

2021-2022 PSHE (including RSE and Citizenship) Lesson Overview

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Healthy Lifestyles 1. Healthy Eating 1 – What are the food groups? 2. Healthy Eating 2 – created balanced meals. 3. Healthy Lifestyles – Benefits of exercise 4. Rest and Relaxation – Ensuring we have a work/play balance. How important is sleep? 5. Quiz	Pressure and Influences 1. Peer Pressure – What is it and how can we combat it? 2. Influence – What and who can influence us? 3. Radicalisation – What is radicalisation and how can we spot the signs? Prevention of radicalisation. 4. Right Wing Extremism – A case study of Radicalisation. 5. County Lines – What is County Lines and how can we spot the signs/protect ourselves and others. 6 Social influence & Quiz	RSE 1. Changing Bodies during puberty and how to manage these changes. 2. Changing Emotions during puberty and how to manage these changes. 3. Self-Image and confidence including what can impact this. 4. Loving Relationships including different types of relationships e.g., familial, friendship, romantic and LGBT+ 5. Sexual Relationships and consent. 6. Human Reproduction and conception. 7. Quiz to check for understanding.	Relationships 1. Healthy Relationships – what qualities are needed for a healthy relationship? 2. Healthy Relationships 2 – What makes an unhealthy relationship? (Including abuse and exploitation) 3. Kindness 4. Respect 5. Consensual Relationships (including harassment and forced marriage) 6 Scenarios – healthy or unhealthy? These scenarios link to issues learned about throughout this topic and revolve around consent, abuse and harassment. 7. Quiz	Mental Health 1. What is mental Health? 2. Stress – What is a healthy amount of pressure? How can we manage this anxiety? 3. Feeling Down – What is depression? What is the difference between sadness and depression? 4. Supporting Yourself 5. Supporting Others 6. Quiz	Citizenship 1 Political system in the UK – What is a democracy? How do Elections work? 2. Operation of Parliament – What is Parliament? 3. Precious Liberties – What are our rights and freedoms as British Citizens? 4. Law and the Justice system – How does the law work? What is justice? 5. Citizenship and Community – What is a community and why is this important? How can we contribute to our local community? 6. Money and budgeting – What is the value of money and how can we use it wisely? 7. Quiz
8	Careers 1. Intro to careers. Why do people go to work? Career values.	Influences and pressure 1. Peer Pressure – What is peer pressure and how can it impact our lives?	Relationships 1. Healthy Relationships – what makes a healthy relationship?	RSE 1. Loving Relationships – what makes a healthy, loving relationship? How might people express this	Media Influence 1. What is the Media? 2. Self-Image – How does media impact our self-image and confidence? Why can	Citizenship 1 Political system in the UK – What is a democracy? How do Elections work? 2. Operation of Parliament – What is Parliament?

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	<p>2. Investigating work roles (huge variety) and busting myths</p> <p>3. Investigating Skills and Qualities. How do these relate to the world of work.</p> <p>4. Early aspirations and dream jobs</p> <p>5. World of Work – What does this involve?</p> <p>6. Quiz</p>	<p>2. Peer Pressure Scenarios – How can we combat peer pressure?</p> <p>3. Knife Free – The link between peer pressure and carrying a knife. Why might people carry knives and what risks can this create?</p> <p>4. Drugs and Alcohol – The link between peer pressure and drugs/alcohol. How County Lines and peer pressure/social influence are linked.</p> <p>5. Radicalisation - What is radicalisation and how can we spot the signs? Prevention of radicalisation.</p> <p>6. Quiz</p>	<p>2. Healthy Relationships 2 – domestic abuse and honour-based violence.</p> <p>3. Kindness</p> <p>4. Respect</p> <p>5. Consensual Relationships (including sexual harassment and coercion)</p> <p>6. Stereotypes and prejudice (based around gender, race, and religious stereotypes)</p> <p>This lesson builds upon content covered in the RE curriculum around stereotypes this half term.</p> <p>7. Quiz</p>	<p>love? (Romantic and non-romantic)</p> <p>2. Intimacy – including Romantic, non-romantic and sexual intimacy.</p> <p>3. Attraction – Sexuality and attraction to others. Attraction vs harassment</p> <p>4. Sexual Relationships and consent. Including the links between the age of consent, sexual relationships, and peer pressure.</p> <p>5. Consent Scenarios – does this person have consent or not?</p> <p>6. Quiz</p>	<p>social media be damaging to our mental well-being and self-esteem?</p> <p>3. Hateful comments – Being kind online and reporting inappropriate media use.</p> <p>4. Censorship – What is censorship? Why is this both a positive and a negative thing?</p> <p>5. Reliable Media – How do we find reliable sources of media? What is fact-checking? Should you believe everything you see online and in the news?</p> <p>6. Quiz</p>	<p>3. Precious Liberties – What are our rights and freedoms as British Citizens?</p> <p>4. Law and the Justice system – How does the law work? What is justice?</p> <p>5. Citizenship and Community – What is a community and why is this important? How can we contribute to our local community?</p> <p>6. Money and budgeting – What is the value of money and how can we use it wisely?</p> <p>7. Quiz</p>
9	<p>Healthy Lifestyles:</p> <p>1. Healthy Eating 1 – What are the benefits of each food group?</p> <p>2. Healthy Eating 2 – How to create balanced, nutritious meals (including vegan/vegetarian alternatives)</p>	<p>Social Influence and County Lines</p> <p>1. Attitudes to Drugs – what are some common misconceptions around drug use in young people?</p> <p>2. County Lines – What is County Lines and what are the risks/warning signs of someone getting</p>	<p>Careers - Preparing for GCSE Options</p> <p>1. Preparing for GCSE Options: what do you know about GCSEs</p> <p>2. Working out what subjects to study</p> <p>3. Qualifications Framework and college entry requirements</p> <p>4. Career Stereotypes</p>	<p>Living in the Wider World</p> <p>1. Communication – economy of language and respectful language.</p> <p>2. Time Management – How do we manage our time efficiently?</p> <p>3. Budgeting 1 – Activity revolving around budgeting for the necessities. Students are</p>	<p>Summer 1: RSE</p> <p>1. Types of Intimacy – What does it mean to be intimate with others? Are Sex and Intimacy the same thing?</p> <p>2. Consent and scenarios. Do these people have consent?</p>	<p>Preparing for GCSE Success and Developing Personal Agency</p> <p>1. Preparing for GCSE success: what do you know about GCSEs</p> <p>2. Personal Agency or Making my Own Luck</p> <p>3. Confidence and resilience</p>

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	<p>3. Healthy Lifestyle – The importance of exercise and the outdoors.</p> <p>4. Rest and relaxation – The importance of sleep and how sleep aids our learning.</p> <p>5. Personal Hygiene – How do we keep clean? (Including dental hygiene)</p> <p>6. Quiz</p>	<p>involved? Where can you go for support?</p> <p>3. Drugs, the Law and Risk – Legalities around possession and supply of drugs.</p> <p>4. Risk – legal consequences and personal consequences e.g., addiction</p> <p>5. Managing Influences – How to manage peer pressure and social influences when faced with drug use.</p> <p>6. Prescription drugs – What are the benefits and potential risks of these?</p> <p>6. Quiz</p>	<p>6. Quiz</p> <p>7.</p>	<p>given a set amount and must make decisions of what to do wisely.</p> <p>4. Budgeting 2 (continuation of previous week focusing on luxuries)</p> <p>5. Healthy Meals – a Recap of food groups and linking into budgeting. How can we create healthy meals on a budget?</p> <p>6. Quiz</p> <p>7.</p>	<p>What would the law say?</p> <p>3. Contraception – varieties and purposes. How effective are these types of contraception?</p> <p>4. Sexual Health – What are STIs? Combatting misconceptions around STIs. Support signposted at the end of the lesson.</p> <p>5. Roles of Families – what is a family? Types of family and responsibility of parents.</p> <p>6. Quiz</p>	<p>4. Skills and Qualities and how they link to employment</p> <p>5. Personality test – what careers could be suited to me?</p> <p>6. QUIZ</p> <p>7.</p>
10	<p>Employability Skills</p> <p>1. What employers are looking for?</p> <p>2. What do I have to offer?</p> <p>3. Writing a CV – what should this involve?</p> <p>4. Writing a CV 2 – Students are to create a CV in class</p> <p>5. Interview Skills- What are employers looking for? How can we communicate this effectively?</p> <p>6 Quiz</p>	<p>Social Influence and County Lines</p> <p>1. Attitudes to Drugs – what are some common misconceptions around drug use in young people?</p> <p>2. County Lines – What is County Lines and what are the risks/warning signs of someone getting involved? Where can you go for support?</p>	<p>Citizenship</p> <p>1. Parliamentary Democracy – What is a democracy and how does this work in practice?</p> <p>2. Different electoral systems – How does the general election work in the UK?</p> <p>3. Other forms of government (democratic and non-democratic)</p>	<p>Financial Skills</p> <p>1. influences on students' financial choice</p> <p>2. How to budget effectively</p> <p>3. Fraud and how to protect yourself</p> <p>4. Models of employment contracts and self-employment</p> <p>5. Financing University – pros and cons and busting myths</p>	<p>Summer 1: RSE</p> <p>1. Healthy Relationships – What makes a healthy relationship?</p> <p>2. Unhealthy Relationships including domestic abuse, grooming and exploitation.</p> <p>3. Contraception and STIs – Which types of contraception are</p>	<p>Choices and Pathways Post-16</p> <p>1. Post-16 options – what are the local colleges and apprenticeships? What are the different qualifications?</p> <p>2. Looking for a job</p> <p>3. CVs – let's get them done – in class activity based around work done throughout the year in</p>

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		<p>3. Drugs, the Law and Risk – Legalities around possession and supply of drugs.</p> <p>4. Risk – legal consequences and personal consequences e.g., addiction</p> <p>5. Managing Influences – How to manage peer pressure and social influences when faced with drug use.</p> <p>6. Prescription drugs – What are the benefits and potential risks of these?</p> <p>7. Quiz</p>	<p>4. UK’s role within Europe post Brexit</p> <p>5. Legal system in the UK – what is the law and how are crimes addressed?</p> <p>6. Citizenship and community – How can I contribute to my local community?</p> <p>7. Income and expenditure – How can I manage my finances?</p>	<p>6. Quiz</p>	<p>effective at preventing STIs? Evaluating how reliable and fit for purpose each type of contraception is (e.g., preventing pregnancy vs preventing STIs)</p> <p>4. Sexual Harassment and Consent (including FGM) Treatment and support signposted at the end of the lesson.</p> <p>5. Fertility and Infertility – What alternatives are available for couples who cannot conceive naturally? What impact can this have on the couple?</p> <p>6. Quiz</p>	<p>virtual workshops and PSHE lessons.</p> <p>4. Career Identity – what to do next – goals and aspirations.</p> <p>5. Create an email address, find some college courses, email your careers leader</p> <p>6. Quiz</p>
11	<p>Finance Skills</p> <p>1. What is the labour market?</p> <p>2. Understanding payslips</p> <p>3. Budgeting</p> <p>4. Being a responsible Consumer</p> <p>5. Quiz</p>	<p>Autumn 2: Social Influence and County Lines</p> <p>1. Attitudes to Drugs – what are some common misconceptions around drug use in young people?</p> <p>2. County Lines – What is County Lines and what are the risks/warning signs of someone getting</p>	<p>Citizenship</p> <p>1. Parliamentary Democracy</p> <p>2. Different electoral systems</p> <p>3. Other forms of government (democratic and non-democratic)</p> <p>4. UK’s role within Europe</p> <p>5. Legal system in the UK</p> <p>6. Citizenship and community</p>	<p>RSE</p> <p>1. Healthy Relationships - what makes a healthy relationship? What makes a relationship unhealthy? (Examples from previous year groups used e.g. FGM, domestic abuse, grooming etc.)</p> <p>2. Contraception and STIs – Types of STIs and effective contraception to</p>	<p>Online Safety</p> <p>1. What is Social-Media? How can this impact our self-esteem and confidence?</p> <p>2. Cyber-bullying and its consequences.</p> <p>3. Sending or Receiving explicit images – What does the law say? Link to sexual harassment and consent.</p>	<p>Topic: N/A Exam Time</p> <p>Tutor time to be spent on Revision/supporting student wellbeing.</p>

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		<p>involved? Where can you go for support?</p> <p>3. Drugs, the Law and Risk – Legalities around possession and supply of drugs.</p> <p>4. Risk – legal consequences and personal consequences e.g., addiction</p> <p>5. Managing Influences – How to manage peer pressure and social influences when faced with drug use.</p> <p>6. Prescription drugs – What are the benefits and potential risks of these?</p> <p>7. Quiz</p>	<p>7. Income and expenditure</p>	<p>prevent this. The purpose of contraception.</p> <p>Treatment and support signposted at the end of the lesson.</p> <p>3. Sexual Harassment and Consent (including FGM and forced marriage)</p> <p>5. Pornography - How Pornography presents a distorted picture of sexual behaviours and can be damaging to themselves and their sexual partners.</p> <p>5. Fertility, infertility, and miscarriage. Including the emotional, social, and financial impact this can have on the couples/parents.</p> <p>6. Pregnancy – What are the stages of pregnancy and the choices available? (Keeping the baby, adoption, abortion – these builds upon content covered in the RE GCSE)</p> <p>7. Quiz</p>	<p>4. Self-Image. What contributes to our self-image? Physical and mental factors to our self-image.</p> <p>5. Mental Health support and guidance beyond school.</p>	
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In addition to the sessions delivered weekly during tutor time, we deliver the First Aid aspect of Health Education through workshops.

Workshops

British Red Cross First Aid Champions (delivered in workshops across summer term)

Year group	Year 7 workshop	Year 8 workshop	Year 9 workshop	Year 10 workshop	Year 11 workshop
Focus	<p>Introduction to the Red Cross</p> <p>First aid module – learn and practise activities:</p> <ul style="list-style-type: none"> • Asthma attack <ul style="list-style-type: none"> • Bleeding heavily • Unresponsive and breathing • Broken bone <p>Helping others – learn and practise activities</p> <ul style="list-style-type: none"> • Identify factors and qualities that motivate people to help others • Explain why people might not feel able or confident to help 	<p>The role of kindness and helping in first aid</p> <p>First aid module – learn and practise activities:</p> <ul style="list-style-type: none"> • Unresponsive and not breathing • Burns * • Choking * • Head injury * <p>Helping others – learn and practise activities</p> <ul style="list-style-type: none"> • Learn how to explain what the 'Bystander effect' is • Learn to identify why some people might hesitate to act and what inspires others to act 	<p>First aid module – learn and practise activities:</p> <ul style="list-style-type: none"> • Unresponsive and not breathing when an AED is available • Severe allergic reaction • Seizures and epilepsy <p>Helping others – learn and practise activities</p> <ul style="list-style-type: none"> • Learn to identify factors and qualities that motivate people to help <p>Safety and wellbeing module – learn and practise activities</p> <ul style="list-style-type: none"> • Learn about some coping skills and how they help us 	<p>First aid module – learn and practise activities:</p> <ul style="list-style-type: none"> • Meningitis • Poisoning and harmful substances • Stroke 	<p>First aid module – learn and practise activities:</p> <ul style="list-style-type: none"> • Heart attack • Hypothermia • Strains and sprains

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	<ul style="list-style-type: none"> • Explain how to overcome barriers to helping others <p>Safety and wellbeing module – learn and practise activities</p> <ul style="list-style-type: none"> • Learn how to understand and identify factors to think about when helping in a first aid situation <p>Practise identifying safety factors and how to avoid danger in a first aid situation</p>	<ul style="list-style-type: none"> • Practise evaluating how people respond in first aid situations <p>Safety and wellbeing module – learn and practise activities</p> <ul style="list-style-type: none"> • Learn how to safely get help in an emergency, including calling 999 • Practise calling 999 and giving the correct information on the phone 	<p>cope in a first aid situation</p> <ul style="list-style-type: none"> • Practise using some short term and long term coping skills 		
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