

## Year 5 PSHE Planned Lessons.

We have introduced a new curriculum this year in line with the new government statutory curriculum and the non-statutory schedule suggested by the PSHE Association. Although the lessons will give you a good idea of what we plan to teach, we are keen to ensure that they can change to meet the needs of individual year groups and events such as coronavirus. Thus, some lessons may be omitted, some added and some rescheduled.

Please note that lessons marked (\*) are particularly relevant to Relationships and Sex Education (RSE).

Living in the Wider World 1 (Autumn Term 1)	Health and Wellbeing 1 (Autumn Term 2)	Relationships 1 (Spring Term 1) (Overlaps with Health)
<p>How can I limit online screen time whilst recognising the benefits of the internet?</p> <p>Can I identify reasons for complying with age restrictions online and for TV, films and online games?</p> <p>Can I identify techniques that I can use to recognise biased information and fake news online?</p> <p>Can I identify the factors that could influence my future career choices and reflect on the suitability of different roles?</p>	<p>What are the potential risks and health hazards of using fireworks and sparklers?</p> <p>Can I understand how my emotions may change?</p> <p>How can emotions affect our physical feelings? (Above two sessions link to wellbeing sessions on “Zones of Regulation”)</p> <p>How does mental health and illness link? What are some early signs of illness?</p>	<p>How can I help to care for a baby?</p> <p>What is the meaning of gender identity and biological sex and how we can show respect for others? (*)</p> <p>What do we mean by committed relationships? (*)</p> <p>What are the signs of growing up for girls? (*)</p> <p>What are the signs of growing up for boys? (*)</p> <p>Can I Identify and recognise online risks around relationships?</p> <p>Can I explain what we mean by FGM, the dangers and where to go for help? (*)</p>
Living in the Wider World 2 (Spring Term 2)	Health and Wellbeing 2 (Summer Term 1)	Relationships 2 (Summer Term 2)
<p>Success and Achievement: Can I identify achievements and positive qualities in both myself and others?</p> <p>Independence and Responsibility: Can I identify opportunities and responsibilities that I may experience as I become older and more independent?</p> <p>Courtesy and Manners: How can I display good manners and polite behaviour in a variety of contexts?</p> <p>Change, Grief and Loss: What emotions do people commonly experience in new situations or as a result of loss and unexpected change?</p> <p>The environment: Can I identify different ways that we can protect the planet from climate change and live sustainably?</p>	<p>Can I identify the positive and negative effects habits can have on a healthy lifestyle?</p> <p>Can I identify the benefits of good quality sleep and the symptoms of lack of sleep?</p> <p>What measures do I need to take to protect myself from the sun?</p> <p>What are the dangers and risks posed by medicines and household products?</p> <p>First aid: Do I know basic techniques for dealing with common minor injuries and ways to access help in an emergency?</p>	<p>How can I model respectful behaviour, both online and offline?</p> <p>What are the key characteristics of welcoming and positive friendships? How does it feel to be left out?</p> <p>Can I identify strategies for making new friends and ways to be a good friend to others?</p> <p>Can I identify different types of peer pressure and strategies that we can use when we feel pressurised by others?</p> <p>Why are loving, stable relationships important? What different kinds of families are there?</p>

## Year 6 PSHE Planned Lessons.

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Living in the Wider World 1 (Autumn Term 1)	Health and Wellbeing 1 (Autumn Term 2)	Relationships 2(Spring Term 1)
<p>Help and Advice: How do I ask for help and advice, especially if I'm worried?</p> <p>Identity: What do we mean my identity and that of my different communities?</p> <p>Diversity: What do we mean by diversity and how can we celebrate difference?</p> <p>Online: Why can online usage lead to FOMO (fear of missing out)?</p> <p>Online Privacy: What do we mean by online privacy and how can we protect this online?</p>	<p>Health introduction: What do we mean by a healthy lifestyle?</p> <p>How can I keep healthy by having a good diet and suitable exercise.?</p> <p>How do I maintain good dental hygiene and what can happen otherwise?</p> <p>Can I identify how germs spread (both viruses and bacteria) and can cause us to be ill?</p>	<p>Positive relationships: Can I describe some ways of avoiding dangerous relationships and maintaining positive ones?</p> <p>How can I reduce conflict, respect the views of others and disagree with people respectfully?</p> <p>Family, marriage and civil partnerships: How can we show commitment within different kinds of families? (*)</p> <p>What we mean by love, the different types of love and what we mean by abuse?</p> <p>Online Relationships: What are the dangers due to online gaming?</p>
Living in the Wider World 2 (Spring Term 2)	Health and Wellbeing 2 (Summer Term 1)	Relationships 2 (Summer Term 2)
<p>What is money and how did it evolve? What were the problems with bartering?</p> <p>What are the different attitudes people have towards money and how to spend it.</p> <p>How can I keep safe and avoid risks in my local environment, in both familiar and unfamiliar places?</p>	<p>What do we mean when we talk about our mental health?</p> <p>How can we help ourselves and others to maintain a positive body image? (*)</p> <p>Girls' puberty: Can I identify the changes girls go through in puberty? (*)</p> <p>Boys' puberty: Can I identify the changes boys go through during puberty? (*)</p> <p>How can the changes we experience both mentally and physically in puberty affect us emotionally?</p> <p>What is alcohol and how does it impact people? How can we recognise drugs and what do they do to us?</p>	<p>What does it mean to bully and how do we prevent this?</p> <p>Is there a difference between teasing and bullying?</p> <p>What do we mean by consent, for example in terms of personal space and our own bodies? (*)</p> <p>What do we mean by attraction and is this the same as having a crush? (*)</p> <p>Can I identify the different parts of the male and female reproductive system? How does human reproduction happen? (*)</p>

## Year 7 PSHE Planned Lessons.

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Living in the Wider World 1 (Autumn Term 1)	Health and Wellbeing 1 (Autumn Term 2)	Relationships 1 (Spring Term 1)
<p>What does it mean to be an aspirational student?</p> <p>How can I improve self esteem? (*)</p> <p>What are wants and needs and why do we need to know the difference?</p> <p>What is stereotyping and prejudice? Racism focus</p> <p>How can we enjoy social media but keep our accounts safe and private?</p> <p>An introduction to ethics. How can we shop ethically?</p>	<p>Health introduction: What do we mean by a healthy lifestyle?</p> <p>How can I keep healthily? Food groups, diet and nutrition</p> <p>How can I eat responsibly? Food labels and health hazards</p> <p>What are the consequences of not living healthily?</p> <p>Why can energy drinks be a problem?</p> <p>How can I commit to a healthy life?</p> <p>What are the dangers of cigarettes and passive smoking?</p> <p>An introduction to drugs and their dangers</p>	<p>How can I keep genuine friendships and avoid bad ones?</p> <p>What are some different types of families? (*)</p> <p>Why don't families always get along?</p> <p>What is love and what is romance? Teen relationships. (*)</p> <p>Bullying or banter - what is and what isn't acceptable?</p>
Living in the Wider World 2 (Spring Term 2)	Health and Wellbeing 2 (Summer Term 1)	Relationships 2 (Summer Term 2)
<p>How can we budget our money?</p> <p>How can I create a personal budgeting plan?</p> <p>What are savings, loans and interest rates?</p> <p>What are the different types of financial products??</p> <p>What are the different types of financial transactions?</p>	<p>How can we keep good mental health and recognise symptoms of depression?</p> <p>How can I control my anger?</p> <p>What do I need to know about puberty? (*)</p> <p>What do I need to know about periods and the menstrual cycle? (*)</p> <p>What is FGM and why is it so dangerous? (*)</p>	<p><b>To Be Confirmed</b></p> <p>How can we prevent online bullying?</p> <p>How can we keep safe and maintain positive relationships?</p> <p>What does it mean to be a British Citizen? My personal identity.</p> <p>What is online radicalisation and why is it a problem?</p>

## Year 8 PSHE Planned Lessons.

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Living in the Wider World 1 (Autumn Term 1)	Health and Wellbeing 1 (Autumn Term 2)	Relationships 1 (Spring Term 1)
<p>Finance: What is income and expenditure?</p> <p>Finance: what are the various different kinds of tax we pay?</p> <p>Finance: How is tax spent? How are public services funded?</p> <p>Finance: Budgeting and Saving</p> <p>Careers Skills: What is an entrepreneur?</p> <p>Careers Skills: How can we develop our teamwork skills?</p> <p>Careers: How can we develop our communication skills?</p>	<p>Personal development and target-setting How can self-confidence boost our achievement?</p> <p>Personal development and target-setting: How can I improve my skills and behaviour?</p> <p>How can I manage my behaviour to achieve targets and goals?</p> <p>Emotional Literacy: Why is self-awareness in our actions towards others so important? (*)</p> <p>What is mindfulness? How can this aid positive mental health?</p>	<p>What is consent and why is it important we know about it? (*)</p> <p>What are the different types of contraception? (*)</p> <p>What is pornography and why can it be of concern? (*)</p> <p>What are the dangers of sexting and image sharing? (*)</p> <p>What do we mean by Sexually Transmitted Diseases? (*)</p> <p>What is body image, how does the media impact this and what is the connection to eating disorders? (*)</p> <p>Domestic conflict – why do people run away from home and why can it be dangerous?</p>
Living in the Wider World 2 (Spring Term 2)	Health and Wellbeing 2 (Summer Term 1)	Relationships 2 (Summer Term 2)
<p>How does stereotyping, discrimination and prejudice affect those who are disabled?</p> <p>How does stereotyping and discrimination affect the LGBT community? (*)</p> <p>How does stereotyping and discrimination affect younger people?</p> <p>Internet safety – what is grooming and what are the warning signs?</p> <p>How can we care for our environment and why is it changing?</p>	<p>What is vaping, what is nicotine and what is addiction?</p> <p>An introduction to cancer awareness</p> <p>How can we look after ourselves and others in an emergency? Personal safety and first aid.</p> <p>What are the challenges that teenage parents face?</p>	<p><b>To Be Confirmed</b></p> <p>This unit of work is likely to start with an exploration of British Values then focus on an exploration of extremism and how to prevent extremism.</p> <p>How can British Values teach us tolerance and respect for others?</p> <p>Extremist Groups – who are they? Why do people get involved in extremist groups?</p> <p>What is Islamophobia?</p>