



'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 KS5	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
Being Me in My World (Mental Health and Wellbeing Focus - external factors)	Responsible Health Choices	-What are vaccinations? - Why is organ and blood donation important? -What is stem cell therapy	The ability to give CPR and use defibrillators. To understand the gift that organ donation can be. To understand that grief is a normal and natural reaction to loss and that it in itself can bring wisdom.	Not understanding what organ donation means (Opt in and opt out). Victim blaming. Not understanding self-examination and the need for it	Drugs and making responsible choices,	Spiral curriculum is built on throughout KS3 and 4	Understanding the law around organ donation. Stem Cell therapy and links with Biology. The law around date rape crimes.	Pupils understand how to keep physically healthy. Responsible, respectful and active citizens who are able to play their part. Pupils become confident, resilient citizens.	Visiting speaker opportunity - BHF, paramedics. Police Paul Hannaford - mentor and lecturer - drugs, gangs and prison.	Emergency services Stem cell scientist Midwifery, medicine, emergency services, Oncology	Public and private sector opportunities. Industry and commerce.

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HT2 - Relationships	Relationship abuse Sexual Health The role of intimacy and pleasure	What are 3 signs of an unhealthy relationship? What 3 signs of a healthy relationship? Where can you access support? Why is being tested regularly for STIs a good idea? What is emergency contraception and where can you get this? What is enthusiastic consent? How do you know when you are ready for intimacy as an	How to keep one safe in a relationship and where to find help if one wants to leave an unhealthy or abusive relationship. How to use condoms correctly, how to access emergency contraception, how to treat STIs and how to detect you have STIs. What consent and enthusiastic consent is	Respectful relationships, how to leave an abusive relationship safely, that pleasure is importance in sex.	That certain troped of relationships are not abusive ('they're over protective' for example') Consent and enthusiastic consent - withdrawing consent at any time	Spiral curriculum is built on throughout KS3 and 4. Body shaming, self respect, friends and friendships, toxic friendships, gangs, grooming, sexting, the law. Anti bullying week	How to select appropriate contraception , reduce the risk of passing on STIs, how to travel safely abroad	Pupils understand how to keep physically healthy. Responsible, respectful and active citizens who are able to play their part. Pupils become confident, resilient citizens.	We aim to build pupils' confidence, resilience and knowledge so that they can keep themselves mentally healthy and physically healthy. We aim to ensure pupils' have an age-appropriate understanding of healthy relationships through appropriate relationships and sex education	Misogyny assemblies to supplement HT1 PSHE programme. Maddox Jones sessions to discuss anxiety/mental health and wellbeing and addiction.	The Law, special services, NHS services, private and public sector.

	Good sex Relationship safety	persuasive? What are the legal consequences of pressure, persuasion, and coercion in relation to consent? What makes good, healthy, safe sex? Personal reflection What are some healthy and unhealthy relationships behaviours? How can you safely manage a break up? Define stalking and harassment.									
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HT3 - 6 weeks Dreams and Goals - career focus	Careers and employability	What is a CV and why is it important?	Understanding the changing labour market in the UK.	Through student voice we have determined that pupils	NI and tax - where this money goes and how much is taken	Y7 - social media profile Citizenship element - lawmaking	KS5 - starting your post 16 journey, creating your own pathway,	Pupils understand how to keep physically healthy.	To ensure pupils are ready for the next phase of education,	Wyke college sessions Made training revision session	Public and private sector opportunities. Industry and commerce.

	debt interest and payments	Interest - APR - Credit rating -									
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HT4	Healthy Me	What is mindfulness? Anxiety and mindfulness Coping with stress	To understand mindfulness and take away some strategies to help you practise mindfulness To understand what anxiety can look like and how mindfulness techniques can help To understand healthy strategies to cope with stress and be able to apply them What is 1 sign of stress? What are 3 positive strategies to help you can combat stress?	Through student and parent voice we have determined that at this stage of their school career they want to focus on various techniques to help them cope with exam pressure and revision.	What mindfulness is and how it can be used Revision techniques and what works Memory and recall and the link to study skills	Y7 - Healthy lifestyles, mental health and self esteem, accessing health Y8 - attitudes to mental health, promoting wellbeing and resilience, digital resilience Y9 - goal setting and resilience, healthy coping strategies, positivity and mental health Y10- social media and pressures,	KS5 - starting your post 16 journey, creating your own pathway, time management, study skills, resilience and growth mindset, prepare to perform and keeping on track	Pupils will gain skills in mindfulness, coping mechanisms and recognising their own skillset	To ensure pupils are ready for the next phase of education, training or employment so that pupils are equipped to make the transition successfully.	Enrichment opportunities.	Public and private sector opportunities. Industry and commerce.

		Strengths and weaknesses - study skills	To understand our strengths and weaknesses and understand study skills needed for KS4 name 4 revision techniques								
		Revision study techniques	To understand different revision techniques and devise our own revision strategies								
		Revision skills - memory	To understand how memory and study skills are linked - recall skills								
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HT5	Post 16	Relationship abuse	Explain what is meant by 'relationship abuse' identify the different	Through student voice pupils want more RSE	What manipulation in a relationship can look like. The dangers	Y7 - Revealing reality the truth about sharing nude pictures	KS5 - Consent, date rape and sexual assault, identity and	Discussion affords higher attainers to be stretched and challenged	Developing pupils' age-appropriate understanding of healthy	Enrichment opportunities.	Public and private sector opportunities. Industry and commerce.

			types of abuse that can affect relationships describe ways to get help with relationship abuse		of using chemicals to increase sexual experience, why sleep is so important.	Sexting, upskirting, harmful relationships, introducing consent and body image Y8 - relationship values, consent, PC+LGBTQIA +, alcohol and peer pressure, being an ally Y9 - Starting out in a relationship, capacity to consent, preventing STIs, healthy and unhealthy coping strategies Y10- managing break-ups, same sex relationships, revenge porn, body shaming.	transgender experience, healthy and controlling relationships, sex hormones and relationships, toxic and positive masculinity		relationships through appropriate relationships and sex education and enabling pupils to recognise online and offline risks to their wellbeing – for example, risks from sexual exploitation, domestic abuse – and making them aware of the support available to them		
		Consent	Explain some consequences of someone not receiving consent for sexual behaviour within a relationship for both the perpetrator and victim								
		Sharing sexual images	Describe some of the risks in relation to sharing sexual images , explain the implications, including legal implications, of sending or forwarding sexual images and explain how and from where to get help if someone I know is being								

		Unsafe sex The importance of good sleep	pressured to send or share inappropriate images To understand what we mean when we talk about 'safe sex' and identify situations where sex is neither safe or legal. Explore the dangers of chemsex and unsafe sex and look at the consequences of unsafe sex scenarios. Correctly identify the symptoms of sleep deprivation and the benefits of quality sleep.								
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HT6	Staying Safe Post 16	Drug and alcohol awareness Revealing Reality - the truth about sending nudes	To analyse the impact of substance use, including on reputation, career, and relationships To analyse attitudes associated with requesting, sending and passing on nude images. To be able to describe the legal and moral implications of sharing images without someone's consent, including the impact of reporting. To explain strategies to manage unwanted images, unwanted requests and pressure to send images To be able to challenge the views of others and perceived social norms	Through student voice pupils want more RSE	What manipulation in a relationship can look like. The dangers of using chemicals to increase sexual experience, why sleep is so important.	Y7 - Revealing reality the truth about sharing nude pictures Sexting, upskirting, harmful relationships, introducing consent and body image Y8 - relationship values, consent, PC+LGBTQIA +, alcohol and peer pressure, being an ally Y9 - Starting out in a relationship, capacity to consent, preventing STIs, healthy and unhealthy coping strategies Y10- managing break-ups, same sex relationships, revenge porn, body shaming.	KS5 - Consent, date rape and sexual assault, identity and transgender experience, healthy and controlling relationships, sex hormones and relationships, toxic and positive masculinity	Discussion affords higher attainers to be stretched and challenged	Developing pupils' age-appropriate understanding of healthy relationships through appropriate relationships and sex education and enabling pupils to recognise online and offline risks to their wellbeing – for example, risks from sexual exploitation, domestic abuse – and making them aware of the support available to them	Enrichment opportunities.	Public and private sector opportunities. Industry and commerce.
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		Gender and language	relating to sending and receiving nude images. Analyse why some people still find some of the ideas about sex and gender controversial and explain the issues non-cisgender people may face today.								
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