

Lesson No	Area of study	Topic	Learning Objectives	Activities (extra task in brackets)	New Key Terms	Resources
2	Misc	Introduction to PSHE	To understand how PSHE will be split into different areas of study To view the topics which will be taught over the year To look at class rules and expectations To explain informal assessment	Q and A Discussion Video clips Question time activity PSHE reading list	Health and wellbeing Relationships and sex education Futures Living in the wider world Informal assessment	PPT Introductory booklet
3 4	Living in the Wider World	Debt, payday loans and APR	To understand what debt is and how it can be a problem To appreciate the possible consequences of not managing debt responsibly To understand what a payday loan is To understand what APR means	Q and A Discussion Video clips Quiz TPS Debt worksheet (5 step plan OR 100 words)	Credit Debt Annual Percentage Rates Payday loan Interest Budget National Living Wage Bankrupt	PPT LWW booklet
5 6	Living in the Wider World	Exploring blood, organ and stem cell	To identify the steps involved in blood, organ and stem cell donation To describe how it might feel to be part of the donation process To analyse the importance of donation for individuals and for society	Discussion Mind map Cluster activity Video clip Post it note activity (Message board)	Blood, organ and stem cell donation Transfusion Transplant Bone marrow donation Component parts Blood groups Tissue types	PPT LWW booklet
7 8	Living in the Wider World	County Lines/CSE	Increase student awareness of county lines Alert students to how it works in our society Raise awareness of the issue to help students make better and more informed choices	Q and A Discussion Video clips Pair/group work (Definition quiz)	Exploitation Expendable Grooming Going country Trapping Trap house Trap line	PPT LWW booklet

9 10	Living in the Wider World	Serious Organised Crime	<p>To explain the reasons why some people might get involved in serious and organised crime</p> <p>To describe the far-reaching consequences of getting involved in serious and organised crime</p> <p>To explain the factors and strategies that can help people avoid, or get out of, serious and organised crime</p> <p>To describe positive ways in which young people can make the most of their skills and abilities</p>	<p>Structured mind map</p> <p>Discussion</p> <p>Pair work</p> <p>Group work</p> <p>Body map</p> <p>A year in the life...</p> <p>TPS</p> <p>Letter writing</p>	<p>Risk association</p> <p>Transnational network</p> <p>Internal pressures</p> <p>External pressures</p> <p>Deprived areas</p> <p>Respectable career</p> <p>Educational welfare officer</p>	PPT LWW booklet
11 12	Health and well being	Loss and Bereavement	<p>To be able to discuss and define grief and bereavement</p> <p>To describe the impact a death may have on a young person</p> <p>To reflect on people and things that I can be grateful for.</p>	<p>Class discussion</p> <p>Video clips</p> <p>Finish the sentence...</p> <p>Mind map</p> <p>Learning about loss cards</p> <p>(Acrostic poem)</p>	<p>Grief</p> <p>Impact</p> <p>Sudden death</p> <p>Unexpected death</p> <p>Expected death</p> <p>Violent death</p> <p>Day of the dead</p> <p>Qingming</p>	PPT HWB booklet
13 14	Health and Wellbeing	Male mental health	<p>Understand the stigma surrounding male mental health problems</p> <p>Consider attitudes about male mental health</p> <p>Exhibit a realistic and positive understanding of mental health</p>	<p>Video clips</p> <p>Discussion</p>	<p>Masculine</p> <p>Inadvertently</p> <p>Appearance shaming</p> <p>Taboo</p>	PPT HWB booklet
15 16	Health and Wellbeing	First Aid 2 CPR	<p>Reminder of DR ABC steps</p> <p>Know and practice the CPR steps.</p>	<p>Discussion</p> <p>Video clips</p> <p>Manikin practice</p> <p>Q and A</p>	<p>Cardiopulmonary resuscitation</p> <p>Manikin</p> <p>Chest compressions</p>	PPT HWB booklet

17 18	Health and Wellbeing	Eating Disorders	<p>To become more aware of the most common types of eating disorders and their symptoms and warning signs</p> <p>To examine what leads to eating disorders developing</p> <p>To develop understanding and empathy towards people who suffer with these conditions</p> <p>Explain the dangers of eating disorders</p>	<p>Discussion</p> <p>Video clips</p> <p>Fact sharing</p> <p>Q and A</p> <p>Reading task</p> <p>Key word task</p>	<p>Anorexia Nervosa</p> <p>Bulimia Nervosa</p> <p>Binge Eating Disorder</p> <p>Obsessive desire</p> <p>Psychological addiction</p> <p>Positive self perception</p> <p>Negative self perception</p>	<p>PPT</p> <p>HWB booklet</p>
19 20	Relationships and Sex Education	Contraception Pros and Cons	<p>To know what contraception is</p> <p>To consider different methods of contraception and to understand their effectiveness.</p>	<p>Videos</p> <p>True/false cards</p> <p>Discussion</p> <p>Pros and cons activity</p> <p>Pyramid task</p>	<p>Cap</p> <p>Combined pill</p> <p>Condoms (female)</p> <p>Condoms (male)</p> <p>Contraceptive implant</p> <p>Contraceptive injection</p> <p>Contraceptive patch</p> <p>Diaphragms</p> <p>Intrauterine device (IUD)</p> <p>Intrauterine system (IUS)</p> <p>Natural family planning</p> <p>Progestogen-only pill</p> <p>Vaginal ring</p> <p>Female sterilisation</p> <p>Male sterilisation (vasectomy)</p>	<p>PPT</p> <p>RSE booklet</p>
21 22	Relationships and Sex Education	Parenthood	<p>To describe the benefits of being in a committed, stable, positive relationship.</p> <p>To identify the rights, roles and responsibilities of parents with respect to raising children.</p> <p>To evaluate the characteristics of successful parenting.</p>	<p>Discussion</p> <p>Mind Map</p> <p>Diamond 9</p> <p>TPS</p> <p>Videos</p> <p>'You are the parent...' task</p>	<p>Committee</p> <p>Stable</p> <p>Maintenance</p> <p>Responsibility</p> <p>Consistency</p> <p>(Rules) and regulations</p>	<p>PPT</p> <p>RSE booklet</p>

23 24	Relationships and Sex Education	Fertility and pregnancy choices	To explain how fertility changes over a person's lifetime and some of the factors affecting this To explain how to maintain a healthy pregnancy To describe different routes to parenthood	Graphs Q and A Discussions Scenarios	Fertility Conceive Natural conception IVF Coparenting Adoption Fostering Egg freezing Surrogacy	PPT RSE booklet
25 26	Relationships and Sex Education	Pregnancy, abortion and miscarriage	To discuss current understanding of pregnancy, abortion and miscarriage To understand the phases of pregnancy To look at the causes and commonalities of miscarriage To examine the law around abortion	Discussion Video clips Case study Fill the gaps Question cube	Antenatal Foetus Scans Termination Conception Anaesthesia Surgical procedure Non judgemental Embryo Stillbirth	PPT RSE booklet
27 28	Relationships and Sex Education	LGBTQ+	An understanding of LGBTQ+ and the history An awareness of stereotyping and stigma An awareness of where to get help and support	Q and A Discussion Video clips Quiz Tweet	Persecuted Transsexual Questioning Intersex Ally Asexual Pansexual Stigma	PPT RSE booklet
29 30	Relationships and Sex Education	Self-examination and FGM	Understand the importance of checking your body on a regular basis. Gain more knowledge of the process of FGM.	Key terms Video clips Discussion Facts Post it activity Jigsaw chart	Self examination Breast cancer Testicular cancer Female Genital Mutilation Female circumcision Criminal offence Global prevalence	PPT RSE booklet

31 32	Relationships and Sex Education	Menopause	Raise awareness of menopause and its affects on you, your family, friends and colleagues. To learn about the changes happening in a female body as it goes through the menopausal transition To find out more about the symptoms	Discussion Video clips Documentary (part)	Menopause Perimenopause Common symptoms	PPT RSE booklet
33 34	Relationships and Sex Education	Harassment and Inappropriate Behaviour	To define the terms stalking and harassment To identify the behaviours associated with stalking To explain what to do if someone feels they or someone they know is the target or perpetrator of stalking or harassment	Concept map Discussion Tips Scenarios Q and A Timeline Activity Postcard Activity	Harassment Inappropriate behaviour Stalking Unwanted attention Fixation Obsession	PPT RSE booklet
35 36 37 38	Health and Wellbeing	Eclectic lesson	To review topics covered PSHE including childhood neglect, friendship, addiction, alcoholism, recovery, the obscurity of life, teasing, loneliness, mental illness, autism (Asperger Syndrome in particular), obesity, suicide, depression, isolation and anxiety.	Movie DVD		Mary and Max movie
39	Misc	Cath up lesson		Completion of booklet gaps		PSHE folders