

**PSHCE Long Term Planning
KS3 and KS4
2020-2021**



	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn - Healthy Lifestyles	<p>Mental wellbeing Impact of covid, returning from covid & building resilience Identifying emotions and feelings, introduction to emotional health, talking about emotions. How to harness happiness e.g. connectedness to others, time outdoors</p> <p>Physical health and fitness How do we look after our bodies through exercise - keep us fit, endorphins?</p> <p>Healthy eating what does a healthy diet look like? Link between poor diet and tooth decay.</p> <p>Drugs, alcohol and tobacco "drugs are bad" Prescription drugs and uses, awareness of dangers of prescribed drugs if misused. Dangers of smoking</p> <p>Health and prevention Germs and hand hygiene, personal care and hygiene, teeth health oral hygiene and dentist</p> <p>Changing adolescent body puberty – changes to our bodies physically and emotionally,</p>	<p>Mental wellbeing Impact of covid, returning from covid & building resilience What is mental wellbeing? Looking after our mental health - what has a positive or negative effect on our mental health and emotions? self-esteem, body image and the effect on our mental health.</p> <p>Physical health and fitness ideas for keeping fit and healthy, local sports facilities, create and follow exercise plans. Benefits to our mental health</p> <p>Healthy eating Food groups and nutrition. Link between poor diet and health risks.</p> <p>Drugs, alcohol and tobacco Dangers from smoking tobacco and drinking alcohol.</p> <p>Health and prevention Immunisation and vaccination Sleep and its effect on weight, mood, concentration</p> <p>Basic first aid Basic first aid – scalds, burns, sprains, cuts, stings, nose bleeds</p> <p>Changing adolescent body</p>	<p>Mental wellbeing Impact of covid, returning from covid & building resilience Recognising early signs of mental wellbeing concerns. What does poor mental health look like? How to tackle these concerns? Ways to stay mentally healthy e.g. diet exercise community participation</p> <p>Physical health and fitness & Healthy eating effect of diet and exercise on our physical and mental health for maintaining healthy weight, fitness, effect on heart and lungs. Healthy diet plans for different groups of people, poor health choices linked to physical and mental ill-health.</p> <p>Drugs, alcohol and tobacco Laws, physical effects and peer pressure around smoking, alcohol and illegal drugs. Effects of all on the body</p> <p>Health and prevention Bacteria and viruses, how they are spread, antibiotics</p> <p>Basic first aid CPR and defibrillators First aid – recap basic and cover fits, electric shock, choking, st johns ambulance training.</p>	<p>Mental wellbeing Impact of covid, returning from covid & building resilience What is anxiety and depression? Coping with these and getting help. Impact of stress on the body, what it is and how to cope with it.</p> <p>Physical health and fitness & Healthy eating Diet and exercise plan for different groups of people with different health needs and of different levels of fitness. Calories, calorie deficit, healthy or unhealthy foods of same calorific value?</p> <p>Drugs, alcohol and tobacco Social, emotional and physical effects of drugs and alcohol abuse, penalties, county lines, trafficking</p> <p>Health and prevention Self-examination and screening</p> <p>Basic first aid . First aid – CPR, responding to drug and alcohol abuse first aid.</p>	<p>Mental wellbeing Impact of covid, returning from covid & building resilience Nature and treatment of a range of mental illnesses and where to get help from specialist service.</p> <p>Internet safety and harms Online gambling and debt</p> <p>Physical health and fitness & Healthy eating Benefits of certain foods, impact on our ability to exercise, sleep, function etc., negative impact of poor diet – energy drinks, coffee etc. science behind impact of food and exercise on our physical and mental health. Links between an inactive lifestyle and ill health including cancer and cardio vascular ill-health.</p> <p>Drugs, alcohol and tobacco Recap drugs and alcohol, peer pressure, trafficking, impact on mental health and development of conditions, physical health, relationships, grooming. Where to access help and support. Effects of risk taking on individuals and society e.g. promiscuity, drugs and alcohol, gangs etc. Addiction and dependency</p> <p>Basic first aid</p>

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		Recap on puberty, changes to body and emotions			First aid refreshed and help for emotional impact of physical trauma such as PTSD.
Spring - Relationships (SRE)	<p>Families Characteristics of committed, stable relationships. Parenting and characteristics of successful parenting. Characteristics of negative relationships. Feeling unsafe in and what to do.</p> <p>Respectful relationships Characteristics of positive friendships, including respect. Managing arguments and conflict. What is bullying? How does it make people feel? What can you do if you are being bullied?</p> <p>Online and media How to behave online, having the same respect as in real life. Sharing personal information. What is social media? What are the risks and age restrictions?</p> <p>Intimate and sexual relationships Body is our own, what are our private parts? Difference between appropriate and inappropriate or unsafe physical contact. Puberty (nurse?)</p>	<p>Families The importance of stable relationships, including when bringing up children. What does an unsafe relationship should like? Characteristics of unhealthy relationships, how to get help for myself or others.</p> <p>Respectful relationships Positive friendships, managing conflict when things go wrong and reconciliation. What are the different types of bullying? What should we do as a victim or bystander?</p> <p>Online and media What social media exists? What other ways are there of sharing information or communicating online? What are the risks and dangers of social media and sharing information? How to block, report and get help is something unsafe happens or appears online.</p> <p>Intimate and sexual relationships What is an intimate relationship? What does boundaries mean? What does consent mean in terms of relationships and intimacy? What are our private parts and what are their functions? The</p>	<p>Families What is marriage? Why do people choose to marry – religion? Children? Role of trust in a relationship. How do we know if we can trust a family member, friend or someone we are in a relationship with? What does an unsafe relationship look like?</p> <p>Respectful relationships What are the characteristics of positive and negative relationships in person and online? Role of consent in relationships Managing conflicts in relationships What are the causes, nature and effects of different types of bullying?</p> <p>Online and media In depth look at the dangers of social media including grooming. What might we see online that is harmful content and what is the impact of viewing this?</p> <p>Intimate and sexual relationships What is sexual intercourse? What is protection? Importance of using protection? Importance of consent.</p>	<p>Families The legal status of marriage and the difference between marriage and cohabiting. Legal rights and protection available to married couples vs those cohabiting or those together in an unregistered religious ceremony. What does a healthy marriage look like? What does a healthy relationship look like, what are the signs of the relationship being coercive or abusive?</p> <p>Respectful relationships What are the characteristics of positive and negative non sexual and sexual relationship? Discrimination, prejudice, equal opportunities. The equality act and rights and responsibilities around equality What is domestic violence? Bullying in relationships – signs and types.</p> <p>Online and media What is pornography? The law around pornography and sharing indecent images of children even those created by children and sent to children.</p> <p>Being safe What is the law around consent? Recognising sexual consent and when it can be withdrawn. What does sexual consent look like? Managing sexual pressure.</p> <p>Intimate and sexual relationships</p>	<p>How pornography creates a distorted picture of sexual behaviours, self-esteem and how you might see your partner.</p> <p>Being safe Criminal behaviour in relationships the concept of and laws around sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, sexual assault, domestic abuse, forced marriage, domestic violence, FGM, honour based violence. Recognising these criminal behaviours, how they affect current and future relationships and getting help.</p> <p>Intimate and sexual relationships Fertility treatments, increasing fertility, infertility. Menopause Evaluate positive and negatives around different forms of contraception. Short and long term effects of STIs and treatments for them. Physical and emotional changes during pregnancy and miscarriage support groups and agencies for pregnancy, adoption, miscarriage etc.</p>

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		right to delay intimacy and control what we consent to.	Managing peer pressure in relation to intimate contact and relationships. Enjoying relationships and intimacy without sex. How drugs and alcohol can lead to risky sexual behaviour.	Sexual pressure. Contraception Types of STIs Getting tested for STIs and where to go Pregnancy and the options around pregnancy Getting help around sexual and reproductive health. Effects of sex on physical and emotional wellbeing.	
Summer - Living in the wider world	<p>Citizenship Improving the local community e.g. school. Role of Pupil Voice – democracy Importance of school rules. Responsibilities linked to these rules. Introduction to RRS</p> <p>Employment Formal and informal education Jobs at home and in school Identity</p> <p>Independent Living (finance) What is money? Where it comes from? How are we persuaded to buy things? Where does it come from? Media and advertising Analysing adverts – persuasion, false images</p> <p>Environment Respecting the environment Recycling and waste</p>	<p>Citizenship Society laws, role of the police, courts and justice system Improving local communities outside of school, what is a community and what are they made up of, demographics of a community Human rights and Children’s rights – liberties enjoyed by citizens</p> <p>Employment Life after school Build a personal profile of interests and ambitions</p> <p>Independent Living (finance) The value of money. Managing money Real life budgeting</p> <p>Environment Dangers and risks to our natural environment e.g. Global warming and what we can do.</p>	<p>Citizenship Volunteer in the local community Parliament, government and the monarch Voting in elections, different political parties, democracy v dictatorship. Local councils.</p> <p>Employment Look at career options Look at education pathways Post 16 and what qualifications are required What qualifications are on offer in school</p> <p>Independent Living (finance) Current accounts and savings accounts Rights and responsibilities as consumers Loans</p> <p>Environment Challenges to the environment – climate change, global warming, water scarcity, droughts, deforestation, floods, pollution</p>	<p>Citizenship Parliamentary democracy and the power of government, role of citizens impacting what happens in parliament, how are they accountable. Legal system in the UK, different sources of law. Human rights and international law.</p> <p>Employment (completed in Careers lessons) Part time and full time jobs Job adverts, essential and desirable criteria Create a CV Practising filling out job application forms</p> <p>Independent Living (finance) Bank statements Applying for a bank account Credit and debit cards and accounts</p> <p>Environment Sustainable environment. Energy – promoting a sustainable energy future</p>	<p>Citizenship Different electoral systems used in and beyond the UK and actions citizens can take in democratic and electoral processes to influence decisions locally and nationally and beyond. Social issues in the community – ill-health, poverty, unemployment, social deprivation, inequality Diverse national, regional, religious and ethnic identities in the UK and need for mutual respect and understanding.</p> <p>Employment (completed in careers lessons) Preparation for post 16 studies Interview prep Writing letters of application and personal statements</p> <p>Independent Living (finance) Wage slips – gross and net pay, deductions, pensions Benefits Interest rates</p> <p>Environment</p>

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