

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	Wellbeing	To understand what wellbeing is and how it can affect us To learn about the 'five ways to wellbeing' To start considering the 'five ways to wellbeing' and make a conscious effort to include them in our lives	Reading task Q and A Discussion Video clips Group work Presentations Worksheets (Hope cloud)	Positive mental health Flourishing 5 ways to wellbeing (connect, keep learning, be active, give, take notice)	PPT HWB booklet
5 6	Health and Wellbeing	Meditation and relaxation	To define what meditation is To discuss how to prepare ourselves for and during meditation To practice a meditation technique	Meditation practice Video clips Worksheet Q and A Discussion (Poster)	Refreshed Hectic Habit Restlessness Irritation Mindfulness	PPT HWB booklet
7 8	Health and Wellbeing	Sleep and healthy routines	To explain the impact of sleep on health and wellbeing To describe healthy sleep patterns and identify factors which can reduce sleep quality To describe a range of strategies for ensuring appropriate sleep pattern	Reading task Discussion Quiz Diamond 9 Scenarios (Advertising Campaign)	Recommendation Benefits Melatonin Academic performance Physical performance	PPT HWB booklet
9 10	Health and Wellbeing	Drugs and Alcohol awareness	To be able to identify different types of drugs and their categories To be able to identify what drug abuse looks like	Brainstorming Video clips Descriptive drawing	Prescription drugs Legal highs Stereotypes Media influence	PPT HWB booklet Post it notes

			To discuss possible reasons for drug abuse To start to become able to provide further information on drugs and their impact on health	Q and A Worksheets (Create a menu)		Coloured pens/pencils
11 12	Relationships and Sex Education	Bullying	To understand both bullying words and actions can have serious effects and that actions are not always worse To be able to apply a problem solving process to consider the best way to help stop bullying	Reading task Video clips Small group activity Choose and respond scenarios Reflection task	Cyberbullying Prejudicial bullying Tolerate Confide Emotions	PPT RSE booklet
	Relationships and Sex Education		To have a range of strategies to choose from to tackle bullying behaviour To understand we are all different and this is no excuse to bully To understand we are all different and this is no excuse to bully	Hand trace Decision task Bully plan (Circle map)		
13 14	Relationships and Sex Education	Friendships	To explore what is meant by 'friendship' To consider the good things about friendships To consider what can be difficult about friendships	Reading task Video clips Whole class activity Advertisement activity Traffic light activity Q and A Discussion (Family and friend tree)	Healthy friendships Self esteem Positivity Caution Criticise	PPT RSE booklet
15 16	Relationships and Sex Education	Coercive Friendships	To describe what makes a healthy, positive friendship and identify traits that would indicate that a friendship is unsafe or coercive To explain how the need to belong can influence young people's choices and behaviours To identify warning signs that might mean someone is being coerced into unsafe behaviour To describe or demonstrate strategies to manage coercive friendships or social groups	Discussion Worksheet Family statements Make a list Comic strip reading Advice bubbles Post it note activity	Coercive Trait Manipulation	PPT RSE booklet

17 18	Relationships and Sex Education	Changing body 1 (puberty) Girls will have an extra lesson on periods	To know about the physical, mental and emotional changes that happen during puberty To know about the differences between male and female bodies and their separate change during puberty To understand why these changes take place	Reading task Presentations Physical and emotional task Video clips Quiz The Tanner scale Q and A Discussion	Hormones Reproductive organs Menstrual cycle Wet dreams Stigma Ovary Fallopian tubes Uterus Cervix Vagina Scrotum Testes Vans deferens Prostate gland Seminal Vesticle Urethra	PPT RSE booklet Post it notes
19 20	Relationships and Sex Education	Changing body 2 (puberty) Boys will have an extra lesson on puberty				
21 22 23 24	Health and Well Being	Emotions	To reflect on the five personified emotions of Joy, Sadness, Anger, Fear, and Disgust. To consider how human emotions can effect our relationships.	Inside Out movie Question grid Missing Emotion task	Sadness Joy Disgust Fear Anger	HWB booklet CD or access to Disney PPlus or School Media Store
25 26	Relationships and Sex Education	Consent	To understand what consent means and why it is so important To recognise when someone is consenting and when they are not To understand how consent is sought, given and not given in a healthy relationship To know what to say and do to seek the consent of another person	Reading task Video clips Q and A Discussion A line and B line (Poster)	Agreement Exploitation Boundaries Implications Responsibility Body language Facial expressions	PPT RSE booklet

27 28	Relationships and Sex Education	Unwanted contact	To talk about how our bodies respond when we feel unsafe or uncomfortable To identify different types of touch that people like and do not like To describe some strategies for coping when we are faced with a situation that makes us feel uncomfortable including where to go for help	Reading task Category activity Scenarios Getting help task Body labelling Q and A To tell or not to tell task Video clips (Role play)	Personal space 'Boss of your body'	PPT RSE booklet
29 30	Relationships and Sex Education	LGBTQ+	A better understanding of the meaning of LGBTQ+ A greater understanding of the groups within LGBTQ+	Reading task Presentations	Lesbian Gay Bisexual Transgender Queer/Questioning Homosexuality Homophobia	PPT RSE booklet
31 32	Futures	What are skills and qualities in relation to employment	See information from HUT re Futures SOW			
33 34	Futures	Skills and qualities 2 and sense of self				
35 36	Futures	Being an entrepreneur				
37 38	Futures	Careers of the future and your dream job				
39 40	Living in the Wider World	Personal, Road and Cycle safety and drowning prevention	To learn to recognise and avoid or deal with potentially dangerous situations To be aware of the importance of road safety and explore how we can stay safe whilst out and about To explore how to stay safe with different cycle safety measures	Discussion Q and A Info Pack task Video clips	Avoiding risks Anti-social behaviour Reduce your risks Drowning prevention The SAFE code Prohibition Hazard Mandatory	PPT LWW booklet

			To become aware of drowning prevention and the dangers around swimming in different waters			
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