

Week No	Area of study	Topic	Learning Objectives	Activities <small>(extension task in brackets)</small>	Key Terms	Resources
2	Misc	Introduction to PSHE	<p>To understand how PSHE will be split into different areas of study</p> <p>To view the topics which will be taught over the year</p> <p>To look at class rules and expectations</p> <p>To explain informal assessment</p>	<p>Q and A</p> <p>Discussion</p> <p>Video clips</p> <p>Question time activity</p> <p>PSHE reading list</p>	<p>Health and wellbeing</p> <p>Relationships and sex education</p> <p>Futures</p> <p>Living in the wider world</p> <p>Informal assessment</p>	<p>PPT</p> <p>Introductory booklet</p>
3	Living in the Wider World	Awareness of disability/autism	<p>To discuss the place of people with learning disabilities and autism within a diverse society;</p> <p>To reflect on the challenges faced by people with learning disabilities and autism, including others' preconceptions, lack of awareness and understanding, discrimination and disablist bullying</p> <p>To consider the potential physical and emotional effects of discrimination and disablist bullying on people with learning disabilities and autism</p> <p>To suggest ways to challenge disablist bullying, prejudice and discrimination as individuals, as a community and within society</p>	<p>Reading task</p> <p>TPS</p> <p>Q and A</p> <p>Discussion</p> <p>Fact or myth activity</p> <p>The Story of Sam (Mind map)</p>	<p>Autism spectrum disorders (ASD)</p> <p>Diversity</p> <p>Disablist</p> <p>Discrimination</p> <p>Equality</p> <p>Hate crime</p> <p>Inclusion</p> <p>Neurodiversity</p> <p>A learning disability</p>	<p>PPT</p> <p>LWW booklet</p>
4	Living in the Wider World	Rights, responsibilities, human rights	<p>To learn about the link between rights and responsibilities</p> <p>To consider what you would do in certain situations and how that links to your responsibilities</p> <p>An understanding of the Human Rights Act</p> <p>Will be able to explain why human rights are important and support your answers</p>	<p>Reading task</p> <p>'List' activity</p> <p>'Would You?' scenarios</p> <p>Discussion</p> <p>Video clips</p> <p>Quiz</p> <p>30 words task</p> <p>Fact sharing ('Choose a right' task)</p>	<p>Treatment</p> <p>Decisions</p> <p>Responsibility</p> <p>Human Rights Treaty</p> <p>UN</p> <p>Repression</p>	<p>PPT</p> <p>LWW booklet</p>

5	Living in the Wider World	Why do people join gangs	To learn about the qualities of healthy and unhealthy social groups To learn about the factors which contribute to a young person deciding to join or not join a gang	Gang Member drawing activity Reading task TPS Facts and figures (Card activity)	Mixing Risk-taking behaviours Belonging Street/coded language Pressure Respect	PPT LWW booklet
6	Living in the Wider World	British Values	We will learn more about British Values An improved understanding of the British Legal System A deeper understanding of the diversity of Britain	Reading task Video clips Q and A Discussion TPS	Parliament House of Commons House of Lords Magna Carter Democracy Individual liberty Mutual respect Rule of law	PPT LWW booklet
7	Living in the Wider World	Extremism	Identify examples of different types of stereotyping Describe how stereotypes can be unfair and unhelpful Recognise how stereotyping may have a negative effect on someone's behaviour, aspirations and feelings about themselves Identify positive actions to challenge stereotyping	Zones of Influence Q and A Discussion Dilemmas task (Mini advice booklet)	Influence Prejudice Extremism Dilemma Worshipped	PPT LWW booklet
8	Living in the Wider World	Prejudice, racism and tolerance	To help students recognise and address diversity in the classroom To think consciously about how to speak and act in a diverse classroom so that all members feel included	Reading task Q and A Discussion Fact sharing Claim It activity Personal statement	Racism Prejudice Tolerance Antagonism Discrimination	PPT LWW booklet
9	Living in the Wider World	Equality	An understanding of the Equality Act Reflection on the nine characteristics Improved awareness of equality and diversity	Whole class split activity Video clips Q and A Discussion Quiz Alphabet activity	Diverse dimensions Public sector bodies Impressions	PPT LWW booklet

10	Relationships and Sex Education	LGBTQ+	A better understating of LGBTQ+ meaning A greater awareness of stereotyping Discussion around what LGBTQ+ means to students Greater awareness of same sex marriage	Reading tasks Video clips Discussion Fact sharing (Info activity)	Relationships Discrimination Stonewall Acceptance Stereotypical	PPT RSE booklet
11	Relationships and Sex Education	Bullying 3	To consider the effect of bullying To think about how to deal with bullying	Reading task Storyboard	Courage Strength	PPT 'Storyboard That' website
12	Relationships and Sex Education	Bullying 4	Recognition of the painful effects bullying can have on others Ability to question why a bully would act in such a way Selecting a powerful response to a negative situation	Video clips 'Note to a bully' task TPS		PPT RSE booklet
13	Relationships and Sex Education	Babies in same sex relationships	Students will increase their knowledge of same sex relationships Students will understand the options available and where to find out information regarding children and same sex relationships Students will become more confident when discussing this subject	Draw the ideal family task Reading task Mind map Video clips Discussion Q and A Group work presentations	Donor insemination Surrogacy Foster care Adoption	PPT RSE booklet

14	Relationships and Sex Education	Something's not right	<p>To explore what is meant by exploitation</p> <p>To consider the different kinds of exploitation</p> <p>To raise awareness of each type of exploitation</p> <p>To explain the signs that someone may be being exploited</p>	<p>Reading tasks</p> <p>Q and A</p> <p>Discussion</p> <p>Group work</p> <p>Video clip</p> <p>Scenarios</p>	<p>Online exploitation</p> <p>Child sexual exploitation</p> <p>Criminal exploitation</p> <p>County Lines</p> <p>Opportunistic</p> <p>Peer exploitation</p> <p>Organised exploitation</p> <p>Human Trafficking</p> <p>Labour exploitation</p> <p>Domestic Servitude</p> <p>Child sexual abuse</p>	<p>PPT</p> <p>RSE booklet</p>
15	Living in the Wider World	Social networking	<p>To explore different experiences student may have on social media</p> <p>To improve knowledge of the hidden emotional aspects around social media</p> <p>To raise awareness of where support can be received should an issue arise</p> <p>To gain a greater understanding of the CEOP process</p>	<p>Reading task</p> <p>Positive/negative quotes</p> <p>Class discussion</p> <p>Scenarios</p> <p>Design a notification (Video clip)</p>	<p>CEOP</p> <p>Disclosure</p> <p>Boundaries</p> <p>Inappropriate</p> <p>Confidentiality</p> <p>Notification</p> <p>Digital age</p>	<p>PPT</p> <p>LWW booklet</p>
16	Living in the Wider World	Online social friendships, sharing photos and videos	<p>To consider how friendships have changed in the digital age</p> <p>To discuss the characteristics of good online friendships</p> <p>To devise ways to help a friend in need</p> <p>To make decisions on what should and should not be shared on social media</p> <p>be reminded of the key point about posting photos and videos</p>	<p>Video clip</p> <p>Discussion</p> <p>Match the characteristic</p> <p>Help a friend</p> <p>Ok, No, Not Sure task</p> <p>Create a post/hashtag (Reading task)</p>	<p>Digital world</p> <p>Platforms</p> <p>Messaging</p> <p>Uploading</p> <p>Profile</p> <p>Permission</p> <p>Privacy settings</p>	<p>PPT</p> <p>LWW booklet</p>
17	Living in the Wider World	Online Gaming	<p>To raise awareness of hidden dangers of online gaming</p> <p>To know how to play online games safely</p> <p>To be aware of what to look out for when chatting online during gaming</p>	<p>'Pick a game' activity</p> <p>'Warning Signs' list</p> <p>Reading task</p> <p>Video clip</p> <p>Discussion</p>	<p>Support</p> <p>Consent</p> <p>Trust</p> <p>Kindness</p> <p>Blocking</p>	<p>PPT</p> <p>LWW booklet</p>

			To understand the reasons for and how to use the CEOP button		Reporting Trusted adult	
18	Living in the Wider World	Be Internet Citizens	To understand and identify fake news, biased writing, echo chambers and filter bubbles To learn the impact of fake news, biased writing, echo chambers and filter bubbles on individuals and society To understand how 'us vs them' thinking creates divisions in society and the problems it causes	Q and A Discussion Real or fake task Group 'headlines' task Mind maps Rover and Discovery exercise Video clips	Fake news Biased writing Echo chambers Filter bubbles Scapegoating Labels	PPT LWW booklet
19	Futures	What jobs are out there?	See information from CBR re Futures SOW			
20	Futures	What can I do with my options?				
21	Futures	Options advice				
22	Futures	What will my options be?				
23	Futures	Career presentations 1				
24	Health and Wellbeing	Mental Health	Students will be able to correctly identify that mental health lies on a continuum and discuss the perceived stigma attached Describe possible ways for us to retain good mental health and how we can recognise depression Explain how you can support yourself and others and where further support can be obtained from	Video clips Reading task Discussion Match Up Barometer of well being Top 5 Facts and myths Quiz (Teen MHFA plan)	Mental health Depression Anxiety Stress Social anxiety Self esteem Groundedness	PPT HWB booklet
25	Health and Wellbeing	Mindfulness	We will discuss the concept of mindfulness We will critique where mindfulness can be seen in everyday life We will experience an activity which will help with mindfulness	Video clips Q and A Discussion TPS Mindful colouring	Feelings Awareness Intended mood Deal with the situation Staying positive	PPT HWB booklet Music Coloured pencils

			<p>We will be able to explain where meditation fits into the world of mental health</p> <p>We will be able to identify how Buddhism plays a part in meditation and mindfulness</p> <p>We will increase our awareness of some useful mindfulness techniques</p>	<p>Reading task</p> <p>Video clips</p> <p>Discussion</p> <p>Opportunity to try out a number of mindfulness activities</p>	<p>Buddhism</p> <p>Zen</p> <p>Meditation</p>	
26	Health and Wellbeing	Zones of Regulation	<p>To reflect on different emotions and the part they play in maintaining a balanced life</p> <p>To apply the concept of ZOR to our school life and home life</p> <p>To discuss what emotional literacy is and how it can be applied</p>	<p>54321 starter</p> <p>Discussion</p> <p>Q and A</p> <p>Video clip</p> <p>Situation task</p> <p>Tools To Help Me task</p>	<p>Emotions</p> <p>Regulation</p> <p>Functioning</p> <p>Cortex</p> <p>Heightened state</p> <p>Strategies</p> <p>Inner critic</p> <p>Inner coach</p>	<p>PPT</p> <p>HWB booklet</p> <p>Zones card</p>
27	Health and Wellbeing	Body Image	<p>To understand the many influences we face when dealing with body image</p> <p>To reflect on these influences and discuss our thoughts with others in the class</p> <p>To be aware of the different classifications of female and male body shapes</p> <p>To consider how to look after our body image</p>	<p>TPS</p> <p>Discussion</p> <p>Q and A</p> <p>Video clips</p> <p>Reading tasks</p>	<p>Positive body image</p> <p>Negative body image</p> <p>Perceptual</p> <p>Affective</p> <p>Cognitive</p> <p>Behavioural</p> <p>Ectomorph</p> <p>Mesomorph</p> <p>Endomorph</p>	<p>PPT</p> <p>HWB booklet</p>
28	Health and Wellbeing	Self-esteem and body confidence	<p>To introduce different types of media and how they can affect how we view ourselves and others</p>	<p>Reading task</p> <p>Q and A</p> <p>Discussion</p> <p>Video clips</p>	<p>Appearance ideals</p> <p>Appearance pressures</p> <p>Body confidence</p> <p>Manipulation of media</p>	<p>PPT</p> <p>HWB booklet</p>

			<p>To introduce the notion of appearance ideals and appearance pressures</p> <p>To change how we view certain media, how we respond and the affects it has on our self-worth</p> <p>To encourage empathy and understanding around this sensitive subject</p> <p>To change how we talk about ourselves and others, and how we respond to others when they are facing difficulties</p>	<p>Worksheets (Write a reply)</p>	<p>Media Professional media Personal and social media Pledge</p>	
29	Health and Wellbeing	Heathy eating and energy drinks	<p>Develop a knowledge and understanding of the different food groups and what different foods do for our bodies</p> <p>Realise the dangers of energy drinks and understand the effects they could have on our bodies</p>	<p>Reading task Q and A Discussion Video clips Food list activity Healthy meal plan design Brainstorm Small group discussion questions Brand new energy drink warning poster (Sugar tax)</p>	<p>Diet Well balanced Obesity World Health Organisation Food groups Sugar tax</p>	PPT HWB booklet
30	Health and Wellbeing	The Courage to Fail	<p>To understand why some might fear failure</p> <p>To identify how failure can lead to growth</p> <p>To create a plan for 'how to fail well'</p>	<p>Discussion Worksheet Video Clips Post it note activity Case studies Mind map</p>	<p>Representation Perfectionism  Character traits  Inner critic</p>	PPT HWB booklet
31	Health and Wellbeing	Smoking	<p>To become aware of the ingredients of cigarettes and the damaging effects it can have on our bodies</p> <p>To be aware of peer pressure and look at ways to overcome it</p>	<p>Reading task Q and A Discussion Video clips Facts and figures TPS</p>	<p>Carbon monoxide Carbon cyanide Tar Nicotine Emphysema Bronchitis</p>	PPT HWB booklet

			To become aware of the uncertainty and danger of e-cigarettes and vaping	Peer pressure activity	Smokers cough Heart disease Peer pressure	
32	Health and Wellbeing	Drugs (how they affect your body)	We will identify the basic effects of drug abuse on the body We will discuss how drug and abuse effects mind and body We will provide further information on drugs and their impact on health	Video clips Q and A Discussion Group presentations	Crack Ecstasy Speed Amphetamines Cocaine Anabolic steroids Solvents Tranquilisers LSD Alcohol Tobacco Heroin Cannabis	PPT HWB booklet Large paper Coloured pencils
33	Health and Wellbeing	Exercise	Be able to explain the importance of exercise in our lives Be able to identify how accidental exercise can help our lifestyle Increase our awareness of getting our second wind	Reading task Video clips 'Accidental' pair work Fact sharing Outdoor/indoor exercise task	Lifestyle Move more, live longer Accidental exercise Second wind	PPT HWB booklet
34	Health and Wellbeing	What is cancer	Confidently discuss sensitive topics. Describe what cancer is and understand that it can happen to anyone. Distinguish between facts and myths relating to cancer. Give examples of two or more of the five main signs of cancer in young people. Explain why it is important to go to the doctor with any concerns about my health. Demonstrate or describe how to speak to a doctor about any concerns I have about my own or others' health.	Discussion True/false Video clips Q and A Role play scenario Self assessment	UV rays Breast cancer Cell mutation Early diagnosis Symptoms Acute Myeloid Leukaemia Malignant Melanoma Brain tumour	PPT HWB booklet Post it notes
35	Health and Wellbeing	Dealing with loss and bereavement	To introduce the emotions and feelings that may come with loss and bereavement	Film/TV activity Video clips Discussion	Experiencing loss Bereavement Common emotions	PPT HWB booklet



			<p>To look at how loss and bereavement can be dealt with</p> <p>To form healthy, respectful discussions around the topics of loss and bereavement</p>	<p>Common emotions pair work</p> <p>Paper strip advice chain</p> <p>Top 5 tips task (Thunks)</p>	<p>Support</p>	
36	Health and Wellbeing	Organ donation	<p>To be able to give a definition of organ and tissue donation, a transplant, a recipient and the NHS Organ Donor Register.</p> <p>To be able to describe how a person can become an organ and tissue donor.</p> <p>To be able to identify some key points to consider when talking about organ and tissue donation.</p>	<p>Reading task</p> <p>Q and A</p> <p>Video clips</p> <p>Discussion</p> <p>Identify and label task</p> <p>Quiz (Summary, poster/program)</p>	<p>Organ</p> <p>Tissue</p> <p>Donation</p> <p>Transplant</p> <p>Donor</p> <p>Recipient</p> <p>NHS Organ Donor Register</p>	<p>PPT</p> <p>HWB booklet</p>
37	Health and Wellbeing	First Aid 1 DRABC	<p>Correctly identify and describe the order of the DR ABC steps</p> <p>Identify what a defibrillator is and how to use one</p>	<p>Reading task</p> <p>Video clips</p> <p>Q and A</p> <p>Discussion</p>	<p>Danger</p> <p>Response</p> <p>Airway</p> <p>Breathing</p> <p>Circulation</p> <p>Defibrillator</p> <p>AED</p>	<p>PPT</p> <p>HWB booklet</p>
38 39	Health and Wellbeing	Superficial Judgements	<p>Discuss what happens when fixation on physical beauty gets in the way of seeing inner beauty.</p> <p>Deliberate the effects that being overlooked due to appearance.</p>	<p>Movie Shallow Hal</p>	<p>Superficial</p> <p>Judgemental</p> <p>Obnoxious</p> <p>Shallow</p>	<p>PPT</p> <p>HWB booklet</p>