

Week No	Area of study	Topic	Learning Objectives	Activities (extension task in brackets)	Key Terms	Resources
1 2	Misc	Introduction to PSHE	To understand how PSHE will be split into different areas of study To view the topics which will be taught over the year To look at class rules and expectations To explain informal assessment	Q and A Discussion Video clips Question time activity PSHE reading list	Health and wellbeing Relationships and sex education Futures Living in the wider world Informal assessment	PPT Introductory booklet
3 4	Health and Wellbeing	The Chimp	We will understand the basics of the chimp theory We will contemplate how our own behaviour relates to the chimp theory We will compare reactions of emotions/feelings to facts/truths We will discuss which chimp drives affect teenagers in particular	Video clips Q and A Discussion TPS MWB	Paranoid Assumptions Compassion Conscience Ego Inquisitive Domination	PPT HWB booklet
5 6	Health and Wellbeing	Mindfulness	We will discuss the concept of mindfulness We will critique where mindfulness can be seen in everyday life We will experience an activity which will help with mindfulness  We will be able to explain where meditation fits into the world of mental health We will be able to identify how Buddhism plays a part in meditation and mindfulness We will increase our awareness of some useful mindfulness techniques	Video clips Q and A Discussion TPS Mindful colouring  Reading task Video clips Discussion Opportunity to try out a number of mindfulness activities	Feelings Awareness Intended mood Deal with the situation Staying positive  Buddhism Zen Meditation	PPT HWB booklet Music Coloured pencils
7 8	Futures	Careers, aspirations and what does success mean to you	See information from HUT re Futures SOW			

9 10	Futures	Unifrog and careers treasure hunt	See information from HUT re Futures SOW			
11 12	Futures	Understanding the workplace expectations	See information from HUT re Futures SOW			
13 14	Futures	CV and writing a super hero CV	See information from HUT re Futures SOW			
15 16	Health and Wellbeing	Body Image	<p>To under the many influences we face when dealing with body image</p> <p>To reflect on these influences and discuss our thoughts with others in the class</p> <p>To be aware of the different classifications of female and male body shapes</p> <p>To consider how to look after our body image</p>	<p>TPS</p> <p>Discussion</p> <p>Q and A</p> <p>Video clips</p> <p>Reading tasks</p> <p>MWB</p>	<p>Positive body image</p> <p>Negative body image</p> <p>Perceptual</p> <p>Affective</p> <p>Cognitive</p> <p>Behavioural</p> <p>Ectomorph</p> <p>Mesomorph</p> <p>Endomorph</p>	<p>PPT</p> <p>HWB booklet</p>
17 18	Health and Wellbeing	Self-esteem and body confidence	<p>To introduce different types of media and how they can affect how we view ourselves and others</p> <p>To introduce the notion of appearance ideals and appearance pressures</p> <p>To change how we view certain media, how we respond and the affects it has on our self-worth</p> <p>To encourage empathy and understanding around this sensitive subject</p> <p>To change how we talk about ourselves and others, and how we respond to others when they are facing difficulties</p>	<p>Reading task</p> <p>Q and A</p> <p>Discussion</p> <p>Video clips</p> <p>Worksheets</p> <p>MWB</p>	<p>Appearance ideals</p> <p>Appearance pressures</p> <p>Body confidence</p> <p>Manipulation of media</p> <p>Media</p> <p>Professional media</p> <p>Personal and social media</p> <p>Pledge</p>	<p>PPT</p> <p>HWB booklet</p>
19 20	Relationships and Sex Education	Online social friendships, sharing photos and videos	<p>To consider how friendships have changed in the digital age</p> <p>To discuss the characteristics of good online friendships</p> <p>To devise ways to help a friend in need</p>	<p>Video clip</p> <p>Discussion</p> <p>ESCAPE ROOM</p>	<p>Digital world</p> <p>Platforms</p> <p>Messaging</p> <p>Uploading</p> <p>Profile</p> <p>Permission</p>	<p>PPT</p> <p>Escape Room format</p>

			To make decisions on what should and should not be shared on social media be reminded of the key point about posting photos and videos		Privacy settings	
21 22	Relationships and Sex Education	Bullying	To consider the effect of bullying To think about how to deal with bullying	Reading task Storyboard	Courage Strength	
23 24	Relationships and Sex Education	Alfie's Story  (Child Exploitation)	To explore what is meant by 'exploitation'  To raise awareness of this type of exploitation  To explain the signs that someone may be being exploited	Reading tasks Q and A Discussion Group work Video clip Scrabble tasks	Criminal exploitation  County Lines  Opportunistic  Human Trafficking	PPT RSE booklet
25 26 27 28	Relationships and Sex Education	LGBTQ+	To discuss the benefits of coming out  To discuss the risks of coming out  Dispel myths and stereo types Understanding Accepting	Reading tasks Video clips Discussion Fact sharing (Info activity)	Relationships Discrimination Stonewall Acceptance Stereotypical	PPT RSE booklet Love Simon
29 30	Relationships and Sex Education	Families in same sex relationships	Students will increase their knowledge of same sex relationships Students will understand the options available and where to find out information regarding children and same sex relationships Students will become more confident when discussing this subject	Draw the ideal family task Reading task Mind map Video clips Discussion Q and A Group work presentations	Donor insemination Surrogacy Foster care Adoption	PPT RSE booklet
31 32	Living in the Wider World	Smoking and vaping	To become aware of the ingredients of cigarettes and the damaging effects it can	Reading task Q and A Discussion	Carbon monoxide Carbon cyanide Tar	PPT HWB booklet

			have on our bodies To be aware of peer pressure and look at ways to overcome it To become aware of the uncertainty and danger of e-cigarettes and vaping	Video clips Facts and figures TPS Peer pressure activity	Nicotine Emphysema Bronchitis Smokers cough Heart disease Peer pressure	
33 34	Living in the Wider World	Drugs (how they affect your body)	We will identify the basic effects of drug abuse on the body We will discuss how drug and abuse effects mind and body We will provide further information on drugs and their impact on health	Video clips Q and A Discussion Group presentations	Crack Ecstasy Speed Amphetamines Cocaine Anabolic steroids Solvents Tranquilisers LSD Alcohol Tobacco Heroin Cannabis	PPT HWB booklet Large paper Coloured pencils
35 36	Living in the Wider World	Childhood Cancer	Confidently discuss sensitive topics. Describe what cancer is and understand that it can happen to anyone. Distinguish between facts and myths relating to cancer. Give examples of two or more of the five main signs of cancer in young people. Explain why it is important to go to the doctor with any concerns about my health. Demonstrate or describe how to speak to a doctor about any concerns I have about my own or others' health.	Discussion True/false Video clips Q and A Role play scenario Self assessment	UV rays Breast cancer Cell mutation Early diagnosis Symptoms Acute Myeloid Leukaemia Malignant Melanoma Brain tumour	PPT HWB booklet Post it notes
37 38	Living in the Wider World	Awareness of disability/autism	To discuss the place of people with learning disabilities and autism within a diverse society; To reflect on the challenges faced by people with learning disabilities and autism, including others' preconceptions,	Reading task TPS Q and A Discussion Fact or myth activity The Story of Sam	Autism spectrum disorders (ASD) Diversity Disablist Discrimination Equality	PPT LWW booklet

			<p>lack of awareness and understanding, discrimination and disablist bullying</p> <p>To consider the potential physical and emotional effects of discrimination and disablist bullying on people with learning disabilities and autism</p> <p>To suggest ways to challenge disablist bullying, prejudice and discrimination as individuals, as a community and within society</p>	(Mind map)	<p>Hate crime</p> <p>Inclusion</p> <p>Neurodiversity</p> <p>A learning disability</p>	
39 40	Living in the Wider World	Why do people join gangs	<p>To learn about the qualities of healthy and unhealthy social groups</p> <p>To learn about the factors which contribute to a young person deciding to join or not join a gang</p>	<p>Gang Member drawing activity</p> <p>Reading task</p> <p>TPS</p> <p>Facts and figures (Card activity)</p>	<p>Mixing</p> <p>Risk-taking behaviours</p> <p>Belonging</p> <p>Street/coded language</p> <p>Pressure</p> <p>Respect</p>	<p>PPT</p> <p>LWW booklet</p>