



**PSHE Curriculum Map – Year 7**

<b>Week</b>	<b>HT1</b>	<b>HT2</b>	<b>HT3</b>	<b>HT4</b>	<b>HT5</b>	<b>HT6</b>
	<b>How to be Healthy</b>	<b>Keeping Healthy – Drugs</b>	<b>Keeping Healthy – Relationships and Sex Education</b>	<b>Assessing Risk and Working Together</b>	<b>My Rights and My Responsibilities</b>	<b>Money and Careers</b>
<b>1</b>	How to manage transition	How to make informed choices about drugs	Changes in Puberty (Female)	How to deal with risky or negative relationships including all forms of bullying	Role of a citizen and goal Setting	The history and functions of <a href="#">money</a> .
<b>2</b>	What is mental health? <b>Mindfulness</b>	Effects and risks of drugs and drug use – Smoking	Changes in Puberty (Male)	How to deal with risky or negative relationships including all forms of bullying including abuse, sexual and other violence and online encounters	About rights and responsibilities as members of diverse communities, as active citizens <b>(British Values)</b> .	Role models who inspire us
<b>3</b>	What is emotional <a href="#">health</a> ?	Effects and risks of drugs and drug use – Alcohol	How to recognise and manage emotions within a range of relationships	About managing loss including separation and divorce.	About the potential tensions between human rights, British law and cultural and religious expectations and practices	How to make informed choices and be enterprising and ambitious
<b>4</b>	The benefits of physical activity	Positive decision making and skills to manage peer influence)	How to develop and maintain a variety of healthy relationships within a range of social, including recognising negative relationships	Risk and Consequence Stranger Danger Firework Safety	About rights and responsibilities as members of diverse communities (Race)	Setting SMART targets.
<b>5</b>	How to keep clean and the importance of sleep	How poor health behaviours can link to coronary heart disease, diabetes and cancer	Gender identity	How to respond in an emergency including administering first aid - CPR	How to respond to discrimination	Celebration of Achievements
<b>6</b>	The importance of eating a healthy balanced diet	To know and understand some of the benefits of immunisation	To respect equality and be a productive member of a diverse community	<b>Assessment</b>	Shared responsibility to protect the community from violent extremism, <b>Prevent Radicalisation</b>	<b>Assessment</b>
<b>7</b>	Connecting with Others – <a href="#">asking for help</a>	<b>Assessment</b>				

**PSHE Curriculum Map – Year 8 + 9**

Week	HT1	HT2	HT3	HT4	HT5	HT6
	<b>Health and Wellbeing</b>	<b>Keeping Healthy – Drugs</b>	<b>Keeping Healthy – RSE</b>	<b>Staying Safe</b>	<b>Working with others - Express Yourself</b>	<b>Life Skills – Careers</b>
1	<a href="#">Recognising</a> how mental and emotional health affects our ability to lead fulfilling lives	Drug use and Laws	Sexual attraction Media representation of relationships – and whether they reflect ‘real life’ No hurry	How to deal with risky or negative relationships including all forms of bullying including sexual ( <b>Breck</b> )	Understanding the role of carers (including young carers)	Recognising their own abilities and how others see them (e.g. Jo-Hari window).
2	How to maintain mental health Mental Health ( <a href="#">Dealing with Feelings</a> )	How drugs can affect physical, mental and emotional health	Recognising negative relationships Forced marriage	Online Safety - Taking positive action to apply privacy settings, and sharing information - including images ( <a href="#">sexting</a> )	Understanding dementia and developing empathy	Career progression and personal attitudes required in the work place
3	How to maintain mental health – Depression	How drugs can affect your mental and emotional health Addiction	The expectations of being/having a boyfriend/girlfriend (partner).	Laws relating to the carrying of offensive weapons, peer pressure and gangs	About managing loss including bereavement, separation and divorce	How personal financial choices can affect oneself and others and about rights and responsibilities as consumers
4	Dove - Self Esteem <a href="#">Appearance</a> Ideals	The ‘cost’ of drug use - <i>New Psychoactive Substances</i>	<a href="#">Teenage relationship abuse</a> Surrey Myth Busters (L2)	Basic health and safety around appropriate scenarios – Risk and Road Safety	<b>Challenging prejudice and discrimination assertively, the impact discrimination can have on individuals and communities</b>	to explore social and moral dilemmas about the use of money, <b>Gambling</b>
5	Dove - The role and influence of the media on lifestyle.	The benefits of not drinking (or delaying the age at which to start) and smoking	Reasons to delay having sex, (or any level of intimacy beyond which the individual feels comfortable) – <a href="#">readiness</a> for a sexual relationship.	Basic health and safety around appropriate scenarios – CPR	Communities, valuing others, appreciating similarities and differences (Sexuality)	How to develop employability, team working and leadership skills and develop flexibility
6	Dove - Self Esteem Banish Body Talk	Available support Quit 51	Consent	<b>Assessment</b>	Dealing confidently with situations. Developing <a href="#">assertion</a> and recognising personal strengths.	<b>Assessment</b>
7	The importance of a balanced diet (the Eat Well Plate)	<b>Assessment</b>				

**PSHE Provision Curriculum Map – Year 9**

Week	HT1	HT2	HT3	HT4	HT5	HT6
	<b>Making Informed Choices about Health</b>	<b>Keeping Healthy – Drugs and Recognising and Calculating Risk</b>	<b>Life Skills - Careers</b>	<b>Keeping Healthy – RSE</b>	<b>Valuing Ourselves and Others – Managing Money</b>	<b>Enterprise Project - Skills development and Success</b>
<b>1</b>	Making informed choices to support healthy living	Negotiation, communication and assertiveness skills. Understanding the dangers of passive smoking	The importance of lifelong learning.	Responsibilities and responsible and respectful attitudes and positive messages in relationships <i>(Surrey Myth Busters L3)</i>	Exploitation, stereotyping and gender roles (including careers)	Showing initiative and enterprise
<b>2</b>	Media (normative approaches) peer pressure and peer influence	Understand the feelings and pressure that can be generated by seeking peer approval in relation to the purchase and use of drugs	Understanding and researching different courses, jobs and career paths based on subject interests and linked to aspirations and Yr9 options choice process	Consent – Some Assertive Issues <i>(Surrey Myth Busters L4)</i>	Self-esteem and assertiveness, including how self-esteem can change with personal circumstances – family, friendships, achievement, and employment	Developing personal financial capability
<b>3</b>	How to maintain mental health – self <a href="#">harm</a>	Railway Children	Be <a href="#">Resilient</a>	<a href="#">Contraception</a>	Body image and empathy with others	Identifying choices and opportunities
<b>4</b>	How to make informed choices about emotional health and wellbeing	Laws (and school rules – may link to behaviour policy) around carrying offensive weapons – range of consequences.	The benefits and limitations behind a variety of work structures and environments and trends in employment.	Recognition of diversity in sexual attraction and developing sexuality. Sexuality and sexual identity	Eating disorders, including recognising when we may need help (also when friends/family may need help).	Planning and deciding
<b>5</b>	Being aware of the ‘bystander’ effect, how can bystanders act positively – making considered <a href="#">decisions</a> .	Differences between families, friendship groups and gangs –	Types of remuneration packages. How wages and salaries are calculated - being able to calculate take-home pay.	How to assess and manage risks to health and to stay, and keep others, safe ( <b>FGM</b> )	Budgeting for independent living	to explore social and moral dilemmas about the use of money, consumers affect
<b>6</b>	Understanding and recognising bias, both on and off line	Basic health and safety around appropriate scenarios	Pensions – state pensions, private pensions and workplace pensions	<b>Assessment</b>	Choosing and using a bank account	<b>Assessment</b>
<b>7</b>	wider e-safety	<b>Assessment</b>				

**PSHE Provision Curriculum Map – Year 10 + 11 (Create work experience)**

Week	HT1	HT2	HT3	HT4	HT5	HT6
	<b>PSHE education and Health and Wellbeing</b>	<b>Keeping Healthy RSE</b>	<b>Risk and Negotiation</b>	<b>Supporting Myself and Others</b>	<b>Experiences of Work</b>	<b>Enterprise Project - Skills development and Success</b> <b>Dragons Den</b>
1	Positive strategies to support and enhance physical, mental, sexual and emotional health	DO... Let's start with you	Taking a Risk what's the consequence? Drugs	Inspiring Equality in Education	Work Experience Prep Placement/Career Choice	Dragons Den Skills analysis and strategies for development and achieving aspirations
2	Characteristics of emotional and mental health and the symptoms, treatments and support <u>Finding a way forward</u>	DO... What is expected of you	Long and short term effects of drugs and alcohol	Learn about the unacceptability of all forms of <u>discrimination</u> . Developing skills to be able to challenge this assertively in a variety of situations	<ul style="list-style-type: none"> <li>workplace visits</li> </ul> <b>Work Experience Log</b>	Showing initiative and enterprise <b>Planning Stages of product/idea (cats eyes)</b>
3	Dove - Self Esteem Media Messages	DO... Love	Units of alcohol and positive actions	<u>Explore</u> personal attitudes towards equalities and diversity.	<b>Work Experience – Evaluation and Reflection</b>	Planning and deciding <b>Produce/create prototype</b>
4	Dove - Self Esteem Confront Comparisons	DO... Communication, consent and sex	Online Dating	Using empathy and understanding to value difference within communities and groups.	Explore how changes in learning and work might affect future prospects <b>CV Writing</b>	Planning and deciding <b>Present to class</b>
5	Dove - Self Esteem Be the Change	DO... Safer sex	Internet and mobile phone safety	To think critically about extremism and intolerance in whatever forms they take Radicalisation	students prepare CVs and cover letters for a job that interests them <b>CV Writing</b>	<b>Execute Dragon Den assembly</b> <b>Present to yr group</b>
6	How to maintain mental health Mental Health (Promoting Emotion Wellbeing)	DO... Problem solving	Basic health and safety around appropriate scenarios – CPR	<b>Assessment</b>	Interpreting bills and personal finance statements. How and why interest rates vary over time. 4. About the economic and business environment	<b>Assessment</b>
7	Using strategies to support and manage anxiety, strong emotions and feelings.	<b>Assessment</b>				

**Tutor groups select project to present to yr7+8+9 - £20's worth of amazon**

**PSHE Provision Curriculum Map – Year 11**

Week	HT1	HT2	HT3	HT4	HT5	HT6
	<b>Careers and Healthy Choices</b>	<b>Keeping Healthy – Drugs and Keeping Healthy – RSE</b>	<b>A Diverse World</b>	<b>Positive Action</b>	<b>Careers and Financial Capability and</b>	<b>Peer Support and Evaluation of PSHE education</b>
<b>1</b>	<b>Mentoring</b> - ways of tackling bullying behaviours and attitudes	Why some people take drugs – key influences Minimising risk. drink/drug driving	Explore a variety of challenging circumstances. equalities, prejudice	Examine a variety of media stories to identify and distinguish between factual reporting and distorted viewpoints (bias and/or inaccuracies).		
<b>2</b>	Managing anxiety and considering strategies to promote good mental and physical health	Diversity in sexual attraction and developing sexuality, including sources of support and how to access them	<b>Shared responsibility to protect the community from violent extremism.</b> <b>Prevent Radicalisation</b>	Explore ways individuals make and have made positive differences to society.		
<b>3</b>	Where next? Identify career progression.	Qualities of a positive relationship – responsibilities associated with being in a healthy relationship	Explore a variety of challenging circumstances. HIV, AIDS	Identify personal contributions made to groups and society.		
<b>4</b>	Research 16+ opportunities and making decisions	Sexuality and sexual pleasure – the difference between reality and pornography	organisations that support relationships experiencing difficulties	Identify personal contributions made to groups and society.		
<b>5</b>	Reviewing and updating goals against pre-set SMART targets	<b>Parenthood and the Consequences of Teenage Pregnancy</b>	Identify some of the challenges giving consideration to: exploitation, income, prejudice, relationships, stereotyping, health.	Identify personal steps which may be taken to make a positive contribution.		
<b>6</b>	Develop a greater awareness of exploitation.	The choices around parenting; fostering, adoption, being child-free.	Think about personal qualities needed to meet and overcome challenges	<b>Assessment</b>		
<b>7</b>	How to overcome worries about seeking help and being an assertive user of the NHS	<b>Assessment</b>				