy relationships and consent. These lessons include the dangers of sharing sexual images and	Relationships – These lessons work alongside the concept of 'authority,' learning about influences and pressures and how people's	Living in the wider world - These lessons examine the concept of 'inequality' leading to lessons on 'economic

	inappropriate sexual behaviour. Pupils also have an introduction to contraception which is the foundation for continuing work on this topic in Year 9.  The tutorial programme covers British values and how to tackle Extremism which is further developed in the PSHE curriculum in Cycle 2.	actions can be affected by other's influence. This then leads onto a lesson on extremism and radicalisation which links with the Islam unit, tackling stereotypes.  During the tutorial programme, students focus on mental health and wellbeing during this cycle.	wellbeing' including social mobility, personal finance, debt and fraud which build on lessons on spending and budgeting in Year 7.
	Health and wellbeing: Mental health, self esteem and internet safety. Students will complete a Careers survey in tutor time and attend careers based tutorials. Students also have an enrichment day during this cycle, where they focus on building relationships.	Health and wellbeing – These lessons look at how to make healthy choices and assess the risks of drug and alcohol abuse and addiction. Students also have an enrichment day during this cycle, where they focus on 'living in the wider world.'	Living in the wider world: This unit develops the careers unit from Year 7, covering values, motivating factors, qualities and skills, competencies and team work.  Students have an enrichment day during this cycle, covering First Aid, including CPR, dealing with head injuries, allergic reactions and choking.
9	Relationships - These lessons focus around exploring relationships and build on introductory lessons covered in Year 7 and 8 about what healthy friendships and romantic relationships look like. Relationships are studied in more depth including making moral decisions in relation to sex and the influence of the media on perceptions on sexual matters. Contraception has featured in the Year 8 PSHE Relationships module but is now studied alongside issues of sexual health with a practical condom demonstration element. Students also explore marriage, divorce, gender roles and family life.  During the tutorial programme, students cover the ideas of kindness, activism,	Relationships - Equality and Identity - During this unit of work students explore themes of identity including sexuality, what it means to be transgender and the impact of homophobia. This builds on topics studied in year 7 and 8 on prejudice, discrimination and equality, relating specifically to gender and sexuality.  During the tutorial programme, students focus on mental health and wellbeing during this cycle.	Living in the wider world – During the tutorial programme, students explore the impact of racially motivated violence and hate crime learning about Stephen Lawrence and what can be learned from his story.  Relationships – The tutorial programme then moves on to focus on the International Day Against Homophobia, Transphobia and Biphobia, looking at how we can promote acceptance and celebrate the LGBTQIA+ community?

	being an Ally and being the change you want to see. Students look at how we approach racism, homophobia and discrimination. Students then focus on how to tackle extremism, building on the learning from both BVC lessons and tutor time from last year.		
	Relationships – In the tutorial programme, the values of respect and kindness are focused on, highlighting in particular issues associated with bullying during anti-bullying week. Students also have an enrichment day during this cycle, where they focus on building relationships.	Students have an enrichment day during this cycle, where they focus on 'living in the wider world.'	Living in the wider world – Within the tutorial programme, students examine the issue of child labour with a focus on World Day Against Child Labour, highlighting the plight of child workers and what can be done to help them.  Relationships – Students then move on to look at the issue of Refugees and highlight how we can promote tolerance and combat prejudice against them. This is highlighted during World Refugee Day.  Students have an enrichment day during this cycle, covering emotional wellbeing including exploring a Cognitive Behavioural approach for dealing with stress and anxiety.
10	Relationships – During the tutorial programme, students cover the ideas of kindness, activism, being an Ally and being the change you want to see. Students look at how we approach racism, homophobia and discrimination. Students then focus on how to tackle extremism, building on the learning from both BVC lessons and tutor time from previous years.	Relationships – Diversity is celebrated during the tutorial programme at the start of this cycle highlighting how to tackle disability hate crimes. Students are given the opportunity to learn about a lesser known religion during World Religion Day. They then go on to explore recent examples of hate speech and the dangers it can lead to, reflecting on the events of the Holocaust.	Living in the wider world – During the tutorial programme, students explore the impact of racially motivated violence and hate crime learning about Stephen Lawrence and what can be learned from his story.  Relationships – The tutorial programme then moves on to focus on the International Day Against

	Relationships – In the tutorial programme, the values of respect and kindness are focused on, highlighting in particular issues associated with bullying during anti-bullying week. Students also have an enrichment day during this cycle, where they focus on relationships.	Health and wellbeing – Students focus on mental health and wellbeing during mental health week, which then links to how to ensure a healthy balance between screen time and other activities.  Living in the wider world – Students complete a session on employability skills – What makes a good CV? Why is work experience important?  Students also have an enrichment day during this cycle, where they focus on 'living in the wider world.'	Homophobia, Transphobia and Biphobia, looking at how we can promote acceptance and celebrate the LGBTQIA+ community?  Living in the wider world – Within the tutorial programme, students examine the issue of child labour with a focus on World Day Against Child Labour, highlighting the plight of child workers and what can be done to help them.  Relationships – Students then move on to look at the issue of Refugees and highlight how we can promote tolerance and combat prejudice against them. This is highlighted during World Refugee Day.  Students have an enrichment day during this cycle, covering mental health and wellbeing, including identifying mental illness, the consequences of substance misuse and how to recognise signs of exploitation.
11	Relationships – During the tutorial programme, students cover the ideas of kindness, activism, being an Ally and being the change you want to see. Students look at how we approach racism, homophobia and discrimination. Students then focus on how to tackle extremism, building on the learning from both BVC lessons and tutor time from previous years.	Health and wellbeing – Students focus on the influence that alcohol can have on sexual behaviour. They also learn about how to keep themselves safe from spiking, the risks of vaping and the impact of drugs. They also explore the issue of debt and the risks of online gambling.  Relationships – Diversity is celebrated during the tutorial programme at the start of this cycle highlighting how to tackle disability	

the t	ng in the wider world – Throughout tutorial programme, students have sentations by different employers, ed to the Future Careers Survey.	hate crimes. Students are given the opportunity to learn about a lesser known religion during World Religion Day. They then go on to explore recent examples of hate speech and the dangers it can lead to, reflecting on the events of the Holocaust.	
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durir relat cons the i relat	ing this cycle, where they focus on tionships, including the meaning of insent, staying safe in relationships, impact of cultural issues on tionships and where to access vice and support.	Living in the wider world – Students complete a session on employability skills – What makes a good CV? Why is work experience important? Students also have an enrichment day during this cycle, where they focus on 'living in the wider world.'	

You need to demonstrate how you are interleaving and returning to previously met knowledge to deepen and strengthen children's retention and understanding over time over time. This should be more that simply through the Do Nows at the beginning of lessons.