

PSHE Overview Key Stage 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	All About Me: My family Relationships/HRSE	Caring For Others: Pet Care Needs of a baby	Bullying 4 types of bullying and the impact	Economic Wellbeing: Jobs Skills and Qualities Aspirations	Safety in the Home: Recognising danger Treating basic injuries Following rules	Safety in the Community: Stranger Danger Road Safety
Year 8	Healthy Lifestyles: Exercise Diet Hygiene	Economic Wellbeing: Skills & Qualities Aspirations Careers	Emotional Wellbeing: Bullying Mental Wellbeing Emotional resilience	RSE: Puberty Emotional and physical changes Positive and negative relationships	Safety in the Home: Recognising dangers First Aid Following rules	Helpful & Harmful Drugs: Medicines – introduction to drugs education Safe and Unsafe Who can give me medicines?
Year 9	Rules, Rights, Responsibilities: Class/School Rules Need for rules The law	Careers & Economic Wellbeing: Preparation for Adulthood World of Work Employability Aspirations Skills and Qualities	Relationships: Family Friends Positive and Negative	RSE/ Health & Wellbeing: Puberty Emotional and physical changes/personal hygiene Positive and negative relationships Germs & Bacteria Sun Safety	Drugs, Alcohol, Tobacco: Dangers of smoking Dangers of drinking Legal & Illegal drugs	Bullying, Racism, Prejudice: Types of bullying Racism Prejudice meaning Discrimination meaning

PSHE Overview Key Stages 4 & 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Personal Identity: Self-awareness Recognising external factors that affect your behaviour Developing strategies to cope in situations	Careers & Economic Wellbeing: World of Work Employability Aspirations Skills and Qualities	Drugs, Alcohol, Tobacco: Legal & Illegal drugs Energy Drinks The Law Keeping Safe	RSE: Intercourse/Pregnancy Consent/The law Appropriate touch Contraception Sex and Sexuality Understanding gender	Choice & Risk: Recognising risks to safety Online safety Relationships/ abusive The Law Ranking risks Making informed choices Prejudice & Discrimination	The Emergency Services: Fire Police Ambulance Equipment
Year 11	Prejudice & Discrimination: What are the differences? Racism Bullying Harassment The Law/Hate Crime	Choice & Risk: Making good choices Recognising risk Online safety Alcohol, drugs Peer pressure Financial risk	Drugs, Alcohol, Tobacco: Legal & Illegal drugs Energy Drinks The Law Keeping Safe	RSE: Intercourse/ Pregnancy Consent/The law Appropriate touch Contraception Sex and Sexuality Understanding gender	Careers & Capabilities: Choices after school Employability World of work Expectations and limitations Discussion of wants and needs	Heart Start: First Aid Emergency responses Treating common injuries Recognising risk
6th Form	Prejudice & Discrimination: What do they mean? What are the differences? The Law Developing opinions	Choice & Risk: Making informed choices Recognising personal risk Peer pressure Financial Online safety	Personal Hygiene: Keeping clean Using products Germs, bacteria Sun safety	RSE: Recap on body parts Appropriate touch Consent Intercourse (if applicable) Positive/loving relationships	Drugs, Alcohol, Tobacco: Smoking Drinking The Law Effects on the body Legal and illegal drugs Medicines that help	The Emergency Services: Fire Police Ambulance Equipment