

Week No	Area of study	Topic	Learning Objectives	Activities (extension task in brackets)	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	Health and Wellbeing	Wellbeing	To understand what wellbeing is and how it can affect us To learn about the 'five ways to wellbeing' To start considering the 'five ways to wellbeing' and make a conscious effort to include them in our lives	Reading task Q and A Discussion Video clips Group work Presentations Worksheets (Hope cloud)	Positive mental health Flourishing 5 ways to wellbeing (connect, keep learning, be active, give, take notice)	PPT HWB booklet
4	Health and Wellbeing	Meditation and relaxation	To define what meditation is To discuss how to prepare ourselves for and during meditation To practice a meditation technique	Meditation practice Video clips Worksheet Q and A Discussion (Poster)	Refreshed Hectic Habit Restlessness Irritation Mindfulness	PPT HWB booklet
5	Health and Wellbeing	Sleep and healthy routines	To explain the impact of sleep on health and wellbeing To describe healthy sleep patterns and identify factors which can reduce sleep quality To describe a range of strategies for ensuring appropriate sleep pattern	Reading task Discussion Quiz Diamond 9 Scenarios (Advertising Campaign)	Recommendation Benefits Melatonin Academic performance Physical performance	PPT HWB booklet
6	Health and Wellbeing	Management of feelings of anger	To discuss the emotion anger. What and why To understand the effects of our own personal anger and that of others	Reading task Video clips Worksheets	Emotion Management strategy	PPT HWB booklet

			To discover strategies that can be used to help keep anger under control	Q and A Discussion (Storyboard/picture)	Quality of life Anxiety Consequences	
7	Health and Wellbeing	Helpful/unhelpful thinking cards	To introduce the concept of helpful and unhelpful thinking To discuss Cognitive Distortions To practice swapping our negative thoughts with positive thoughts To persuade others to think more positively	Reading task Video clips Q and A Discussion Scenarios Classroom divide Speed meetings (Short story writing)	Cognitive distortions Negative glasses Snowballing Magnifying Flooding Optimism Perspective	PPT HWB booklet Help/Unhelp cards pack
8	Health and Wellbeing	Drugs and Alcohol awareness	To be able to identify different types of drugs and their categories To be able to identify what drug abuse looks like To discuss possible reasons for drug abuse To start to become able to provide further information on drugs and their impact on health	Brainstorming Video clips Descriptive drawing Q and A Worksheets (Create a menu)	Prescription drugs Legal highs Stereotypes Media influence	PPT HWB booklet Post it notes Coloured pens/pencils
9	Health and Wellbeing	Loneliness	To develop an understanding of what loneliness is and who can become lonely and why To discuss what can be done to battle to feeling of loneliness and what we can do to help others	Reading task Video clips Discussion Q and A Worksheets Storyboard	Community Likeminded Isolation Social relationships	PPT HWB booklet Computers/lap top
10	Health and Wellbeing	First Aid – basic	To learn the basic first aid treatments for minor injuries The have knowledge of the contents of a first aid kit To know what to say and do if you make an emergency call	Reading task Video clips Role play Discussion Q and A Group work (Poster design)	Stemming 1 st /2 nd /3 rd degree burns Localised pain Bacteria Irrigate DRABC	PPT HWB booklet Coloured pens/pencils
11	Relationships and Sex Education	Bullying 1	To understand both bullying words and actions can have serious effects and that actions are not always worse To be able to apply a problem solving process to consider the best way to help stop bullying	Reading task Video clips Small group activity Choose and respond scenarios Reflection task	Cyberbullying Prejudicial bullying Tolerate Confide Emotions	PPT RSE booklet

12	Relationships and Sex Education	Bullying 2	To have a range of strategies to choose from to tackle bullying behaviour To understand we are all different and this is no excuse to bully	Hand trace Decision task Bully plan (Circle map)		
13	Relationships and Sex Education	Friendships	To explore what is meant by 'friendship' To consider the good things about friendships To consider what can be difficult about friendships	Reading task Video clips Whole class activity Advertisement activity Traffic light activity Q and A Discussion (Family and friend tree)	Healthy friendships Self esteem Positivity Caution Criticise	PPT RSE booklet
14 15	Health and Well Being	Emotions	To reflect on the five personified emotions of Joy, Sadness, Anger, Fear, and Disgust. To consider how human emotions can effect our relationships.	Inside Out movie Question grid Missing Emotion task	Sadness Joy Disgust Fear Anger	HWB booklet CD or access to Disney PLus or School Media Store
16	Relationships and Sex Education	Coercive Friendships	To describe what makes a healthy, positive friendship and identify traits that would indicate that a friendship is unsafe or coercive To explain how the need to belong can influence young people's choices and behaviours To identify warning signs that might mean someone is being coerced into unsafe behaviour To describe or demonstrate strategies to manage coercive friendships or social groups	Discussion Worksheet Family statements Make a list Comic strip reading Advice bubbles Post it note activity	Coercive Trait Manipulation	PPT RSE booklet
17	Relationships and Sex Education	Changing body 1 (puberty) Girls will have an extra lesson on periods	To know about the physical, mental and emotional changes that happen during puberty To know about the differences between male and female bodies and their separate change during puberty	Reading task Presentations Physical and emotional task Video clips Quiz	Hormones Reproductive organs Menstrual cycle Wet dreams Stigma Ovary	PPT RSE booklet Post it notes

18	Relationships and Sex Education	Changing body 2 (puberty) Boys will have an extra lesson on puberty	To understand why these changes take place	The Tanner scale Q and A Discussion	Fallopian tubes Uterus Cervix Vagina Scrotum Testes Vans deferens Prostate gland Seminal Vesticle Urethra	
19	Relationships and Sex Education	Consent	To understand what consent means and why it is so important To recognise when someone is consenting and when they are not To understand how consent is sought, given and not given in a healthy relationship To know what to say and do to seek the consent of another person	Reading task Video clips Q and A Discussion A line and B line (Poster)	Agreement Exploitation Boundaries Implications Responsibility Body language Facial expressions	PPT RSE booklet
20	Relationships and Sex Education	Unwanted contact	To talk about how our bodies respond when we feel unsafe or uncomfortable To identify different types of touch that people like and do not like To describe some strategies for coping when we are faced with a situation that makes us feel uncomfortable including where to go for help	Reading task Category activity Scenarios Getting help task Body labelling Q and A To tell or not to tell task Video clips (Role play)	Personal space 'Boss of your body'	PPT RSE booklet
21	Relationships and Sex Education	LGBTQ+	A better understanding of the meaning of LGBTQ+ A greater understanding of the groups within LGBTQ+	Reading task Presentations	Lesbian Gay Bisexual Transgender Queer/Questioning Homosexuality Homophobia	PPT RSE booklet
22	Futures		See information from CBR re Futures SOW			
23	Futures					
24	Futures					

25	Futures					
26	Futures					
27	Futures					
28	Futures					
29	Futures					
30	Futures					
31	Living in the Wider World	Online safety OSA KS3 Level	To think carefully about how our use of technology might make us vulnerable to a range of problems, both now and in the future To consider how our actions might impact, positively or negatively, on others. To reflect on how we use technology, what we might need to do differently, and what to do if we find ourselves in a difficult situation	Sign up to course Complete course Print of certificate	Online bullying Grooming Live streaming Health risks Digital citizenship Consequences	PPT Computer/laptop LWW booklet
32	Living in the Wider World	Online safety OSA KS3 Level				
33	Living in the Wider World	British Values	To understand how identity begins to take shape in early childhood To recognise our own personal identity and values To recognise Stowmarket High's values To understand what the four British values are	Reading task Statement task Video clips Coat of arms creation TPS (A fifth value)	Identity Differences Similarities Democracy Individual liberty Mutual respect Rule of law	PPT LWW booklet
34	Living in the Wider World	Diversity and Culture	An understanding that our country has a diverse population An awareness of where our diversity comes from To reflect that diversity has many benefits and we should celebrate difference	Q and A Your views activity Discussion Two min challenge Reading task TPS Video clips (Diverse characters quiz)	Culture Roots Invasion Expansion Influences Minority ethnic background Immigration Prejudice Discrimination	PPT LWW booklet
35	Living in the Wider World	Protected Characteristics	Gain an understanding of the protected characteristic groups To help ensure we are being treated fairly	Q and A Video clip Pass the sheet task Presentations	Equality Act 2010 Diversity Discrimination Prejudice	PPT LWW booklet

			To help ensure we understand how to treat others fairly	Discussion	Harassment Abuse Age Disability Gender re-assignment Race Religion or belief Marriage or civil partnership Sex Sexual orientation Pregnancy and maternity	
36	Living in the Wider World	Staying in control of our money	Understand the meaning of credit and debt Understand the importance of staying in control of our money Awareness of persuasive techniques used to make us spend our money	Reading task Group worksheet Pocket money Q and A Video clips Online quiz Discussion Multiple choice quiz Character choice activity Diamond 9	Debit cards Credit cards Store cards Smart cards Gift and voucher cards Valid from Expiry date Sort code Account number CVV Debt Persuasive techniques	PPT LWW booklet
37	Living in the Wider World	Budget to Mars	Understand impact on the climate/ how climate change is affecting the planet	Reading task Video clips	Impact Budget costs	PPT LWW booklet
38	Living in the Wider World	Budget to Mars	Be able to plan the budget and justify spending choices Be able to plan to present ideas in front of the class	Group task Presentations Class vote	Technologies Environmental conditions/impact Colony Generating power	Large paper
39	Living in the Wider World	Personal, Road and Cycle safety and drowning prevention	To learn to recognise and avoid or deal with potentially dangerous situations To be aware of the importance of road safety and explore how we can stay safe whilst out and about To explore how to stay safe with different cycle safety measures	Discussion Q and A Info Pack task Video clips	Avoiding risks Anti-social behaviour Reduce your risks Drowning prevention The SAFE code Prohibition Hazard	PPT LWW booklet

			To become aware of drowning prevention and the dangers around swimming in different waters		Mandatory	
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