

	Topic: Me And my world Term one 3-4 lessons	Topic: Health and Wellbeing Term one and two 9-10 lessons
Year 7	<p>Being me project</p> <p>L1: Project launch R15; R26</p> <p>L2: Who am I? H1; R9; R14; R15; R16; L2</p> <p>L3: Belonging H2; H10; R15; L11</p> <p>L4: Being unique H1;</p> <p>Home learning booklet for exhibition: H1: Photos of the community H2: Stories from my community H3: Who am I to my community</p>	<p>L1: Health and wellbeing introduction H1; H2; H3; H5; H6; H7; H8; H10; H12; H13; H14; H16; H17; H18;</p> <p>L2: Building resilience H1; H2; H3; H5; H6; H7; H8; H10; H12; H14;</p> <p>BLACK HISTORY MONTH DROP DOWN SESSION</p> <p>L3: Kindness and empathy H1; H2; H3; H5; H7; H8; H10; H12; H14;</p> <p>L4: Life online H30; R2; R13; R14; R17; R37; R42; L19; L20; L21; L22; L24; L27</p> <p>L5: illegal drugs H21, H23, H24, H25, H26, H27, H28, H29, H30, H31, R16, R20, R42, R43, R44, R45, L19</p> <p>L6: knife crime H30; H31; H33; R37; R45; R47;</p> <p>L7: Personal hygiene H10; H20; H21; H34</p> <p>L8: Puberty H10; H12; H34</p> <p>L9: FGM H21; H22</p>
Year 8	<p>L1: Identity and values</p> <p>L2: Collective identity H2; H3; H4; H6; H30; R1; R2; R3; R9; R11; R14; R15; R19; R30; R38; R40; R41; R42 (with online group chats included and protected characteristics)</p> <p>L3: Respecting differences</p>	<p>L1: Balanced diet and healthy food H5; H17; H18; R15</p> <p>L2: Exercise H5; H7; H10; H12; H13; H14; H16</p> <p>BLACK HISTORY MONTH DROP DOWN SESSION</p> <p>L3: Vaping H5; H24; H25; H26; H27; H28; H29; H31; R44; L18</p> <p>L4: Lifestyle diseases and cancer H2; H5; H7; H10; H12; H14; H16; H17; H18; H20; H26; H31;</p>

		<p>L5: Social media stress H3; H4; H12; H13; H30; L21; L22; R42; R44</p> <p>L6: Group messaging H3; H12; H30; H31; L20; L21; L24; L25; L27;</p> <p>L7: Eating disorders H2; H3; H6; H7; H11; H12; H17; H18; H21</p> <p>L8: Self harm H3; H8; H11; H12</p> <p>L9: Gratefulness H1; H2; H7; H9; H10</p>
Year 9	<p>L1: Identity and values H1; L21</p> <p>L2: Influence and Peer pressure H3; H5; H30; H31; R17; R41; R42;R43; R44; R45; L2; L24; L26</p> <p>L3: Importance of community H2; H10; R1; R3; R16;</p>	<p>L1: mental health stigma and language H2; H4; H6; H7; H8; H12; H21; R3; R40; R41</p> <p>L2: managing anxiety H7; H9; H10; H12; H21;</p> <p>BLACK HISTORY MONTH DROP DOWN SESSION</p> <p>L3: happiness and positivity H2; H3; H4; H9; H10;</p> <p>L4: Sleep hygiene H15</p> <p>L5: Healthy eating on a budget H17; H18; L16; L18</p> <p>L6: health advice and services H3; H5; H8; H31; R42;</p> <p>L7: Prescription drugs and antibiotics H23; H27; H28; H29; H31; R15; R16</p> <p>L8: Knife crime- victims and consequences H30; H31; H33; R37; R45; R47;</p> <p>L9: First aid and CPR H33; R15; R16</p>
Year 10	<p>Being me: L1: Values</p>	<p>L1: Social media, resilience and loneliness H2; H5; H7; H12; H13; H18</p>

	<p>R9; R34; L3; L10</p> <p>L2: Protected characteristics</p> <p>R5</p> <p>L3: Social media validation</p> <p>H2; H4; R35; L24; L27</p>	<p>L2: Deep fakes and malicious AI</p> <p>H12; H22; R14; L22</p> <p>BLACK HISTORY MONTH DROP DOWN SESSION</p> <p>L3: Body image and mental health</p> <p>H2; H5; H8; H9; H10; H18;</p> <p>L4: Body image and body modifications</p> <p>H3; H5; H7; H8; H9; H10; H17; H18</p> <p>L5: Social anxiety</p> <p>H2; H5; H6; H7; H8; H9; H10</p> <p>L6: Substance abuse and addiction</p> <p>H19; H20; H21; H23</p> <p>L7: Cancer and self-examination</p> <p>H14; H16</p> <p>L8: Exploring donation (blood, organ, stem cell)</p> <p>H14; H15; R9</p> <p>L9: Sexual health</p> <p>H27; H28; H29</p> <p>L10: Unplanned pregnancy</p> <p>H30; H32; H33; R23; R24; R25</p>
Year 11	<p>L1: Personal values, strengths and choices</p> <p>H1; R9; L2; L10; L12; L23</p> <p>L2: Becoming an adult</p> <p>R4;</p> <p>L3: Being online</p> <p>H9; H10; H18; H22; H25; R8; R16; R22; R28; R29; R35; R36; R37; L17; L18; L19; L20; L24; L29</p>	<p>L1: criminal behaviour</p> <p>R28; R31; R34; R35; R37; R38</p> <p>L2: personal safety and risk</p> <p>H4; H22; H23; R35; R36; R37; R38</p> <p>BLACK HISTORY MONTH DROP DOWN SESSION</p> <p>L3: Health and hygiene</p> <p>L4: fertility</p> <p>L5: Forced marriage, honour-based violence and FGM</p> <p>L6: compulsive behaviours</p> <p>L7: Suicide</p> <p>L8: lifestyle and wellbeing</p> <p>(L9: coping with change)</p>

A note: The PSHE curriculum is presently under review in order to expand and enrich the offer to our students further. This document will therefore be updated further in January and in April. All of the curriculum plan will follow and meet the PSHE association framework that can be viewed here:

<https://pshe-association.org.uk/guidance/ks1-5/planning/long-term-planning>