# Scheme of Work




## Subject: PSHE

## KS3, Year 10 &11

| | TERM 1 | TERM 2 | TERM 3 | TERM 4 | TERM 5 | TERM 6 |
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| Key Stage 3 Year 1 | **Living in the wider world**<br><br>1.An introduction to PSHE<br><br>2.Aspirations<br><br>3.The importance of self-esteem<br><br>4.Wants and needs<br><br>5.An introduction to Prejudice and Discrimination: Racism and Stereotypes<br><br>6.An introduction to keeping safe online: Safe Social Media<br><br>6/7.What is online radicalisation and why is it a problem? | **Living in the wider world**<br><br>1.What is budgeting? How can we do it?<br><br>2/3.How can I create a personal budgeting plan?<br><br>4.What are savings, loans and interest rates? Money management continued<br><br>5.What are financial products?<br><br>6.What are the different kinds of financial transactions?<br><br>7.An introduction to keeping being ethical: ethical consumers | **Health and Well being**<br><br>1.What do we mean by a 'healthy lifestyle'? Healthy Living Introduction<br><br>2.How can I keep a balanced diet?<br><br>3.How do I know if I'm eating healthily? Reading our food labels and recognising dangers<br><br>4.What are the consequences of not living healthily?<br><br>5.What's the big deal about energy drinks?<br><br>6. How can I commit to a healthy life? Living a healthy, active life and exercising. | **Health and Well being**<br><br>1.How dangerous are drugs and what are the different types?<br><br>2.How can we keep good mental health and recognise symptoms of depression?<br><br>3.Emotional Literacy How can I control my anger?<br><br>4.Puberty – what can I expect, what's normal and why does it happen?<br><br>5.Periods, the menstrual cycle and PMS – what do I need to know? | **Relationships and Sex Education**<br><br>1.Maintaining genuine friendships and avoiding toxic ones<br><br>2.Bullying or banter – what is and what isn't acceptable?<br><br>3.How can we prevent online bullying?<br><br>4.How can we keep safe and positive relationships?<br><br>5. Romance, love, new feelings and teen relationships<br><br>6.FGM – what is it, why is it so serious and what can we all do to help? | **Relationships and Sex Education**<br><br>1/2.Families and different long term commitments (marriage / civil partnerships) what are the different types and does it matter what kind of family I have? (2 hours)<br><br>3/4.What does it mean to be a British Citizen? |

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| | | | 7.Why is smoking so bad for us and why must we try to avoid second hand smoke? | | | |
| | TERM 1 | TERM 2 | TERM 3 | TERM 4 | TERM 5 | TERM 6 |
| Year 2 | **Living in the Wider World**<br><br>Finance – what is income and expenditure?<br><br>Careers + Finance - What are national insurance and income tax? Reading payslips<br><br>Why do we pay tax and how is this spent?<br><br>Finance – budgeting and saving personal finances<br><br>How can we become entrepreneurs?<br><br>Careers + development focus - | **Living in the Wider World**<br><br>How can I improve my skills and behaviour?<br><br>How can self confidence boost our achievements?<br><br>How can I manage my behaviour to achieve targets and goals?<br><br>Emotional literacy – why is self-awareness in our actions towards others so important? (2)<br><br>Stereotyping, discrimination | **Healthy Living and Wellbeing**<br><br>What is mindfulness? How Can this aid positive mental health?<br><br>How can we look after ourselves and others in an emergency? Personal safety and first aid.<br><br>What is vaping and is this as bad as smoking?<br><br>Cancer Awareness<br><br>Why do teenage parents have it so tough? How we can | **Healthy Living and Wellbeing**<br><br>Stereotyping, discrimination and prejudice. Teens and the media focus.<br><br>Internet Safety – what is online grooming and why must we be so careful?<br><br>How can we care for our environment and why is it changing? (2 hours) | **Relationships and Sex**<br><br>What is consent and why is it important we know about it?<br><br>How do we have safe sex and use different forms of contraception?<br><br>What is pornography and why can it be dangerous?<br><br>What is sexting and why is it so risky to send personal images?<br><br>How do we keep good sexual health and avoid STIs? | **Relationships and Sex**<br><br>How can British Values teach us tolerance and respect for others?<br><br>Who are the extremist groups and why are they so dangerous?<br><br>Where does extremism come from?<br><br>How do religious extremists attract converts?<br><br>Islamophobia – do Muslims really want Sharia Law in Britain? |

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| | how can we develop our teamwork skills?<br><br>Careers + development focus<br>- how can we develop our communication skills? | and prejudice. Disability focus<br><br>LGBT+ focus: Homophobia<br><br>Anti Bullying week – whole in form and assembly<br><br>UK Parliament Week – form and assembly | avoid teenage pregnancy. | | Body image and the media part 1 with a focus on boys.<br><br>Domestic conflict – why do people run away from home and why is this so dangerous? | How can we prevent radicalisation and recognise the signs of extremism?<br><br>Stereotyping, discrimination and prejudice. Religion focus |
| Year 3 | **Living in the Wider World**<br><br>How can we keep financially savvy and avoid debt?<br><br>How can I successfully manage my money?<br><br>Accounts, savings, loans and financial organisations | **Living in the Wider World**<br><br>Taking control of my future<br><br>Employability – Applying and preparing for the world of work<br><br>Work skills, enterprise and the work environment<br><br>What exactly is | **Healthy Living and Wellbeing**<br><br>Alcohol awareness<br><br>Drugs and the Law<br><br>Vaccinations, organ and blood donation stem cells and hygiene (2 hour lesson)<br><br>Managing anxiety<br><br>Self Harm | **Healthy Living and Wellbeing**<br><br>Who are UNICEF and how do they help around the world?<br><br>How and why does the UK help people in other countries?<br><br>What is sustainability and how can we personally live in a more sustainable way?<br>Growth mindset | **Relationships and Sex**<br><br>Behaving to achieve – why do we have rules in the classroom?<br><br>Human rights: access to education<br><br>Interpersonal skills<br><br>Selfie safety | **Relationships and Sex**<br><br>Eating Disorders<br><br>Body Image<br><br>Child Sexual Exploitation<br><br>Abusive Relationships<br><br>Peer Pressure<br><br>British Community, Religion and Culture<br><br>British Values: Identity |

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| | **Consumers and the Law – what are my rights?**<br><br>**Discrimination and the Equality Act 2010**<br><br>**How does the law deal with young offenders?**<br><br>**Why do teens get involved with knife crime and what are the consequences?** | **enterprise and what are enterprising skills and qualities?**<br><br>**Enterprise and workplace skills and characteristics**<br><br>**Anti Bullying week – whole in form and assembly**<br><br>**UK Parliament Week – form and assembly** | **Acid attacks**<br><br>**Human rights: trafficking** | **Coping with stress** | | **The LGBTQAI+ Community** |
| **Year 10** | **Living in the Wider World**<br><br>Intro to PSHE<br><br>**How do we choose a career that suits our personality, ambition and qualifications? (2 lessons )** | **Living in the Wider World**<br><br>**British Values – how does the criminal justice system work?**<br><br>**What is anti-social behaviour and how does this affect communities?** | **Healthy Living and Wellbeing**<br><br>**Can tattoos and piercings be dangerous?**<br><br>**Why do some people commit suicide?** | **Healthy Living and Wellbeing**<br><br>**How can we manage our time effectively to help us succeed?**<br><br>**Study Skills – the power of mind and memory.** | **Relationships and Sex**<br><br>**Same sex relationships (LGBT+)**<br><br>**Gender and Trans Identity**<br>**LGBT+** | **Relationships and Sex**<br><br>**What is community cohesion and why is this important? (British Values)**<br><br>**How can we manage conflict successfully?** |

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| | **What are employers looking for in CVs?**<br><br>**Why pursue a careers in the STEM industries?**<br><br>**What rights and responsibilities do we have in the workplace?**<br><br>**How can we successfully prepare for work experience?** | **Crime, gangs and County Lines (2 hours)**<br><br>**What is money laundering and why are some students taken in by this crime?**<br><br>**What is overt and covert racism and why are people still prejudiced?**<br><br>**Why do some religious people become terrorists?**<br><br>**What is Fake News and why do we need critical thinking skills? (2 hours)**<br><br>**Why do we still need an International Women's Day – whole school assembly** | **How can we manage grief and bereavement?**<br><br>**What is binge drinking, what are the risks and why do people still do it?**<br><br>**Why do some people become homeless and why is homelessness on the increase?**<br><br>**What are hate crimes and why do these still happen?**<br><br>**How can we take steps to live more sustainably? (carbon footprint)** | **Internet Safety – the dangers of excessive screen time**<br><br>**Social Media and Self-Esteem**<br><br>**How can we manage social anxiety?** | **What are forced and arranged marriages and what do we need to know?**<br><br>**Do we have healthy or unhealthy relationships with our role models?**<br><br>**Revenge Porn – what is this and how can we prevent ourselves from being victims?** | **Why do sexism, gender prejudice and stereotypes still exist?**<br><br>**Harassment and stalking – what are these things and what does the law say about it?**<br><br>**Parenting, the different types and styles and looking after a child.** |

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| | | **Anti Bullying week – whole in form and assembly**<br><br>**UK Parliament Week – form and assembly** | | | | |
| **Year 11** | **Living in the Wider World**<br><br>**Why is PSHE so important?**<br><br>**GCSE Revision and Study Skills**<br><br>**Applying to College and University**<br><br>**Health and Safety at work**<br><br>**How can trade unions protect our rights at work?** | **Living in the Wider World**<br><br>**How can we protect animal rights and aid sustainability?**<br><br>**How is plastic pollution destroying our environment?**<br><br>**Globalisation – how does this affect us?**<br><br>**Multiculturalism (British Values)**<br><br>**Right-wing extremism**<br><br>**Internet Safety – the Dark Web**<br><br>**What is cyber crime?** | **Healthy Living and Wellbeing**<br><br>**Risk Taking**<br><br>**Gambling and Online Gaming**<br><br>**Why is our digital footprint important?**<br><br>**Personal Safety in the Wider World**<br><br>**Fertility and reproductive health issues (2 hours)**<br><br>**First Aid - CPR** | **Healthy Living and Wellbeing**<br><br>**Perseverance and Procrastination**<br><br>**Why do we need sleep and how does sleep deprivation affect us?**<br><br>**How can we celebrate diversity and our identities?**<br><br>**What is body positivity and is why is this controversial? (obesity issues) Bullying – Body Shaming** | **Relationships and Sex**<br><br>**Relationship types and sexuality**<br><br>**Why is it essential we know about consent, rape and sexual abuse?**<br><br>**What is 'Good Sex'?**<br><br>**What is Chem Sex and what do we mean when we talk about safe sex?**<br><br>**Relationship Break Ups**<br><br>**How can we make ourselves and other people feel more positive and why is happiness important?** | **EXAM SEASON**<br><br>**From April onwards, the timetable is disrupted due to drop down days, booster days and first exam starting in early May.**<br><br>**After exams finish, there is time before they legally leave to have an extra PSHE sessions that may have been missed during the previous term** |

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