



'Excellence for All'

Long Term Plan PSHE

Half term	Unit title	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic) PSHE Critical Content (the most basic knowledge that pupils will take away from each lesson)	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
Y8 HT1	Being Me in My World (Mental Health and Wellbeing Focus - external factors)	Attitudes to mental health	What is mental health? I can articulate some aspects of mental health disorders and discern truth from fiction I can signpost support for mental health	Understanding the value of good mental health. That you grow in resilience and can learn to reframe failure. The importance	That mental health is something that cannot be worked on Not knowing what resilience is or that it is a skill that can be learned	Y7 - spiral curriculum Importance of positive friendships, positive self image and damaging effects of social media.	Spiral curriculum is built on throughout KS3 and 4	Looking at the Law - protected characteristics , The Equality Act 2010	Acceptance of and engagement with the fundamental British Values of the Rule of Law. Willingness to reflect on their experiences	Visiting speaker opportunity - MESMAC The Warren Hull - Mind Paul Hannaford - mentor and lecturer - drugs, gangs and prison. Enrichment	The Law Sociology. Public and private sector opportunities. Industry and commerce.

		Peer pressure	the possible legal consequences of sending a nude picture Students can discuss if girls have a more positive or negative experience online I can define peer pressure I know what a good friend looks like I can give advice about how to resist peer pressure.								
		Digital resilience 2	I can examine how going online can influence the way we feel, think and act To understand what digital resilience is								
		Halloween Safety	I understand how to stay safe celebrating Halloween								

		Criminal and Civil law	To define criminal and civil law and identify criminal and civil crimes								
		The Court system	To explain the differences between a Magistrate's and a Crown court and explain your legal rights after arrest								
		The Youth Court	To understand that a Youth Court has a different approach to defendants than adult courts								
		Dealing with young offenders	To investigate the layout of the court and different roles within it and look at different strategies the court uses when dealing with young offenders.								
		The Law and the	To understand								

		environment (optional lesson)	what 'green crime' is .								
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Y8 HT3	Relationships	Commitment	What does commitment to others and yourself mean? Why is commitment important for people's health, wellbeing and relationships?	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	That commitment to yourself is key	Y7 - Feelings about sharing nudes Sexting Upskirting Healthy and unhealthy relationships - CMO Introducing consent FGM	Y9 -Starting a romantic relationship Capacity to consent Preventing STIs Contraception Condom negotiation and unplanned pregnancy	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	Paul Hannaford - mentor and lecturer - drugs, gangs and prison. Police visit CSE and grooming dangers. Enrichment links	NHS, general life skills, health and social care. Public and private sector opportunities. Industry and commerce.

		to contraception	What is contraception ? How and why are condoms used? What is the pill? Where can you get contraceptive s from?								
		LGBTQAI+	Define these terms - LGBTQAI – Cis-gender –								
		Being an ally - same sex relationships and trans identity	Explain how you can be an ally to an LGBTQAI+ person								
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Y8 HT4	Healthy Me	Personal safety Describe in detail ways we can help in medical emergencies and different methods of improving personal safety.	Drug awareness What are 3 harms drugs can have on the body and explain the link between harm, legalisation and different classes of drug	Drugs and the law To understand the penalties for various drug possession in the UK	Smoking and vaping Describe the different health problems caused by smoking tobacco and	At KS3 students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience beginning with the transition to secondary school, the challenges of adolescence and their increasing independence.	That legal prescribed drugs cannot be harmful, that vaping is 'better than smoking'.	Y7 - puberty, hygiene, understanding healthy living and how to integrate a healthy lifestyle and drugs and the dangers associated with drugs,	Y9 - unplanned pregnancy, contraception, gangs, drugs and alcohol Y10 - social media peer pressure, drugs class A,B, C, contraception, unplanned pregnancy, STIs, abortion, Y11 - self examination, cancer, STIs, fertility and reproduction, families, sexual health, consent, relationship safety	Traffic light system of tasks, questioning should be used for stretch and challenge to allow higher achievers to thrive whilst scaffolding below	The PSHE programme builds pupils' confidence, resilience and knowledge so that they can keep themselves mentally healthy. The PSHE curriculum promotes pupils' understanding of how to keep physically healthy, eat healthily and maintain an active lifestyle.	Enrichment links.	Sports, physio, health and social care. Public and private sector opportunities. Industry and commerce.
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		Alcohol and peer pressure	cannabis. To understand how peer pressure can influence is and build up strategies to manage this								
		Body image	Body image - how can we help someone struggling with their body image?								
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Y8 HT5	Dreams and Goals	Role model and self esteem	To describe in detail the issues young people face when they idolise poor role models. Is there a link between the way some	At KS3 students build on the knowledge and understanding, skills, attributes and values they have	The harms of stereotypes. What makes people vulnerable to grooming and radicalisation and the techniques used.	Y7 - Influences, friends and friendship Peer pressure, bullying and banter	Y9 - unplanned pregnancy, contraception, gangs, drugs and alcohol Y10 - social media peer pressure, drugs class	Spiral curriculum is built on throughout KS3 and 4	Developing personal values and a personal belief system that values self and others. Mutual respect and	Enrichment links	Public and private sector opportunities. Industry and commerce.

		Online radicalisation Radicalisation and extremism	people idolise role models and their levels of self-esteem. To understand how people can become radicalised online, to reflect on how we act online and to know what to do if something doesn't feel right Explain why certain people are vulnerable to radicalisation and what you should do if you suspect it's happening to someone you know. Identify the most common methods used to radicalise people and what extreme ideas sound like. Understand the law	acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience beginning with the transition to secondary school, the challenges of adolescence and their increasing independence.		Trolling and online identity Mental Health and self esteem Media Influence and body image Body image (online)	A,B, C, contraception , unplanned pregnancy, STIs, abortion, Y11 - self examination, cancer, STIs, fertility and reproduction, families, sexual health, consent, relationship safety		tolerance. Willingness to reflect on their own experiences Developing a sense of enjoyment in the world around them and in themselves		
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			around racial hatred and distributing extremist material.								
		Discrimination and prejudice in the workplace	To understand workplace discrimination and how the laws protect people against discrimination Name 3 laws that protect people from discrimination in the workplace.								
		Disability and disablism	To understand the barriers that disabled people face everyday and to understand how the media can portray disabled people.								
		Racism and stereotyping	I understand why stereotyping is harmful and that racism is unacceptable.								

			Personal reflection.								
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HT6	Changing Me	Basic First Aid Hate crimes Religious prejudice	Describe how to identify situations that may require the help of the emergency services. To understand different hate crimes and the impact they can have To understand whether situations show religious prejudice, religious discrimination or religious ignorance.	At KS3 students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience beginning with the transition to	How to administer basic first aid	Y7 - Influences, friends and friendship Peer pressure, bullying and banter Trolling and online identity Mental Health and self esteem Media Influence and body image Body image (online)	Y9 - unplanned pregnancy, contraception, gangs, drugs and alcohol Y10 - social media peer pressure, drugs class A,B, C, contraception, unplanned pregnancy, STIs, abortion, Y11 - self examination, cancer, STIs, fertility and reproduction, families, sexual health, consent, relationship safety	Spiral curriculum is built on throughout KS3 and 4	Developing personal values and a personal belief system that values self and others. Mutual respect and tolerance. Willingness to reflect on their own experiences Developing a sense of enjoyment in the world around them and in themselves	Enrichment links	Public and private sector opportunities. Industry and commerce..

		LGBTQIA+ Rights across the world	To explain the everyday issues the LGBTQ+ global community face and how they overcome these.	secondary school, the challenges of adolescence and their increasing independence.		Internet Safety Quiz					
		Safer internet	To describe how to identify risk and manage personal safety in increasingly independent situations, including online.								
		Vaping	To assess the potential impact of influences and marketing on young people's behaviour related to vaping To explain the consequences of vaping, including the environmental cost and to analyse ways to challenge influences and misconceptions								

		Smoking and second hand smoke	ns about vaping? To describe negative effects of smoking and inhaling second hand smoke								
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