

Lesson No	Area of study	Topic	Learning Objectives	Activities (extension 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	Health and Wellbeing	Mental Health	To recognise that mental health is on a spectrum To explore common myths To review real life figures/examples related to mental health	Spectrum Q and A Discussion Quiz Video clips	Spectrum Diagnosis Bipolar Disorder Schizophrenia Paranoid Deprived	PPT HWB booklet
5 6	Health and Wellbeing	Body Confidence	To understand appearance ideals and the pressures they can cause To be able to identify media messages, realise their purpose and how they can be manipulated To learn how to change our responses to appearance ideals and media messages	Worksheets Discussion TPS Reflection Reply chain activity Video clips Q and A Top tips task	Appearance ideals Inherent contradictions Dwelling	PPT HWB booklet
7 8	Health and Wellbeing	Drugs, reasons why and the law	To gain a wider knowledge on the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. To discuss the law relating to the supply and possession of illegal substances.	Group presentations Q and A Post it note task	Amphetamines Ecstasy Cannabis New psychoactive substances (NPS) Cocaine Nitrous oxide LSD Magic mushrooms Ketamine Heroin Curiosity and experimentation	PPT HWB booklet Post it notes

					Defensive mechanism Legal Illegal Illicit Penalties	
9 10	Health and Wellbeing	Growth and fixed mindsets	To become aware of fixed and growth mindsets To understand the difference between fixed and growth mindsets To recognise when our mindset is fixed Discover strategies that encourage a growth mindset	Q and A Discussion Video clips Worksheet (Create a guide)	Fixed mindset Growth mindset Authenticity Cultivate resilience	PPT HWB booklet
11 12	Relationships and Sex Education	Working out relationships	To learn about healthy and unhealthy one-to-one intimate relationships To learn strategies to build healthy lasting relationships including accessing support where needed	Key word Video clips Four points task Scenarios Ten questions STOP Three things (Information leaflet)	Communicating constructively Misconceptions Negotiate Flaws Vibrant	PPT RSE booklet
13 14	Relationships and Sex Education	Consent and the law	To describe what we mean by consent To explain under which circumstances consent might not be given To apply our understanding to a set of scenarios	Discussion Q and A Scenarios Video clips (Small group statement task)	Sexual Offences Act 2003 Prostitution Assault Exploitation Violence Grooming Prosecution	PPT RSE booklet
15 16	Relationships and Sex Education	Sharing sexual images	To understand the risks associated with sharing sexual images To consider ways to manage pressure to share sexual images	Brainstorm Video clips TPS Speech bubble activity Scenario activity Group work	Explicit image Legal implications Inappropriate images Protection of Children Act 1978 Criminal Justice Act 1988 Sexual Offences Act 2003 Subject's permission Consensual	PPT RSE booklet

17 18	Relationships and Sex Education	Sex – When? Contraception	To consider when is the right time to start having sex To understand the issues surrounding contraceptive choices To be more confident with contraception decision making To understand where to get information and advice	Inbuilt ppt activity Discussion Small group activity Video clips Info source	Contraception Responsibility Reliability Implant IUD Sterilisation Injection Pill Patch Vaginal ring Diaphragm Cervical cap Sponge Male/female condom Fertility based awareness methods Spermicide Emergency contraception	PPT RSE booklet
19 20	Relationships and Sex Education	Sexual Health STIs	To investigate sexual health To increase awareness of the different types of STIs To be aware of the common symptoms of STIs To discuss the importance of testing To explain how to use a condom correctly	Symptom checker Case study Discussion Video clips Link the description Phrase order 12 common mistakes (Quiz)	Chlamydia Trichomoniasis Genital warts Hepatitis Mycoplasma genitalium Candidiasis Cystitis Vaginitis Proctitis Bacterial Vaginosis Urethritis	PPT Sexual health quiz RSE booklet

					Pelvic inflammatory disease BSI kite mark	
21 22 23 24	Relationships and Sex Education	LGBTQ+ FIT Stonewall	To increase our awareness of homophobia To recognise when the term 'gay' is used in the wrong context To discuss discrimination, relationships and sexual orientation	DVD Q and A Discussion Sources of help	Stereotypical Discriminative	PPT RSE booklet FIT DVD
25 26	Relationships and Sex Education	Pornography	To explain what pornography is To identify ways in which pornographic material is not representative of real sex and how it can give misleading information about consent and gender roles in sexual relationships To evaluate the possible impact of this on sexual relationships and the expectations people have of relationships To describe some strategies and identify sources of support for anyone who is worried about porn	Q and A Discussion Fact sharing Fact or fiction activity Diamond 9 task Match the pairs TPS	Misleading information Erotic behaviour Consensual Expectations Digital Economy Act Dopamine	PPT RSE booklet Post it notes
27 28	Relationships and Sex Education	Transgender	To understand what the term transgender means To develop an awareness of how individuals who are transgender feel and identify themselves	Q and A Discussion Fact sharing Video clips Help source	Gender identity Umbrella term Reassignment Transition	PPT RSE booklet
29 30 31	Living in the Wider World	Online safety OSA KS4 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.	Sign up to course Complete course Print of certificate	Online bullying Use of smartphones Grooming Live streaming Health risks Digital citizenship	PPT Computer

32			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		Consequences Reporting concerns	
33 34	Living in the Wider World	Gangs and knives	Differentiate between the features of healthy friendships and those associated with gang membership Explain why the need to belong is important for young people and its significance in influencing behaviour and attitudes Explain why some young people may want to join a gang but most others do not Explain the risks and consequences of carrying knives Explain knives and the law	Drawing activity Video clips Scenario statement activity Discussion Myth/fact statement Support sources	Gang membership Correlation between violence and drug dealing Risky behaviours	PPT LWW booklet
35 36	Living in the Wider World	Gambling	Consider your opinions about gambling and listen and recognise the views of others. Better understand the effects of problem gambling and how adverts can manipulate their audiences.	Q and A Discussion Video clips Quiz Worksheet Fact sharing Case studies Support sources Group activity	Arcades Betting Casinos Lotteries Gaming machines Skins Quasi	PPT LWW booklet
37 38	Living in the Wider World	Smashed Online (alcohol)	To look at the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood. To discuss the physical and psychological consequences of addiction, including alcohol dependency. To discover the causes, consequences and key health facts relating to underage drinking To understand how to make positive, responsible and informed decisions under pressure To be made aware of information, advice and guidance surrounding alcohol	Sign up to course Complete course Print of certificate	Alcohol consumption Physical and psychological consequences Informed decisions	PPT Computer
39	Misc	Catch up lesson		Completion of booklet gaps		PSHE folders

