



'Excellence for All'

Long Term Plan PSHE

Half term	Unit title	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic) Critical content	Link to subject ethos 'Excellence for All'	Anticipated misconceptions	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
Y10 HT1	Being Me in My World (Mental Health and Wellbeing Focus - external factors)	Work experience Revenge Porn	What are the benefits of work experience and how can we be professional at all times? Define - Revenge Porn Takedown	To understand that people have bodily autonomy and to take a picture without their consent or to share it without their consent is breaking trust. To understand how drugs	Legal age of culpability being 10 years That prescription drugs can be harmful	That drugs are intrinsically linked with gangs, county lines, antisocial behaviour, and young offending.	Spiral curriculum is built on throughout KS3 and 4	Understanding the law around drugs. Campaigns against body shaming and nude sharing	Pupils recognise risks to their wellbeing for example drugs, pupils feel ready for the next phase of their lives outside school, pupils are resilient and understand how to keep themselves physically	Speaker opportunity - Prison Me No Way, RE-Fresh, The Warren, UK Feminista. Paul Hannaford - mentor and lecturer - drugs, gangs and prison. Enrichment opportunities.	Emergency services, drug outreach. Public and private sector opportunities.

			<p>Policy I know where to find help if you become a victim of revenge porn</p> <p>The Law - private and criminal prosecution is possible.</p>	can ruin lives.					healthy		
		Body Shaming	<p>Define - Body shaming</p> <p>Body image</p> <p>I have tools to use to encourage body positivity in myself and others</p>								
		Online Fraud	<p>Define - Online fraud</p> <p>Name some types of online fraud</p> <p>I understand some of the techniques fraudsters use and where to get help if I become a victim</p>								
		Drugs - Class C	<p>I can identify what class C drugs are</p> <p>I understand the dangers of</p>								

		<p>Drugs - Class B</p> <p>Drugs - Class A</p>	<p>Class C drugs and the possibility of addiction to prescription drugs</p> <p>I can identify some Class B drugs. I understand the harms that Class B drugs can cause</p> <p>I understand the harm that Class A drugs can do I understand the law relating to drug possession, supply and production</p>								
Half term	Unit title	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic) Critical content	Link to subject ethos 'Excellence for All'	Anticipated misconceptions	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
HT2	'British Values' Citizenship focus	The Role of Parliament	How does Parliament hold the government	A high quality citizenship education helps to	The role of parliament in holding government	Parliament and democracy, political	The world of work, politics in the UK.	Traffic light system of tasks, questioning	To develop responsible, respectful and active	Hull Young People's parliament Prison Me, No	Police, Courts, CPS, civil service, politics.

			accountable? What are the roles of the executive, legislature and judiciary?	provide pupils with knowledge, skills and understanding to prepare them to play a full and active part in society. It should foster pupils' keen awareness of how the United Kingdom is governed and how laws are made and upheld	to account. What an undemocratic country's voting system looks like. Diversity and its benefits.	systems of the UK. Voting and elections, financial literacy. *History link Y8/Y11 Anti bullying week	Politics A-Level Sociology A-Level Law A-Level	could be used for stretch and challenge to allow higher achievers to thrive whilst scaffolding below Resources can be differentiated	citizens who are able to play their part and become actively involved in public life as adults Developing pupils' understanding of the fundamental British values of democracy, individual liberty, the rule of law and mutual respect and tolerance	Way, The Warren. Hull Young People's Parliament Gambcare. Enrichment opportunities.	Public and private sector opportunities. Industry and commerce.
		The UK electoral system	Why is it so important to vote?								
		Democratic and non democratic forms of government (Oak Academy)	What is the difference between democratic and non democratic governments?								
		The Commonwealth	What is the commonwealth? What is Brexit?								
		Community, diversity and the UK	What is the importance of mutual understanding and respect between communities in the UK?								

		Citizenship, Community and Campaigning	Why is campaigning important?								
		Wages, taxes, debt and risk	What is debt and what are some financial risks?								
Half term	Unit title	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic) Critical content	Link to subject ethos 'Excellence for All'	Anticipated misconception s	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
HT3	Relationships	Dealing with Break-ups	What is one instructive way of dealing with a break-up Define amicable	Effective RSE does not encourage early sexual experimentat ion. It should teach young people to understand human sexuality and to respect themselves and others. It enables young	Contraceptio n efficacy. Various STIs, prevention and treatment	Y7 - Feelings about sharing nudes Sexting Upskirting Healthy and unhealthy relationships - CMO Introducing consent FGM Y8 - Commitment , consent, contraception	Y11 - Disrespect nobody Sexual health Role of intimacy and pleasure Pornography Good sex	Traffic light system of tasks, questioning should be used for stretch and challenge to allow higher achievers to thrive whilst scaffolding below	We aim to develop responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults. We aim to develop pupils'	Paul Hannafor d - mentor and lecturer - drugs, gangs and prison. Enrichment opportunities.	NHS, general life skills, health and social care. Public and private sector opportunities. Industry and commerce.

				people to mature, build their confidence and self esteem and understand the reasons for delaying sexual activity.							
		Same sex relationships	Define homophobia How can homophobia affect a person's ability to be their authentic selves - personal reflection			Y9 -Starting a romantic relationship Capacity to consent Preventing STIs Contraception Condom negotiation and unplanned pregnancy				character; a set of positive personal traits, dispositions and virtues that informs their motivation and guides their conduct so that they reflect wisely, learn eagerly, behave with integrity and cooperate consistently well with others	
		Contraception	Name 4 types of contraception							We want to develop pupils' age-appropriate understanding of healthy relationships through appropriate relationship education.	
		Unplanned pregnancy	What are 2 options when faced with an unplanned pregnancy? Where can you seek advice in the event of a miscarriage?								
		Choices - abortion	What are the 3 ways you can get an								

		Forced marriage	<p>abortion? Do women need their partners permission to have an abortion?</p> <p>Define - Arranged Marriage Forced Marriage. Family honour Domestic servitude forced marriages</p>								
Half term	Unit title	Key knowledge/ Content to learn and retain	<p>Essential skills to acquire (subject & generic) Critical content</p>	Link to subject ethos 'Excellence for All'	Anticipated misconceptions	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
HT4	Healthy Me	<p>Risk taking</p> <p>Body modification</p>	<p>To look at various risks and risk taking. What is a 'positive' risk and why and what is a 'negative' risk and why?</p> <p>To understand the risks around body</p>	Effective RSE does not encourage early sexual experimentation. It should teach young people to understand human sexuality and to respect themselves and others. It enables young	Risks in getting tattoos and piercings, understanding that males also suffer with body image insecurity. That carrying a knife is safe.	Y7 - Feelings about sharing nudes Sexting Upskirting Healthy and unhealthy relationships - CMO Introducing consent FGM Y8 - Commitment, consent, contraception	Y11 - dealing with anxiety, mindfulness, coping mechanisms	Traffic light system of tasks, questioning should be used for stretch and challenge to allow higher achievers to thrive whilst scaffolding below	Good RSHE should build pupils' confidence, resilience and knowledge so that they can keep themselves mentally healthy.	Visit to Hull Law Courts. Enrichment opportunities	Work experience. Public and private sector opportunities. Industry and commerce.

		<p>Knife free</p> <p>Male body image</p> <p>Positive masculinity</p> <p>Suicide - recognising signs and safe intervention</p>	<p>modification and sunbed usage</p> <p>To learn to effectively assess and manage the risks of knife crime, I can challenge myths around carrying a knife</p> <p>To understand that body image issues affect most people regardless of their identified (non) gender or sex</p> <p>To understand what a positive role model can be and what attributes they might have</p> <p>To correctly identify some signs which may indicate suicidal thoughts and have strategies to support</p>	<p>people to mature, build their confidence and self esteem and understand the reasons for delaying sexual activity.</p>		<p>, mental health and wellbeing</p> <p>Y9 -Starting a romantic relationship</p> <p>Capacity to consent</p> <p>Preventing STIs</p> <p>Contraception</p> <p>Condom negotiation and unplanned pregnancy, positive and negative coping strategies, mood boosting</p>						
--	--	---	--	--	--	---	--	--	--	--	--	--

		Understanding and preventing extremism	<p>Personal reflection</p> <p>To distinguish violent extremism from legitimate behaviours in a democracy, identify behaviours which contribute to community efforts to reduce the risk of violent and demonstrate the ability to advise someone who is worried about another's behaviour What are some of the consequences of being involved in extremism?</p>			boosting					
		Radicalisation	<p>To identify and explain techniques used to engage someone with an extremist group and</p>								

			explain ways to respond if someone may be being radicalised. What are some of the techniques groups use to radicalise others?								
Half term	Unit title	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic) Critical content	Link to subject ethos 'Excellence for All'	Anticipated misconceptions	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
HT6	Being Safe	Coercive control Consent, sexual assault and harassment	Describe what constitutes stalking and harassment and what can happen if people don't take reports of this seriously. Identify where sexual boundaries have been crossed and a crime has been committed. Understand the law around rape	Effective RSE does not encourage early sexual experimentation. It should teach young people to understand human sexuality and to respect themselves and others. It enables young people to mature, build their confidence and self esteem and understand the reasons for delaying	That your online reputation can follow you through life. Anything you put online can be accessed by potential future employers.	Y7 - Feelings about sharing nudes Sexting Upskirting Healthy and unhealthy relationships - Introducing consent FGM Family breakdown, family changes Y8 - Commitment , consent, contraception , mental health and Wellbeing Role models and self esteem, hate	Y11 - dealing with anxiety, mindfulness, coping mechanisms, relationship abuse, importance of sleep, consent,	Traffic light system of tasks, questioning should be used for stretch and challenge to allow higher achievers to thrive whilst scaffolding below	Good RSHE should build pupils' confidence, resilience and knowledge so that they can keep themselves mentally healthy.	Enrichment opportunities	Work experience. Public and private sector opportunities. Industry and commerce.

		Sexual harassment	and sexual harassment. Describe what constitutes sexual harassment and why this is always unacceptable. Describe how we can report sexual harassment and what rights we have under UK law.	sexual activity.		crimes, radicalisation, religious prejudice, safer internet, LGBTQIA+ around the world, Y9 -Starting a romantic relationship Capacity to consent Preventing STIs Contraception Condom negotiation and unplanned pregnancy, positive and negative coping strategies, mood boosting, Mental health and dealing with stress, binge drinking, mental health, disordered eating, depression, self harm, screen time, mindfulness,					
		Gambling sessions	Risks of gambling/online gambling								
		Intolerance	Describe how a tolerant society faces a paradox when it comes to dealing with intolerance. Describe differing viewpoints on what should be done to tackle intolerance.								
		Hate Crimes	Describe why cases of hate crime are reported to be								

		Social Media Pressures	on the increase and the reasons behind this.Describe why cases of hate crime are reported to be on the increase and the reasons behind this. What characteristics are covered by hate crime law in the UK?								
			Define the following terms -Online persona -Brand -Self-Esteem I understand that online persona is different to reality								