**PSHCE Long Term Plan 2024 - 2025**

**Year 7**

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| **Autumn 1**  **7 hours** | **Autumn 2**  **7 hours** | **Spring 1**  **6 hours** | **Spring 2**  **6 hours** | **Summer 1**  **5 hours** | **Summer 2**  **6 hours** |
| Politics & Inclusion (FBV) | Me & My Passions (CEIAG) | Healthy Relationships (RSE) | Changing Bodies (HEALTH) | Wellbeing & Online Safety (S&W) | Dangerous Substances & Habits (HEALTH) |
| Students explore the importance of Fundamental British Values through lessons about democracy, inclusion and The Equality Act. Students investigate a career in politics and the skills needed to maintain a democratic community. | This unit focuses on students understanding how their interests & passions links to employability skills. They will have focussed investigations into the STEM & creative industries and use Unifrog to learn about up to date LMI. | Students will understand the impact of peer pressure and influence. They will discuss consent, boundaries and respecting personal space. Lessons focussed on conflict resolution will address bullying in all its forms including online risks and outcomes. | Students will revise their understanding of puberty including the physical and emotional changes they are likely to experience. Students will look at how maintaining a healthy lifestyle can support wellbeing. | This unit includes a focus on e-safety and the impact of social media on wellbeing. Students will also be taught about the importance of critical thinking and the risks around fake news. Student consider where to access safe information online. | Students will understand the risks associated with dangerous substances and ‘gateway’ products such as energy drinks and caffeinated snacks. Students will understand the effects of alcohol, smoking, vaping & the link between gaming & addiction. |
| **Assessment:**  Content Recall +  Debate focus: *The UK government is a democracy and this helps society feel inclusive and tolerant.* | **Assessment:**  Content Recall +  Debate focus: *Young people have so many opportunities available to them, it can be overwhelming.* | **Assessment:**  Content Recall +  Debate focus: *Relationships are harder to deal with at secondary school than they are at primary school.* | **Assessment:**  Content Recall +  Debate focus: *Puberty is the most difficult thing young people have to deal with in the 21st century.* | **Assessment:**  Content Recall +  Debate focus: *The internet does more harm than good.* | **Assessment:**  Content Recall +  Debate focus: *Young people have so many opportunities available to them, it can be overwhelming.* |
| **Builds upon:**  KS2 – Living in the wider world | **Builds upon:**  KS2 – Living in the wider world | **Builds upon:**  KS2 - Relationships | **Builds upon:**  KS2 - Health | **Builds upon:**  KS2 – Living in the wider world / Health | **Builds upon:**  KS2 - Health |
| **Introduces:**  The Equality Act  MPs & Parliament  Democracy in the UK  Respect, Tolerance & Individual Liberty | **Introduces:**  Unifrog  Employability Skills  LMI  Psychometric testing  STEM subjects & industry  Creative subjects & industry | **Introduces:**  Consent & Boundaries  Conflict in secondary school  11+ risks to friendships  Supporting each other  Reporting bullying | **Introduces:**  Anatomical terminology  Impact of hormones | **Introduces:**  Fake news  Critical thinking  Digital literacy  Wellbeing & the media | **Introduces:**  Addiction  Alcohol  Vaping  Gaming & Addiction |

**Year 8**

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| **Autumn 1**  **7 hours** | **Autumn 2**  **7 hours** | **Spring 1**  **6 hours** | **Spring 2**  **6 hours** | **Summer 1**  **5 hours** | **Summer 2**  **6 hours** |
| Responsible Citizenship (LWW) | Healthy Relationships (RSE) | First Aid & Prevention (HEALTH) | Self Esteem & Confidence (S&W) | Freedom, Diversity & Understanding Society (FBV) | Safety On & Offline (LWW) |
| Students explore the impact of climate change and address the risks around modern habits. Students will debate concepts such as space tourism and present their own climate action campaign to the class. | Students will understand the impact of peer pressure and influence. They will discuss consent, boundaries and respecting personal space. Lessons focussed on conflict resolution will address bullying in all its forms including online risks and outcomes. | Lessons will focus on long term health risks and how to prevent them. Students will be introduced to the concept of vaccination, cancers, HPV and will have an understanding of basic first aid processes such as Primary Surveys and the recovery position. | Lessons are dedicated to understanding how to look after your physical and mental wellbeing. Healthy lifestyle choices and sleep patterns are analysed and links are made between this and emotions experienced as a teenager and pressures such as body image. | Students explore societal practises & experiences including marriage, divorce, and bereavement. Students will understand the way a society can discriminate and consider ways to prevent it and present an inclusive community. | Students will understand how to keep themselves safe online by learning about device & account management, grooming, protecting personal data and how to identify scams. Throughout the unit there is a focus on where victims can support. |
| **Assessment:**  Save the Planet Project presentations. | **Assessment:**  Content Recall +  Debate focus: *Relationships are harder to deal with at secondary school than they are at primary school.* | **Assessment:**  Content Recall +  Debate focus: *Schools should place more emphasis on health education and prevention* | **Assessment:**  Content Recall +  Debate focus: *The media has a negative impact on young people’s body image and wellbeing* | **Assessment:**  Content Recall +  Debate focus: *Young people have too much else going on to focus on school work.* | **Assessment:**  Content Recall +  Debate focus: *It is impossible to keep yourself safe online & it is destroying the lives of young people.* |
| **Builds upon:**  Yr 7 - Politics & Inclusion (FBV) | **Builds upon:**  Yr 7 – Healthy Relationships | **Builds upon:**  Your Life You Choose (EWOD) | **Builds upon:**  Yr 7 - Changing Bodies (HEALTH) | **Builds upon:**  Yr 7 - Politics & Inclusion (FBV)  Yr 8 – Self Esteem & Confidence | **Builds upon:**  Yr 7 - Wellbeing & Online Safety (S&W)  Your Life You Choose (EWOD) |
| **Introduces:**  The Mossy Project  Space Tourism  Citizenship  Climate Action | **Introduces:**  Consent & Boundaries  Conflict in secondary school  Risks to friendships  Supporting each other  Reporting bullying | **Introduces:**  HPV  Vaccination  Skin Cancer  Primary Survey  Recovery Position | **Introduces:**  Body Image  Sleep Hygiene | **Introduces:**  Marriage  Divorce  Bereavement | **Introduces:**  Grooming & County Lines  Online scams  Data restrictions  Personal data & protection |

**Year 9**

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| **Autumn 1**  **7 hours** | **Autumn 2**  **7 hours** | **Spring 1**  **6 hours** | **Spring 2**  **6 hours** | **Summer 1**  **5 hours** | **Summer 2**  **6 hours** |
| Protecting the Community (FBV) | First Give (LWW) | Consent, Respect & Relationship Health (RSE) | Post 14 Options & The Labour Market (CEIAG) | Health & Responsibility (HEALTH) | Personal Safety & Managing Risks (LWW / Health) |
| Students will revise democracy and inclusion in society and consolidate their understanding of Fundamental British Values and valuing diversity. Lessons will develop and explore the impact of extremism. | Students will work with the organisation ‘First Give’ to understand more about social action in the local area. At the end of the unit, students will present to representatives from the charity sector on a charity of their choice. | RSE in this unit becomes more closely linked to health education where students talk opening about sexual health, the freedom & capacity to consent and contraception. Students also explore advancing relationships and how to manage relationship breakdowns. | Lessons will focus on current LMI and students will be introduced to wages, budgets & saving. With access to devices, students will use Unifrog in class to explore their skills and possible learning pathways open to them after Year 9. | Students look at how to take responsibility for their own health. Topics include vaccination, self-examination and a healthy lifestyle. Students will look at community risks including FGM and where to find support. Students will revise harmful substances. | Students will revise key elements of online safety such as managing personal data. They will look at community risks including safe travel and dealing with aggressive social situations. Students will understand where to go for support. |
| **Assessment:**  Content Recall +  Debate focus: *London is a diverse and inclusive community.* | **Assessment:**  First Give Presentations | **Assessment:**  Content Recall +  Debate focus: Young people don’t feel confident managing relationships and should always seek adult support. | **Assessment:**  Content Recall +  Debate focus: *Today’s education system is too narrow and is not fit for purpose.* | **Assessment:**  Content Recall +  Debate focus: *We are too young to be learning about self-examination.* | **Assessment:**  Content Recall +  Debate focus: *London is unsafe. Everyone should move to the country.* |
| **Builds upon:**  Yr 7 - Politics & Inclusion (FBV)  Yr 8 - Safety On & Offline (LWW) | **Builds upon:**  Yr 7 - Politics & Inclusion (FBV)  Yr 8 - Responsible Citizenship (LWW) | **Builds upon:**  Yr 7 & 8 - Healthy Relationships (RSE)  Yr 7 - Changing Bodies (HEALTH) | **Builds upon:**  Yr 7 - Me & My Passions (CEIAG)  Yr 8 - First Give (LWW) | **Builds upon:**  Yr 7 - Dangerous Substances & Habits (HEALTH)  Yr 8 – First Aid & Prevention (HEALTH) | **Builds upon:**  Yr 7 - Wellbeing & Online Safety (S&W)  Yr 8 - Safety On & Offline (LWW) |
| **Introduces:**  Extremism  Assimilation | **Introduces:**  Social actions  Charity Sector LMI  Employer interactions  Formal presentation skills | **Introduces:**  Sexual Health  Contraception  Intimacy  Sexual Consent | **Introduces:**  Post 14 Options  Financial education | **Introduces:**  Self-examination  FGM  Addiction & substance misuse. | **Introduces:**  Personal Safety |

**Year 10**

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| **Autumn 1**  **7 hours** | **Autumn 2**  **7 hours** | **Spring 1**  **6 hours** | **Spring 2**  **6 hours** | **Summer 1**  **5 hours** | **Summer 2**  **6 hours** |
| Equality & the World of Work (FBV / CEIAG) | Substance Misuse & Support (HEALTH) | Digital & Financial Literacy (S&W / LWW) | Intimacy and Risks (RSE) | Revision, Stress & Coping Mechanisms (LWW / S&W) | Preparing for WEX (CEIAG) |
| Students will revise FBV and The Equality Act. Students will look at inclusion and fairness in the work place and use Unifrog to explore their own future opportunities. | Students will re-visit substance misuse use and are reminded where to get support. There is a focus on vaping and the physical and emotional risks associated with it. Substance misuse is linked to the school’s behaviour policy. | Online safety lessons address more serious risks including online blackmail, sharing nudes & gambling. This unit builds a student’s understanding of both financial & digital literacy. | RSE lessons in Year 10 look at managing unhealthy relationships and abuse. Students will explore pressure, coercion, assertiveness & trust. There are focused lessons on the impact of pornography on relationship perspective. | In support of student during exam season, lessons will focus on managing stress and healthy study habits. There will be focussed lessons on self-esteem and confidence building and how to get support with mental health & wellbeing. | Using Unifrog resources, students will explore green careers, career journeys and how to ensure they get the most out of their work placement. Students will understand expectations in the workplace and key health & safety messages. Links will be made between professional conduct and social media use. |
| **Assessment:**  Unifrog CVs | **Assessment:**  Content Recall +  Debate focus: *Vaping should be made illegal.* | **Assessment:**  Content Recall +  Debate focus: *Debt is an acceptable & necessary risk in the 21st Century.* | **Assessment:**  Content Recall +  Debate focus: *The media encourages harmful relationships.* | **Assessment:**  N/A (PPEs) | **Assessment:**  Work Experience Journals & Unifrog Profiles |
| **Builds upon:**  Yr 7 - Me & My Passions (CEIAG)  Yr 9 - Post 14 Options & The Labour Market (CEIAG) | **Builds upon:**  Yr 7 - Dangerous Substances & Habits (HEALTH)  Yr 8 - First Aid & Prevention (HEALTH)) | **Builds upon:**  Yr 8 - Safety On & Offline (LWW)  Yr 9 - Personal Safety & Managing Risks (LWW / Health) | **Builds upon:**  Yr 9 - Consent, Respect & Relationship Health (RSE)  Yr 8 - Self Esteem & Confidence (S&W) | **Builds upon:**  Yr 8 - Self Esteem & Confidence (S&W) | **Builds upon:**  Yr 9 - Post 14 Options & The Labour Market (CEIAG)  Yr 10 - Equality & the World of Work (FBV / CEIAG) |
| **Introduces:**  Extremism  Assimilation | **Introduces:**  Managing risk and social situations associated with substance misuse & addiction | **Introduces:**  Debt  Online Blackmailing  Misinformation & Extremism | **Introduces:**  Pornography  Relationship Abuse  Consent & Intimacy | **Introduces:**  Stress  Work -Life Balance  Effective Revision Strategies | **Introduces:**  Health & Safety in the Workplace  Professional Social Media |

**Year 11**

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| **Autumn 1**  **7 hours** | **Autumn 2**  **7 hours** | **Spring 1**  **6 hours** | **Spring 2**  **6 hours** | **Summer 1**  **5 hours** |
| Relationship Choices & Outcomes (RSE) | Revision Strategies & Post 16 Options (LWW / CEIAG) | Making Applications (CEIAG) | Preparing for the Workplace (LWW / CEIAG) | PSHCE Debates & Sensitive Issues (RSE/ FBV) |
| Content will allow students to understand the benefits of long term & committed relationships. Students revisit sexual health units and discuss pregnancy outcome and options. Health lessons focus on fertility. | Students will re-visit substance misuse use and are reminded where to get support. There is a focus on vaping and the physical and emotional risks associated with it. Substance misuse is linked to the school’s behaviour policy. | Students will understand the full range of Post 16 options on offer to them including apprenticeships and technical qualifications. Students will receive support in applying for their next steps and will understand how their L2 studies can support them in reaching aspirational goals. | In support of student during exam season, lessons will focus on healthy study habits. Lessons also cover employability skills such as time management, prioritisation. They will continue their investigations into the world of work including the impact of AI. | To complete the KS4 PSHCE unit and as part of the statutory KS4 SMSC offer, students will explore a series of topical issues. These lessons include an introduction to ethics, deep fakes, masculinity in focus and virginity testing. |
| **Assessment:**  Content Recall +  Debate focus: Contraception is the most important topic of conversation when you start a relationship. | **Assessment:**  Content Recall +  Debate focus: *Vaping should be made illegal.* | **Assessment:**  Post 16 References & Applications | **Assessment:**  N/A (PPEs) | **Assessment:**  Content Recall +  Debate focus: *Free Choice from lesson topics.* |
| **Builds upon:**  Yr 9 - Consent, Respect & Relationship Health (RSE)  Yr 10 - Intimacy and Risks (RSE) | **Builds upon:**  Yr 7 - Dangerous Substances & Habits (HEALTH)  Yr 8 - First Aid & Prevention (HEALTH)) | **Builds upon:**  Yr 8 - Safety On & Offline (LWW)  Yr 9 - Personal Safety & Managing Risks (LWW / Health) | **Builds upon:**  Yr 10 - Equality & the World of Work (FBV / CEIAG)  Yr 10 - Revision, Stress & Coping Mechanisms (LWW / S&W) | **Builds upon:**  Yr 9 - Health & Responsibility (HEALTH)  Yr 10 - Intimacy and Risks (RSE)  Yr 9 - Protecting the Community (FBV) |
| **Introduces:**  Fertility  Pregnancy Choices | **Introduces:**  Managing risk and social situations associated with substance misuse & addiction | **Introduces:**  Debt  Online Blackmailing  Misinformation & Extremism | **Introduces:**  AI  Hybrid working  Prioritisation. | **Introduces:**  Virginity Testing  Ethics |

**Year 12**

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| **Autumn 1**  **7 hours** | **Autumn 2**  **7 hours** | **Spring 1**  **6 hours** | **Spring 2**  **6 hours** | **Summer 1**  **5 hours** | **Summer 2**  **6 hours** |
| Transition & Confidence (S&W) | Health - Choices & Responsibilities (HEALTH) | Relationships, Respect & Influence (RSE) | Rights & Workplace Responsibilities (FBV / CEIAG) | Post-18 Applications (CEIAG) | Revision Strategies & The Future (LWW) |
| Lessons will allow students to discuss the challenges and successes in transitioning to Post 16 education. Using Unifrog, students will explore their skills and assets and consider how to present these to others. | Students will explore the importance of taking responsibility for preventative health measures such as self-examination. They will discuss RSE topics including pregnancy options, substance support, aesthetic procedures & blood donation. | RSE lessons link to FBV and explore the importance of respect and diversity in relationships. Students are encouraged to openly discuss relationship abuse & harassment. Safety lessons include objectives around misinformation online and emotional wellbeing & the media. | In preparation for WEX, students will explore inclusion, cultural identity and the impact this has on the wider world. They will debate current work place practises and revisits health & safety expectations ready for their placement. | Following on from WEX, students will use Unifrog to begin curating their Post 18 profiles including researching options, writing personal statements & CVS, applying for apprenticeships and other technical pathways. | In support of student during exam season, lessons will focus on healthy study habits. Lessons also cover employability skills such as planning and organisation. There will be a continued focus on wellbeing and managing workload. |
| **Assessment:**  Content Recall +  Debate focus: *Teenagers today face too much change and uncertainty.* | **Assessment:**  Content Recall +  Debate focus: *Parents are still responsible for the health of their 16-year-old children.* | **Assessment:**  Content Recall +  Debate focus: *Relationships are at greater risk in the 21st Century because of online influences.* | **Assessment:**  Work Experience Journals | **Assessment:**  Personal Statements & Post 18 Applications | **Assessment:**  Work Experience Journals & Unifrog Profiles |
| **Builds upon:**  Yr 11 – Preparing for the Workplace (LWW / CEIAG) | **Builds upon:**  Yr 9 - Health & Responsibility (HEALTH)  Yr 11 - PSHCE Debates & Sensitive Issues (RSE/ FBV) | **Builds upon:**  Yr 11 - Relationship Choices & Outcomes (RSE)  Yr 11 - PSHCE Debates & Sensitive Issues (RSE/ FBV) | **Builds upon:**  Yr 10 - Preparing for WEX (CEIAG)  Yr 11 - Preparing for the Workplace (LWW / CEIAG) | **Builds upon:**  Yr 12 - Rights & Workplace Responsibilities (FBV / CEIAG) | **Builds upon:**  Yr 11 - Revision Strategies & Post 16 Options (LWW / CEIAG) |
| **Introduces:**  Employability Skills  Transition Management | **Introduces:**  Aesthetic Procedures  Blood Donation | **Introduces:**  Harassment & Abuse  Post 16 FBV | **Introduces:**  4 Day Weeks  Cultural Identity  Intersectionality & Marginalisation | **Introduces:**  UCAS  Personal Statements  References | **Introduces:**  Work-Life Balance  Effective Revision Strategies |

**Year 13**

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| **Autumn 1**  **7 hours** | **Autumn 2**  **7 hours** | **Spring 1**  **6 hours** | **Spring 2/ Summer 1**  **9 hours** |
| Preparing for Adulthood (LWW) | Post 18 Applications (CEIAG) | Substances, Relationships & Wellbeing (H / RSE) | Top Tips for the Future (CEIAG) |
| Content will allow students to prepare themselves for becoming an adult. They will discuss how to take constructive criticism and safety lessons will include travelling abroad, financial decision making and personal safety. | In support of student during exam season, lessons will focus on healthy study habits. Lessons also cover employability skills such as time management, prioritisation. They will continue with their Post 18 applications and make progress towards setting aspirational goals. | Students will revisit health topics including substance misuse, sexual health and alcohol risks and habits. There will be a focus on mental health & wellbeing. RSE will help students consider the factors impacting consent now they are turning 18 and may be preparing to leave home. | While students may be continuing to apply for placements, apprenticeships & part time or summer jobs, this unit offers them some top tips in CEAIG areas. These include interviewing, evaluating employers, how to network and confidently managing transition. |
| **Assessment:**  Personal Statements / Post 18 Applications. | **Assessment:**  Personal Statements / Post 18 Applications. | **Assessment:**  Students will be assessed on Unit 1 & 2 content following PPEs.  Debate focus: *Young people today are well equipped to leave home and become adults.* | **Assessment:**  Content Recall +  Debate focus: *Free Choice from lesson topics.* |
| **Builds upon:**  Yr 12 - Transition & Confidence (S&W)  Yr 12 - Health - Choices & Responsibilities (HEALTH) | **Builds upon:**  Yr 13 - Preparing for Adulthood (LWW)  Yr 12 - Revision Strategies & The Future (LWW) | **Builds upon:**  Yr 13 - Preparing for Adulthood (LWW)  Yr 12 - Health - Choices & Responsibilities (HEALTH)  Yr 12 - Relationships, Respect & Influence (RSE) | **Builds upon:**  Yr 13 - Post 18 Applications (CEIAG)  Yr 12 - Transition & Confidence (S&W) |
| **Introduces:**  Fertility  Pregnancy Choices | **Introduces:**  N/A | **Introduces:**  N/A | **Introduces:**  N/A |