

| Lesson No | Area of study | Topic | Learning Objectives | Activities (extra task in brackets) | New Key Terms | Resources |
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| 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 | Living in the Wider World | County Lines/CSE | Increase student awareness of county lines Alert students to how it works in our society Raise awareness of the issue to help students make better and more informed choices | Q and A Discussion Video clips Pair/group work (Definition quiz) | Exploitation Expendable Grooming Going country Trapping Trap house Trap line | PPT LWW booklet |
| 5 6 | Living in the Wider World | Organised Crime Gangs | To explain the reasons why some people might get involved in serious and organised crime To describe the far-reaching consequences of getting involved in serious and organised crime To explain the factors and strategies that can help people avoid, or get out of, serious and organised crime To describe positive ways in which young people can make the most of their skills and abilities | Structured mind map Discussion Pair work Group work Body map A year in the life... TPS Letter writing | Risk association Transnational network Internal pressures External pressures Deprived areas Respectable career Educational welfare officer | PPT LWW booklet |

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| 7 8 | Living in the Wider World | Exploring blood, organ and stem cell | To identify the steps involved in blood, organ and stem cell donation To describe how it might feel to be part of the donation process To analyse the importance of donation for individuals and for society | Discussion Mind map Cluster activity Video clip Post it note activity (Message board) | Blood, organ and stem cell donation Transfusion Transplant Bone marrow donation Component parts Blood groups Tissue types | PPT LWW booklet |
| 9 10 | Living in the Wider World | Loss and Bereavement | To be able to discuss and define grief and bereavement To describe the impact a death may have on a young person To reflect on people and things that I can be grateful for. | Class discussion Video clips Finish the sentence... Mind map Learning about loss cards (Acrostic poem) | Grief Impact Sudden death Unexpected death Expected death Violent death Day of the dead Qingming | PPT HWB booklet |
| 11 12 | Health and Wellbeing | Male mental health | Understand the stigma surrounding male mental health problems Consider attitudes about male mental health Exhibit a realistic and positive understanding of mental health | Video clips Discussion | Masculine Inadvertently Appearance shaming Taboo | PPT HWB booklet |
| 13 14 | Health and Wellbeing | Eating Disorders | To become more aware of the most common types of eating disorders and their symptoms and warning signs To examine what leads to eating disorders developing To develop understanding and empathy towards people who suffer with these conditions Explain the dangers of eating disorders | Discussion Video clips Fact sharing Q and A Reading task Key word task | Anorexia Nervosa Bulimia Nervosa Binge Eating Disorder Obsessive desire Psychological addiction Positive self perception Negative self perception | PPT HWB booklet |

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| 15 16 | Relationships and Sex Education | Contraception Pros and Cons | To know what contraception is To consider different methods of contraception and to understand their effectiveness. | Videos True/false cards Discussion Pros and cons activity Pyramid task | Cap Combined pill Condoms (female) Condoms (male) Contraceptive implant Contraceptive injection Contraceptive patch Diaphragms Intrauterine device (IUD) Intrauterine system (IUS) Natural family planning Progestogen-only pill Vaginal ring Female sterilisation Male sterilisation (vasectomy) | PPT RSE booklet |
| 17 18 | Relationships and Sex Education | Pregnancy, abortion and miscarriage | To discuss current understanding of pregnancy, abortion and miscarriage To understand the phases of pregnancy To look at the causes and commonalities of miscarriage To examine the law around abortion | Discussion Video clips Case study Fill the gaps Question cube | Antenatal Foetus Scans Termination Conception Anaesthesia Surgical procedure Non judgemental Embryo Stillbirth | PPT RSE booklet |
| 19 20 | Relationships and Sex Education | Parenthood | To describe the benefits of being in a committed, stable, positive relationship. To identify the rights, roles and responsibilities of parents with respect to raising children. To evaluate the characteristics of successful parenting. | Discussion Mind Map Diamond 9 TPS Videos 'You are the parent...' task | Committee Stable Maintenance Responsibility Consistency (Rules) and regulations | PPT RSE booklet |

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| 21 22 | Futures | WEX preparation, CV production and contacting employers | See HUT for more details about SOW | | | |
| 23 24 | Futures | CV production / contacting employers | See HUT for more details about SOW | | | |
| 25 26 | Relationships and Sex Education | LGBTQ+ | An understanding of LGBTQ+ and the history An awareness of stereotyping and stigma An awareness of where to get help and support | Q and A Discussion Video clips Quiz Tweet | Persecuted Transsexual Questioning Intersex Ally Asexual Pansexual Stigma | PPT RSE booklet |
| 27 28 | Relationships and Sex Education | Taboo Self-examination FGM Menopause | Understand the importance of checking your body on a regular basis. Gain more knowledge of the process of FGM. Raise awareness of menopause and its affects on you, your family, friends and colleagues. To learn about the changes happening in a female body as it goes through the menopausal transition To find out more about the symptoms | Key terms Video clips Discussion Facts Post it activity Jigsaw chart | Self examination Breast cancer Testicular cancer Female Genital Mutilation Female circumcision Criminal offence Global prevalence | PPT RSE booklet |
| 29 30 | Futures | Preparing for the workplace / work experience | See HUT for more details about SOW | | | |

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| 31 32 | Catch Up | | | | | |
| 33 34 | Futures | Work experience reflection lesson and CV updating | See HUT for more details about SOW | | | |
| 35 36 | Relationships and Sex Education | Inappropriate Behaviour Harassment and Stalking | To define the terms stalking and harassment To identify the behaviours associated with stalking To explain what to do if someone feels they or someone they know is the target or perpetrator of stalking or harassment | Concept map Discussion Tips Scenarios Q and A Timeline Activity Postcard Activity | Harassment Inappropriate behaviour Stalking Unwanted attention Fixation Obsession | PPT RSE booklet |
| 37 38 39 40 | Health and Wellbeing | Eclectic lesson | To review topics covered PSHE including childhood neglect, friendship, addiction, alcoholism, recovery, the obscurity of life, teasing, loneliness, mental illness, autism (Asperger Syndrome in particular), obesity, suicide, depression, isolation and anxiety. | Movie DVD | | Mary and Max movie |