

Curriculum Area: PSHE

Long-Term Plan

Academic Year 2024 - 2025

	Autumn Term	Spring Term	Summer Term
	<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
	<p><u>Health & wellbeing</u> (<u>healthy me and being me in my world</u>)</p> <p>To understand what is meant by a 'Growth mindset' and how to become more resilient</p> <p>Understanding myself and others</p> <p>Personal safety in and outside school, including first aid and CPR</p> <p>Personal safety strategies and travel safety, e.g., road, rail and water</p> <p>Attitudes to mental health</p> <p>Promoting emotional wellbeing and reframing negative thinking</p> <p>Helping ourselves and 5 ways to wellbeing</p> <p>Sleep hygiene</p> <p>Physical and emotional health</p> <p>You are not your emotions</p> <p>Stress</p>	<p><u>Relationships</u></p> <p>British Values</p> <p>Belonging</p> <p>How to challenge prejudice, discrimination and stereotypes</p> <p>Friendship and empathy</p> <p>Issues around bullying</p> <p>Online safety and how to deal with trolls</p>	<p><u>Relationships</u></p> <p>Healthy relationships- how to maintain and resolve issues</p> <p>Love and self-esteem</p> <p>Puberty and body development</p> <p>Consent</p> <p>Health and well being</p> <p>Online grooming</p> <p>Hygiene and preventing infections</p>

Years 7/8

	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
	<u>Living in the wider world</u> <u>(Dreams and goals)</u> How we can build resilience How happiness and positivity is important to our health The importance of teamwork Skills and qualities How to develop skills, aspirations for future careers How to identify dreams and goals The importance of a growth mindset How to recognise passive, aggressive and assertive behaviour, and how to communicate assertively How to manage conflict How to budget our money Financial needs, wants and priorities	<u>Living in the wider world</u> Financial literacy Financial wants, needs and ethical consumerism The importance of budgeting Ways of making money What is inflation and how does it affect people's cost of living What influences spending and ways to make informed spending decisions	<u>Living in the wider world</u> Being a citizen Anti-social behaviour Risk taking: Gambling Alcohol Substances and their effects Vaping/smoking Gangs and county lines
Year 9	Autumn Term	Spring Term	Summer Term
	<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
	<u>Being me in my world and living in the wider world</u> Exploring identity The teenage brain and risk taking How to manage conflict Friendship Peer pressure Neurodiversity Online identity Social media stress Safer internet Group think Joint enterprise	<u>Relationships and living in the wider world</u> Social media and validation Conflict and its causes in different contexts, e.g. with family and friends What is mental health? Importance of family and stable relationships Healthy relationships Importance of trust Why people become homeless, the effects of homelessness and where to get help How to access support services (the work of Shelter and Crisis)	<u>Exploring influence</u> Power and relationships/healthy relationships Exploitation- warning signs Consent and peer pressure Drug and alcohol affecting decision making Safety around prescription drugs Relationships in the media and how they affect decisions The influence of gang culture-knife crime

	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
	<u>Living in the wider world</u> Self esteem What normal means and improving confidence? Personal development Behaviour and respect What is racism and how to challenge prejudice, discrimination and stereotypes? Wants needs and priorities Gender equality Skills, and future careers qualities	<u>Financial literacy</u> Advantages and disadvantages of different accounts Saving Debit and credit cards How does borrowing work? How to make informed spending choices Money and risks Online scams and how to avoid them	<u>Being me in my world</u> Why people commit crime Hate crime Aims of punishment How effective prison is as a punishment How the law deals with young offenders? Issues surrounding the death penalty Social media and the law Is it ever right to break the law?