

KS3	HT1: Independence and aspirations	HT2: Autonomy and advocacy	HT3: Independence and aspirations	HT4: Choices and influences	HT5: Autonomy and advocacy	HT6: Choices and influences
Year 7	<i>Developing goal setting, organisation skills and self-awareness</i> <ul style="list-style-type: none"> <li>Dealing with transition to secondary school.</li> <li>Learning skills and teamwork.</li> <li>Respect in school</li> <li>Developing relationships</li> </ul>	<i>Developing empathy, compassion and communication:</i> <ul style="list-style-type: none"> <li>Making and maintaining friendships</li> <li>Identifying and challenging bullying</li> <li>Communicating online</li> </ul>	Careers - Introduction to careers education: <ul style="list-style-type: none"> <li>Pathways</li> <li>My skills and qualities</li> <li>Dream jobs</li> <li>The labour market</li> <li>Stereotypes</li> </ul>	<i>Developing agency, strategies to manage influence and decision making:</i> <ul style="list-style-type: none"> <li>Regulating emotions</li> <li>Diet and exercise</li> <li>Hygiene and dental health</li> <li>Sleep</li> </ul>	<i>Developing assertive communication, risk management and support-seeking skills: Developing self-confidence and self-worth.</i> <ul style="list-style-type: none"> <li>Dealing with changes in puberty</li> <li>Body satisfaction.</li> <li>Unwanted contact and intro to consent</li> <li>Relationships</li> <li>FGM</li> <li>Rights in the community</li> </ul>	<i>Developing agency and decision making skills:</i> <ul style="list-style-type: none"> <li>Drugs, alcohol and tobacco</li> <li>Safety and first aid</li> </ul>
Year 8	<i>Developing risk management skills, analytical skills and strategies to identify bias:</i> <ul style="list-style-type: none"> <li>Managing online presence</li> <li>Digital and media literacy</li> </ul>	<i>Developing respect for beliefs, values and opinions and advocacy skills:</i> <ul style="list-style-type: none"> <li>Stereotypes, prejudice and discrimination</li> <li>Promoting diversity and equality</li> <li>LGBTQ+</li> </ul>	Careers - Entrepreneurial skills <ul style="list-style-type: none"> <li>Enterprise in the workplace</li> <li>Becoming an entrepreneur</li> </ul>	<i>Developing agency, strategies to manage influence and access support:</i> <ul style="list-style-type: none"> <li>Drugs and alcohol</li> <li>Resisting peer influence</li> <li>Online choices and influences</li> <li>Healthy relationships</li> <li>Consent and boundaries</li> <li>Sexting</li> </ul>	<i>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</i> <ul style="list-style-type: none"> <li>Anti-social behaviour</li> <li>Criminal damage</li> <li>Litter</li> <li>Violent disorder</li> </ul>	<i>Developing agency and strategies to manage influence and access support:</i> <ul style="list-style-type: none"> <li>Maintaining positive mental health</li> <li>Importance of physical activity</li> <li>Safety and first aid</li> </ul>
Year 9	<i>Developing analytical analytical skills and strategies to identify bias and manage influence:</i> <ul style="list-style-type: none"> <li>Finances and savings</li> <li>Borrowing</li> <li>Gambling</li> </ul>	<i>Developing self-confidence, risk management and strategies to manage influence:</i> <ul style="list-style-type: none"> <li>Friendship challenges</li> <li>Crime</li> <li>Drugs and alcohol</li> <li>Assertive communication</li> </ul>	Careers <ul style="list-style-type: none"> <li>GCSE options</li> <li>Post 16 and 18 routes</li> <li>CVs</li> <li>Part-time jobs</li> </ul>	<i>Developing empathy, compassion and strategies to access support:</i> <ul style="list-style-type: none"> <li>Mental health (inc. self-harm and eating disorders)</li> <li>Change, loss and grief</li> <li>Healthy coping strategies</li> </ul>	<i>Develop assertive communication, clarifying values and strategies to manage influence:</i> <ul style="list-style-type: none"> <li>Consent</li> <li>health/unhealthy relationships (inc domestic violence and forced marriage)</li> <li>Relationships, sex and the media</li> </ul>	<i>Developing decision making, risk management and support-seeking skills:</i> <ul style="list-style-type: none"> <li>STIs</li> <li>Contraception</li> <li>Cancer awareness</li> <li>Safety and first aid</li> </ul>
KS4	HT1: Independence and aspirations	HT2: Autonomy and advocacy	HT3: Independence and aspirations	HT4: Choices and influences	HT5: Autonomy and advocacy	HT6: Choices and influences
Year 10	<i>Developing self-awareness, goal-setting, adaptability and organisation skills:</i> <ul style="list-style-type: none"> <li>Mental health</li> </ul>	<i>Developing empathy and compassion, strategies to manage influence and assertive communication:</i> <ul style="list-style-type: none"> <li>Relationship expectations</li> <li>Pornography</li> <li>Abuse and harassment</li> </ul>	Careers - Careers planning <ul style="list-style-type: none"> <li>Post 16 and 18 options</li> <li>CVs and cover letters</li> <li>Employability skills</li> </ul>	<i>Developing agency and decision making, strategies to manage influence and access support:</i> <ul style="list-style-type: none"> <li>First aid and life-saving</li> <li>Online relationships</li> </ul>	<i>Developing respect for diversity, risk management and support-seeking skills:</i> <ul style="list-style-type: none"> <li>Hate crimes and extremism</li> <li>Stop and search</li> </ul>	<i>Developing motivation, organisation, leadership skills and presentation skills:?</i>
Year 11	<i>Developing empathy and compassion, clarifying values and support-seeking skills:</i> <ul style="list-style-type: none"> <li>Families</li> <li>Fertility, adoption and abortion</li> <li>Pregnancy and miscarriage</li> <li>Managing grief and loss</li> </ul>	<i>Developing communication and negotiation skills, risk management and support-seeking skills:</i> <ul style="list-style-type: none"> <li>Preparing for adult life</li> <li>Money and finances</li> <li>Managing challenges in relationships</li> </ul>	Careers - Preparing for the workplace	<i>Developing confidence, agency and support-seeking skills:</i>	<i>Developing confidence, self-worth, adaptability and decision making skills:</i> <ul style="list-style-type: none"> <li>Preparing for transition to KS5</li> </ul>	

Phase 1		HALF TERM 1: Independence and aspirations								HALF TERM 2: Autonomy and advocacy				
		Wc 4th Sept	Wc 11th Sept	Wc 18th Sept	Wc 25th Sept	Wc 2nd Oct	Wc 9th Oct	Wc 16th Oct	Wc 23rd Oct	Wc 6th Nov	Wc 13th Nov	Wc 20th Nov	Wc 27th Nov	Wc 4th Dec
	Curr	INSET - NO LESSON	Intro to PSHE	Transition to secondary	Learning skills	Healthy friendships	Changing friendships (NSPCC)	Hurtful behaviours (NSPCC)	Review and reflections HT1	Staying safe online - Healthy online friendships (NSPCC)	Bullying and name calling	Cyberbullying	Cybercrime	Gaming
	Ret		RQ	RQ	RQ	RQ	RQ	RQ	RQ					
	Other		ART baseline all years	ART Baseline all years		Black Hist Month	Black Hist Month World Mental Health Day Intl Day of the Girl	Black Hist Month	Black Hist Month  PSHE Knowledge assessment	Yr 7-10 DC1	Anti-bullying week Self-care week			
Phase 2		HALF TERM 2: Autonomy and advocacy		HALF TERM 3: Independence and aspirations				HALF TERM 4: Choices and influences						
		Wc 11th Dec	Wc 18th Dec	Wc 8th Jan	Wc 15th Jan	Wc 22nd Jan	Wc 29th Jan	Wc 5th Feb	Wc 19th Feb	Wc 26th Feb	Wc 4th March	Wc 11th March	Wc 18th March	Wc 25th March
	Curr	Social media -age restrictions	Dangers of social media	Intro to career pathways	Skills and qualities	My dream job	Gender and stereotypes	Labour market information	Job v career	Diet and exercise	Hygiene	Dental hygiene	Sleep	Emotional regulation
	Ret													
	Other							Safer Internet Day Children's mental Health Week		Eating Disorder Awareness Week		PSHE Knowledge assessment	DC2 All Years	Good Friday
Phase 3		HALF TERM 5: Autonomy and advocacy						HALF TERM 6: Choices and influences						
		Wc 15th Apr	Wc 22nd Apr	Wc 29th Apr	Wc 6th May	Wc 13th May	Wc 20th May	Wc 3rd June	Wc 10th June	Wc 17th June	Wc 24th June	Wc 1st July	Wc 8th July	Wc 15th July
	Curr	Physical changes in puberty	Emotional changes in puberty	Menstruation	NO LESSON	Body confidence	Intro to consent	Drugs: caffeine and energy drinks	Alcohol	Tobacco and vaping?	Safety and first aid - bleeding and CPR	EOY reflections	Contingency/changeover	Contingency/changeover
	Ret											PSHE Knowledge assessment		
	Other				Bank Holiday Monday	Mental Health Awareness Week		Pride Month	Pride Month	Pride Month	Pride Month		DC3 7,8,10	

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		Wc 4th Sept	Wc 11th Sept	Wc 18th Sept	Wc 25th Sept	Wc 2nd Oct	Wc 9th Oct	Wc 16th Oct	Wc 23rd Oct	Wc 6th Nov	Wc 13th Nov	Wc 20th Nov	Wc 27th Nov	Wc 4th Dec
	Curr	INSET - NO LESSON	Be internet citizens - Three sides to every story	Be internet citizens - Us vs Them	Be internet citizens - speaking up, speaking out	Celebrities and online influencers	Every Mind Matters - online stress and FOMO	Dove self-esteem project - appearance ideals	Review and reflections HT1	My values (CEOP)	Harmful stereotypes	Gender stereotypes	Gender identity	LGBTQ+
	Ret		RQ	RQ	RQ	RQ	RQ	RQ	RQ					
	Other		ART Baseline All Years	ART Baseline All Years		Black Hist Month	Black Hist Month World Mental Health Day Intl Day of the Girl	Black Hist Month PSHE knowledge assessment	Black Hist Month	DC1 Years 7-10	Anti-bullying week Self-care week			
Phase 2		HALF TERM 2: Autonomy and advocacy		HALF TERM 3: Independence and aspirations				HALF TERM 4: Choices and influences						
		Wc 11th Dec	Wc 18th Dec	Wc 8th Jan	Wc 15th Jan	Wc 22nd Jan	Wc 29th Jan	Wc 5th Feb	Wc 19th Feb	Wc 26th Feb	Wc 4th March	Wc 11th March	Wc 18th March	Wc 25th March
	Curr	Safer online relationships (NSPCC)	Sexualised media (NSPCC)	Development of skills and qualities	Post 16 in depth	Enterprise in the workplace	Becoming an entrepreneur	Entrepreneurs continued	Different career sectors	Peer influence	Consent	Healthy relationships	Online choices and influences	Influences: drugs and alcohol
	Ret													
	Other							Safer Internet Day Children's mental Health Week		Eating Disorder Awareness Week		PSHE knowledge assessment	DC2 All Years	Good Friday
Phase 3		HALF TERM 5: Autonomy and advocacy						HALF TERM 6: Choices and influences						
		Wc 15th Apr	Wc 22nd Apr	Wc 29th Apr	Wc 6th May	Wc 13th May	Wc 20th May	Wc 3rd June	Wc 10th June	Wc 17th June	Wc 24th June	Wc 1st July	Wc 8th July	Wc 15th July
	Curr	Pol-Ed: Intro to Anti-Social behaviour	Criminal damage	Litter	NO LESSON	Noise in the community	Violent disorder	Mental health	Worry and unhelpful thoughts	Physical health and self-care	First Aid and safety - asthma and allergies	Contingency/changeover	Contingency/changeover	Contingency/changeover
	Ret													
	Other				Bank Holiday Monday	Mental Health Awareness Week		Pride Month	Pride Month	Pride Month	Pride Month	PSHE knowledge assessment	DC3 Years 7,8 10	

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		Wc 4th Sept	Wc 11th Sept	Wc 18th Sept	Wc 25th Sept	Wc 2nd Oct	Wc 9th Oct	Wc 16th Oct	Wc 23rd Oct	Wc 6th Nov	Wc 13th Nov	Wc 20th Nov	Wc 27th Nov	Wc 4th Dec
	Curr	INSET - NO LESSON	Sex and relationships	Age of consent	Sexting and sharing nudes	Upskirting and revenge porn	What is grooming	Child sexual exploitation	Review and reflections HT1	Peer influence and gangs	County lines	Human trafficking	Offensive weapons	Knife Crime part 1
	Ret		RQ	RQ	RQ	RQ	RQ	RQ	RQ					
	Other		ART Baseline All Years	ART Baseline All Years		Black Hist Month	Black Hist Month World Mental Health Day Intl Day of the Girl	Black Hist Month <div>PSHE knowledge assessment</div>	Black Hist Month	DC1 Years 7-10	Anti-bullying week Self-care week			
Phase 2		HALF TERM 2: Autonomy and advocacy		HALF TERM 3: Independence and aspirations					HALF TERM 4: Choices and influences					
		Wc 11th Dec	Wc 18th Dec	Wc 8th Jan	Wc 15th Jan	Wc 22nd Jan	Wc 29th Jan	Wc 5th Feb	Wc 19th Feb	Wc 26th Feb	Wc 4th March	Wc 11th March	Wc 18th March	Wc 25th March
	Curr	Knife crime part 2	Firearms	GCSE options	Post 16 and 18 options	Qualifications needed for different careers	Applying for p/t jobs	Understanding your rights and responsibilities	Unhealthy coping strategies - drugs and alcohol	Unhealthy coping strategies - self-harm	Unhealthy coping strategies - eating disorders	Vaping	Healthy coping strategies	Change loss and grief
	Ret													
	Other							Safer Internet Day Children's mental Health Week		Eating Disorder Awareness Week		<div>PSHE knowledge assessment</div>	DC2 All Years	Good Friday
Phase 3		HALF TERM 5: Autonomy and advocacy						HALF TERM 6: Choices and influences						
		Wc 15th Apr	Wc 22nd Apr	Wc 29th Apr	Wc 6th May	Wc 13th May	Wc 20th May	Wc 3rd June	Wc 10th June	Wc 17th June	Wc 24th June	Wc 1st July	Wc 8th July	Wc 15th July
	Curr	Domestic violence	?	?	NO LESSON	FGM	Forced marriage	Online fraud	Gambling	Finances and savings	Finances and savings	contingency / changeover	Contingency/changeover	Contingency/changeover
	Ret													
	Other		Year 9 EOY assessments	Year 9 EOY assessments	Bank Holiday Monday	Mental Health Awareness Week	DC3 Year 9	Pride Month	Pride Month	Pride Month	Pride Month	<div>PSHE knowledge assessment</div>		

Phase 1		HALF TERM 1: Independence and aspirations								HALF TERM 2: Autonomy and advocacy				
		Wc 4th Sept	Wc 11th Sept	Wc 18th Sept	Wc 25th Sept	Wc 2nd Oct	Wc 9th Oct	Wc 16th Oct	Wc 23rd Oct	Wc 6th Nov	Wc 13th Nov	Wc 20th Nov	Wc 27th Nov	Wc 4th Dec
	Curr	INSET - NO LESSON	Mental health - new challenges	Reframing negative thinking	Recognising ill-mental health	Promoting emotional well being	Emotional wellbeing and the media	Addictions - gambling	Review and reflections HT1	Consent	Rights trust and values (NSPCC)	Principles of healthy relationships (CEOP)	Unhealthy relationships (NSPCC)	Sexual harassment and harmful sexual behaviours
	Ret		RQ	RQ	RQ	RQ	RQ	RQ	RQ					
	Other		ART Baseline All years	ART Baseline All years		Black Hist Month	Black Hist Month World Mental Health Day Intl Day of the Girl	Black Hist Month	Black Hist Month	Yr 7 -10 DC1	Anti-bullying week Self-care week			
Phase 2		HALF TERM 2: Autonomy and advocacy		HALF TERM 3: Independence and aspirations				HALF TERM 4: Choices and influences						
		Wc 11th Dec	Wc 18th Dec	Wc 8th Jan	Wc 15th Jan	Wc 22nd Jan	Wc 29th Jan	Wc 5th Feb	Wc 19th Feb	Wc 26th Feb	Wc 4th March	Wc 11th March	Wc 18th March	Wc 25th March
	Curr	Pornography	Pressure and coercion	Post 18 options	CV builder	Employability skills	Careers planning	Personal finances	Drugs in society	Joint enterprise part 1	Joint enterprise per 2	Gangs and county lines	Burglary, robbery and theft	Car theft and joyriding
	Ret													
	Other							Safer Internet Day Children's mental Health Week		Eating Disorder Awareness Week		PSHE knowledge assessment	DC2 All Years	Good Friday
Phase 3		HALF TERM 5: Autonomy and advocacy						HALF TERM 6: Choices and influences						
		Wc 15th Apr	Wc 22nd Apr	Wc 29th Apr	Wc 6th May	Wc 13th May	Wc 20th May	Wc 3rd June	Wc 10th June	Wc 17th June	Wc 24th June	Wc 1st July	Wc 8th July	Wc 15th July
	Curr	Hate crimes and hate speech	Stop and search	Extremism part 1	NO LESSON	Extremism part 2	British values	Financial decisions and savings	Personal safety and first aid	?	?	Personal Statements	Personal Statements	Personal Statements
	Ret													
	Other				Bank Holiday Monday	Mental Health Awareness Week		Pride Month	Pride Month	YEAR 10 MOCKS Pride Month	YEAR 10 Mocks Pride Month	PSHE knowledge assessment	DC3 7,8,10	



Phase 1		HALF TERM 1: Independence and aspirations								HALF TERM 2: Autonomy and advocacy				
		Wc 4th Sept	Wc 11th Sept	Wc 18th Sept	Wc 25th Sept	Wc 2nd Oct	Wc 9th Oct	Wc 16th Oct	Wc 23rd Oct	Wc 6th Nov	Wc 13th Nov	Wc 20th Nov	Wc 27th Nov	Wc 4th Dec
	Curr	INSET - NO LESSON	Staying safe online - fraud	Online influencers	Preparing for adulthood - money management	Preparing for adulthood - money management	Managing relationship challenges	Communicating readiness	Review and reflections HT1	Contraception	?	?	?	Principles of healthy sexual experiences
	Ret		RQ	RQ	RQ	RQ	RQ	RQ	RQ					
	Other		Year 11 Baseline Assessments			Black Hist Month	Black Hist Month World Mental Health Day Intl Day of the Girl	Black Hist Month	Black Hist Month PSHE knowledge assessment		YEAR 11 MOCKS Anti-bullying week Self-care week	YEAR 11 MOCKS	YEAR 11 MOCKS	
Phase 2		HALF TERM 2: Autonomy and advocacy		HALF TERM 3: Independence and aspirations					HALF TERM 4: Choices and influences					
		Wc 11th Dec	Wc 18th Dec	Wc 8th Jan	Wc 15th Jan	Wc 22nd Jan	Wc 29th Jan	Wc 5th Feb	Wc 19th Feb	Wc 26th Feb	Wc 4th March	Wc 11th March	Wc 18th March	Wc 25th March
	Curr	Grooming and exploitation	Pregnancy	Rights in the workplace	Discrimination and protected characteristics	Preparing for post-16	Study skills	?	?	?	?	Fertility	STIs	Family life
	Ret													
	Other	Year 11 DC1						YEAR 11 MOCKS Safer Internet Day Children's mental Health Week	YEAR 11 MOCKS	YEAR 11 MOCKS Eating Disorder Awareness Week	YEAR 11 MOCKS	PSHE knowledge assessment	DC2 All Years	Good Friday
Phase 3		HALF TERM 5: Autonomy and advocacy						HALF TERM 6: Choices and influences						
		Wc 15th Apr	Wc 22nd Apr	Wc 29th Apr	Wc 6th May	Wc 13th May	Wc 20th May	Wc 3rd June	Wc 10th June	Wc 17th June	Wc 24th June	Wc 1st July	Wc 8th July	Wc 15th July
	Curr	Domestic abuse	FGM		NO LESSON	Study Skills	Study Skills	Study Skills	Study Skills	Study Skills				
	Ret													
	Other				Bank Holiday Monday GCSE Exams	GCSE Exams Mental Health Awareness Week	GCSE Exams	GCSE Exams Pride Month	GCSE Exams Pride Month	GCSE Exams Pride Month				