

PSHE Curriculum 2021-22 V2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Healthy Living Day
7	Health & Wellbeing	Relationships	Careers Education	Living in the Wider World	Living in the Wider World	Health and Wellbeing	Health and Wellbeing
	<p>Welcome to Woodlands</p> <ul style="list-style-type: none"> Transition to secondary school - settling in, building confidence in new surroundings and tutor groups, Introduction to PSHE, Coping strategies for a healthy lifestyle, including balanced diet, good sleep, mindfulness, hygiene Revisit healthy online relationships and safeguarding from Primary school 	<p>Positive Friendships and Trust</p> <ul style="list-style-type: none"> Create and maintain healthy relationships with friends and family (in person and online), including conflict management. Self-esteem and the impact romance and friendships can have on this. Diversity, prejudice, peer pressure and bullying (including cyber bullying), and where to access support within AWS. 	<p>Careers</p> <ul style="list-style-type: none"> Introduction to careers Challenging career stereotypes and raising aspirations Employability Self-awareness LMI - hot and cold jobs Set up Unifrog 	<p>Enterprise Project</p> <ul style="list-style-type: none"> Community Fund Raising Enterprise Skills Planning and carrying out an enterprise project Budgeting Marketing Team Work 	<p>Island Project</p> <ul style="list-style-type: none"> Team Building Community awareness Introduction to political ideology and structures First Aid survival 	<p>The Importance of E-safety</p> <ul style="list-style-type: none"> Online safety and digital literacy Managing on and off line friendships Sexting 	<ul style="list-style-type: none"> First Aid and personal safety, focusing on road safety Healthy diet Meditation and wellbeing
8	<p>Tutor Activities: Health and Wellbeing</p> <ul style="list-style-type: none"> Settling in, new school arrangements, Microsoft Teams set up, managing feelings around change and anxiety 	Relationships	Living in the Wider World	Careers Education	Living in the Wider World	Health & Wellbeing/Relationships	Health and Wellbeing/Living in the Wider World
	Health & Wellbeing	'My friends told me to do it...'	Rainbows Project	Business in the Classroom	A student's guide to politics	It's a part of growing up	
	<p>Diet, Exercise and the Media</p> <ul style="list-style-type: none"> Diet, exercise and how to make healthy choices Mental Health and emotional wellbeing, including body image. Sexualisation in the media Personal Hygiene Self-confidence 	<ul style="list-style-type: none"> Peer pressure, assertiveness and risk, gang crime Alcohol and drug misuse and managing peer pressure Sexuality and consent 	<ul style="list-style-type: none"> Rights and responsibilities in the community Planning and carrying out an enterprise project Managing change and loss 	<ul style="list-style-type: none"> Understanding careers and future aspirations Self awareness Target setting Y10 WEX Ambassadors Research 'hidden jobs' Careers Library 	<ul style="list-style-type: none"> Rights and responsibilities in the community UK Democratic system Role of MPs Political party viewpoints 	<ul style="list-style-type: none"> Managing puberty and issues of unwanted contact and FGM cancer and prevention LGBT+ Awareness 	<ul style="list-style-type: none"> The risks of alcohol, tobacco and other substances Transplants and Organ Donation Restorative Justice and Hate Crime
<p>Tutor Activities: Health and Wellbeing</p> <ul style="list-style-type: none"> Settling in, new school arrangements, Microsoft Teams set up, managing feelings around change and anxiety 	Careers Education	Health & Wellbeing	Living in the Wider World	Living in the Wider World	Health & Wellbeing	Relationships and health and wellbeing	
Relationships	Ambitions and Options	An Ethical World?	The Long Arm of the Law	Budgeting and your future	Health and Wellbeing	<ul style="list-style-type: none"> Contraception The risks of STIs Fitness 	
<p>Relationships and Sex</p> <ul style="list-style-type: none"> Sexuality and consent Introduction to contraception including condom and the pill The risks of STIs, sexting and pornography Relationships and sex education including healthy relationships and consent 	<ul style="list-style-type: none"> Understanding careers and future aspirations Identifying learning strengths and setting goals as part of the GCSE options process Unifrog and Careers Library Sessions 	<ul style="list-style-type: none"> UN Global Goals Feminism Tackling homophobia, transphobia and sexism Forced Marriage Anti-racism and the Black Lives Matter Movement Poverty and inequality 	<ul style="list-style-type: none"> Crime in Allestree Abuse and Domestic Violence Disability and Hate crime Criminal justice system The legal / personal risks associated with sharing intimate images of others and strategies for managing this CSE and Grooming 	<ul style="list-style-type: none"> Making ethical financial decisions Saving, spending and budgeting our money Evaluating value for money in services Risks and consequences making financial decisions 	<ul style="list-style-type: none"> Dieting, lifestyle balance and unhealthy coping strategies Managing peer pressure in relation to illicit substances Assessing the risks of drug and alcohol abuse and addiction Reflection on KS3 in preparation for GCSEs 		
10	Health and Wellbeing	Careers Education	Living in the Wider World	Relationships/ Health & Wellbeing	Living in the Wider World	Health & Wellbeing	Careers Education
	<p>Making an effective 'step up'</p> <ul style="list-style-type: none"> Transition to KS4 and developing study habits Mental health and ill health, tackling stigma Coping strategies for time management, revision, anxiety and stress 	<p>Work Experience and Beyond</p> <ul style="list-style-type: none"> Preparation for work experience Employability Skills – including CV writing and preparing for interview 	<p>British Values</p> <ul style="list-style-type: none"> British values, human rights and community cohesion Challenging extremism and radicalisation Tolerance, Diversity and Community both in person and online. 	<p>Personal Safety</p> <ul style="list-style-type: none"> Health and safety in independent contexts Taking responsibility for health choices Recognising and managing feelings about/influences of body image Managing unwanted attention in a variety of contexts (including harassment and stalking) 	<p>Equality and Human Rights</p> <ul style="list-style-type: none"> Tackling age and disability discrimination Human rights - Tackling racism and religious discrimination, as well as homophobia, transphobia and sexism Homelessness - managing conflict at home and the dangers of running away from home Climate emergency 	<p>Risks of Gambling & Debt</p> <ul style="list-style-type: none"> Understanding the cause of debt and effects of debt Understanding the risks associated with gambling Financial planning and risks of pay day loans WEX preparation 	<p>Work Experience Placements</p>
11	Relationships	Careers Education	Careers Education	Health & Wellbeing	Revision and Exams		
	<p>Relationships and Families</p> <ul style="list-style-type: none"> Transition to Y11 Promoting self esteem and coping with stress Tackling relationship myths and expectations Personal values and assertive communication in relationships Family dynamics, pregnancy, miscarriage and raising children 	<p>Careers and Post-16 Options</p> <ul style="list-style-type: none"> Evaluation of Work experience and readiness for work Understand the college application process and plans beyond school Explore routes and pathways post-16 and post-18 Unifrog World of Work Day 	<p>'Eyes on the Prize'</p> <ul style="list-style-type: none"> Skills for employment and career progression Interview preparation Higher and Further Education (including apprenticeships) ROA Development 	<p>Ensuring I can be successful</p> <ul style="list-style-type: none"> Promoting self esteem and coping with stress Learning and revision skills to maximise potential 			