

Groups		Brief/ Heading from subject LTPs					Subject Intent	Syllabus/ exam board qualification Suggested reading/text books
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1		
KS3		<p><b>Health and wellbeing Transition</b> Transition of key stages and changes during covid</p> <p><b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and media reliability and coping strategies <i>(Life after lockdown and during covid. Identifying signs of poor mental health)</i> The nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals</p>	<p><b>Sex and relationships Diversity</b> Diversity, prejudice, and bullying</p> <p><b>Sex and healthy relationships</b> Healthy and unhealthy friendships assertiveness and gang exploitation Peer influence, substance use and gangs Grooming The precious liberties enjoyed by the citizens of the United Kingdom</p>	<p><b>Living in the Wider World</b></p> <p><b>Developing skills and aspirations</b> Enterprise skills and introduction to careers Challenging career stereotypes and raising aspirations</p> <p><b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process</p> <p><b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p><b>Health and wellbeing</b></p> <p><b>Healthy lifestyle and puberty</b> -Healthy routines Influences on health -Diet, exercise, lifestyle balance and healthy choices <i>(covered in Key Stage 3 food, wellbeing, assemblies and PE)</i> Puberty <i>(covered in debate and Science)</i></p> <p><b>Drugs, alcohol and safety</b> Alcohol and drug misuse and pressures relating to drug use First aid Fire safety Addressing extremism and radicalisation</p>	<p><b>Sex and relationships</b></p> <p><b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries</p> <p><b>Identity and relationships</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p><b>Living in the wider world</b></p> <p><b>Enterprise</b> Planning and carrying out an enterprise project</p>	<p>By teaching pupils to stay safe and healthy, and by building self-esteem, self-awareness, confidence, resilience and empathy, our effective PSHE programme is designed to tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged pupils.</p> <p>PSHE Association <a href="https://www.pshe-association.org.uk/content/resources-and-curriculum">https://www.pshe-association.org.uk/content/resources-and-curriculum</a></p> <p>First Aid <a href="http://lms.highfieldelearning.com/">http://lms.highfieldelearning.com/</a></p> <p>Connect Futures- working against extremism <a href="https://www.connectfutures.org/">https://www.connectfutures.org/</a></p> <p>Careers <a href="https://www.shawtrust.org.uk/">https://www.shawtrust.org.uk/</a> <a href="https://www.youthemployment.org.uk/">https://www.youthemployment.org.uk/</a></p>
	KS4	Yr10	<p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change <i>(Life after lockdown and during covid. Identifying signs of poor mental health)</i> Transition to key stage 4 and developing study habits</p>	<p><b>Sex and relationships</b></p> <p><b>Healthy relationships</b> Tackling relationship myths and expectations Managing romantic relationship challenges including break ups Human rights and international law Diversity, respect and understanding</p>	<p><b>Living in the wider world</b></p> <p><b>Financial decision making</b> Understanding the causes and effects of debt Understanding the risks associated with gambling</p> <p><b>Politics</b> Government systems beyond the UK</p> <p>UK relationships with Europe and the wider world Parliamentary democracy</p> <p>Electoral systems The legal system in the UK, different sources of law and how the law helps society deal with complex problems</p>	<p><b>Health and wellbeing</b></p> <p><b>Safety</b> -First aid course</p> <p><b>Exploring influence</b> Exploring the influence of gangs, role models and the media Evaluating social and emotional impact and risks of drug and alcohol use</p> <p><b>Addressing extremism and radicalisation</b> Addressing extremism and radicalisation Communities, belonging and challenging extremism</p>	<p><b>Sex and relationships</b></p> <p><b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes <i>(resources in pshe folder)</i></p> <p>Managing change, grief and bereavement</p>	

KS4	Yr11	<p><b>Health and wellbeing</b>  <b>Building for the future and mental health</b>  Self-efficacy, stress management, and future opportunities  (Life after lockdown and during covid. Identifying signs of poor mental health)  Promoting self-esteem  Learning and revision skills</p>	<p><b>Sex and relationships</b>  <b>Communication in relationships</b>  Personal values and assertive communication in relationships  Human rights and international law  Debate: on the death penalty in different countries</p>	<p><b>Living in the wider world</b>  <b>Next steps</b>  Learning and revision skills  College application process  Skills for employment and career progression</p> <p>Other systems and forms of government</p> <p>Challenging extremism and radicalisation</p> <p>Active citizenship</p> <p>Debate: whether or not people involved with extremist organisations have their citizenship rights taken away?</p>	<p><b>Health and wellbeing- Independence</b>  -Responsible health choices  -Safety in independent contexts  - First Aid course</p>	<p><b>Sex and relationships + Living in the wider world</b>  <b>Intimate relationships</b>  Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography  Debate on legal age for consent and sex.  Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p><b>Living in the wider world</b>  <b>Next steps</b>  Transitions  Preparing for college and the world of work</p>		