

**PSHEC 2020-2021**

Y7	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
<b>Physical Health</b>	FGM	Knife Crime workshop SSO Safe Travel afternoon SSO	Puberty Eating healthily Exercise Drugs and alcohol workshop	Smoking	Basic First Aid SSO /St John Ambulance	
<b>Mental Wellbeing</b>			Body Image Self-Esteem Mental Health Awareness assembly	Mental Health Targets review ARD	Mental Health week – assembly and activities	
<b>Relationship &amp; Sex Education</b>	Healthy/Unhealthy relationships	Types of conflict Cyberbullying Resolution Relationships with friends (inc conflict and reconciliation) Domestic Violence Awareness drop in SSO	Sexualised Images  Safer Internet Day assembly	CSE Awareness Week assembly  Relationships with parents/ Conflict		Families and parenting
<b>Living in the Wider World (Citizenship and British Values)</b>	Life in Modern Britain (What makes us British and our identity)  Black History Month – lesson tasks and activities Prevent – Stereotypes/inclusivity Equalities – protected characteristics intro and Sexism – Registration Money laundering - registration	Anti-bullying week – homophobic, biphobic, transphobic - assembly Equalities – Age - Registration  Parliament week talk	Prevent – Terrorism  Equalities – Sexual Orientation - Registration LGBTQI History Month assembly	Racism Homophobia  Equalities – Disability - Registration	Rights and responsibilities  Equalities – Race - Registration  Study skills/learning styles	Retreat - Refugees  Equalities – Gender Reassignment– Registration

<b>Other/ Careers</b>	Getting started Presentation of work & organisation; Homework  ARD Prep  Lunch and Learn GB1, 5  Curriculum links to Careers – assembly GB1, 4  Can I be? – my extraordinary future (World of work and skills) GB1, 2, 3, 4, 5	Prep for Christmas fair  PASS survey  Lunch and Learn GB1, 5  Curriculum links to Careers – assembly GB1, 4	Lunch and Learn GB1, 5  Curriculum links to Careers – assembly GB1, 4	ARD Prep  Lunch and Learn GB1, 5  Apprenticeships assembly GB1, 5  Curriculum links to Careers – assembly GB1, 4	Study skills: effective revision  START and Locker GB1, 2, 3, 4, 8  Lunch and Learn GB1, 5	Sports day prep Exam week Debates prep, prep celebration, Serviam assembly  Lunch and Learn GB1, 5  Curriculum links to Careers – assembly GB1, 4  Intro to world of work – how you can control your future GB1, 2, 3, 4, 5
<b>Y8</b>	<b>Autumn A (7)</b>	<b>Autumn B (8)</b>	<b>Spring A (6)</b>	<b>Spring B (6)</b>	<b>Summer A (5)</b>	<b>Summer B (7)</b>
<b>Physical Health</b>	FGM  Street Crime	Personal Hygiene	Healthy Diet recommendations Cancer and cancer prevention Exercise Importance of sleep Knife Crime knife arch and workshop follow up SSO Drugs workshop			
<b>Mental Wellbeing</b>			Mental Health Awareness assembly	Mental Health Targets ARD Body Image/ Self Esteem Pressure on teenagers –	Mental Health week assembly and activities	Gambling and online gambling
<b>Relationship &amp; Sex Education</b>	Online exploitations/Sexting	Conflict resolution Relationships – friends, attraction Consent	Safer Internet Day assembly	CSE Awareness Week assembly  Advertising and Media		Assertiveness

		Domestic Violence Awareness drop in SSO				
<b>Living in the Wider World (Citizenship and British Values)</b>	<p><b>Homophobia &amp; Gender</b> National Government/MPs The UK's role in key international organisations Black History Month lesson tasks and activities Strengths and Weaknesses Identities/Gender/Prejudice British Values 1: Understand that identities are made up of different characteristics. 2: Be aware that our identities have many things in common, but differences too. 3: Explain how we can tackle some of the prejudice that some people experience because of their identity</p> <p><b>Homophobia</b> Prevent –non-violence/anti-war protests and Terrorist agendas Equalities – protected characteristics intro and Sexism - Registration</p>	<p>Local Government Laws <b>Anti-bullying week – homophobic, biphobic, transphobic assembly</b> Equalities – Age - Registration Parliament week talk</p>	<p>Institute of Philanthropy project <b>LGBTQI History Month assembly</b> Equalities – Sexual Orientation– Registration  Retreat – Building bridges</p>	<p>Institute of Philanthropy project  Equalities – Disability - Registration</p>	<p>Personal Safety Study Skills  Financial Literacy – key terms: saving/borrowing/pensions/loans  Equalities – Race - Registration</p>	<p>Equalities – Gender Reassignment– Registration</p>

	Money laundering - registration					
<b>Other/ Careers</b>	Strengths/Weaknesses ARD Prep Lunch and learn GB1, 5 Curriculum links to Careers assembly GB1, 4	Christmas assembly prep START / Careers – Aspire GB1, 2, 3, 4, 8 Careers panel discussion GB 1, 2, 5 PASS survey Lunch and learn GB1, 5 Curriculum links to Careers GB1, 4	Lunch and learn GB1, 5 Curriculum links to Careers GB1, 4	ARD Prep Careers – Panel presentation GB 1, 2, 5 Lunch and learn GB1, 5 Apprenticeships assembly GB1, 5 Curriculum links to Careers GB1, 4 Careers panel discussion GB 1, 2, 5	Study skills Lunch and learn GB1, 5	Sports day prep Exam week Debates prep, prep celebration, Serviam assembly Lunch and learn GB1, 5 Curriculum links to Careers GB1, 4
<b>Y9</b>	<b>Autumn A (7)</b>	<b>Autumn B (8)</b>	<b>Spring A (6)</b>	<b>Spring B (6)</b>	<b>Summer A (5)</b>	<b>Summer B (7)</b>
<b>Physical Health</b>	FGM	Puberty	Drugs and Alcohol awareness performance Knife Crime workshop follow up SSO		Tobacco, alcohol, drugs -risks, laws and consequences	Basic First Aid SSO/St Johns Ambulance
<b>Mental Wellbeing</b>		Peer pressure	Mental Health Awareness assembly	Mental Health Targets review ARD	Mental Health week assembly and activities Self-Esteem Body Image Influence Handling Stress	Coping with change

<b>Relationship &amp; Sex Education</b>	Handling conflict <b>CSE vulnerabilities</b>  <b>Bullying/ Cyberbullying</b>	STIs, including HIV/AIDS and testing, Contraception  Domestic Violence Awareness drop in SSO	<b>Safer Internet Day assembly</b>	<b>CSE/grooming/county lines performance and workshop</b>  <b>CSE Awareness Week</b>	Parenting, Fostering, Adoption	
<b>Living in the Wider World (Citizenship and British Values)</b>	Cultural Diversity Black History Month lesson tasks and activities Homelessness  <b>Prevent – political and religious radicalisation</b>  Equalities – protected characteristics intro and Sexism – Registration  Money laundering - registration	Parliament week talk  <b>Anti-bullying week – homophobic, biphobic, transphobic assembly</b>  <b>LGBTQI</b>  Equalities –Age - Registration	<b>LGBTQI History Month assembly</b>  Equalities – Sexual Orientation - Registration	<b>Politics and Participation:</b> Democracy, Monarchy Political parties Justice and youth crime  Equalities – Disability - Registration  Retreat – making a difference in the world	Equalities – Race - Registration	Financial literacy - Budgeting, recognise and manage influences on financial decisions, managing risk, money laundering Equalities – Gender Reassignment– Registration
<b>Other/ Careers</b>	Lunch and learn GB1, 5  Curriiculum links to Careers assembly GB1, 4	PASS survey  Christmas Fair prep  Lunch and learn GB1, 5  Curriiculum links to Careers assembly GB1, 4  START & Locker – Research GB 1, 2, 3, 4, 8	START & Locker Employability Skills Workplace skills, Careers Networking Prep and Networking Event and evaluation GB1, 2, 3, 4, 5, 8  Lunch and learn GB1, 5  Curriiculum links to Careers assembly GB1, 4	Lunch and learn GB1, 5  Curriiculum links to Careers assembly GB1, 4  Apprenticeships assembly - GB1, 5	Lunch and learn GB1, 5	Sports day prep Exam week Debates prep x1, prep celebration, Serviam assembly  Lunch and learn GB1, 5  Curriiculum links to Careers assembly GB1, 4

Y10	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
<b>Physical Health</b>	FGM	<b>Emotional Health and Lifestyle</b> Diet Exercise/ Healthy Lifestyle Importance of sleep and dental hygiene	Drugs, Alcohol  Drugs and alcohol workshop  Drugs and Alcohol awareness performance	Street Crime/Knives SSO registration		
<b>Mental Wellbeing</b>		Eating Disorders Causes and symptoms of emotional health disorders – depression, anxiety  Mental Health Targets ARD	Mental Health Awareness assembly	Mental Health Targets review ARD	Mental Health week assembly and activities Retreat - Dealing with stress; time management; relaxation techniques	
<b>Relationship &amp; Sex Education</b>	Sexual Harassment assembly  CSE risks and advice to stay safe	Relationships with parents and peers, Managing Conflict – impact of domestic abuse  Domestic Violence Awareness drop in SSO	Consent STIs details Self -checking Fertility Unintended pregnancy  Gender Ideals in the media, Modern Culture/ Sexism –impact on relationships and behaviours  Safer Internet Day assembly	CSE Awareness Week assembly		
<b>Living in the Wider World</b>	Britain and the World British Values Britain and The UN The Commonwealth	Parliament week talk  Anti-bullying week – homophobic,	LGBTQI History Month assembly  Retreat – human dignity	Justice Legal rights/Age limits Campaigning and influencing others	Equalities – Race - Registration	<b>Equality</b> Bullying and respecting difference Racism

<b>(Citizenship and British Values)</b>	Britain in the EU, Brexit  Black History Month lesson tasks and activities  Prevent – impact on society and recruitment  Equalities – protected characteristics intro and Sexism - Registration  Money laundering - registration	biphobic, transphobic assembly  Equalities –Age - Registration	Equalities – Sexual Orientation - Registration	Euthansia Human Rights  Equalities – Disability - Registration		Homophobia Refugees Malicious Gossip Respect  Equalities – Gender Reassignment– Registration
<b>Other/ Careers</b>	Lunch and learn GB1, 5  Curriiculum links to Careers assembly GB1, 4	START and Locker – Explore GB 1, 2, 3, 4, 8  Hackerbox (Stem Ambassador event) GB 1, 4, 5  Lunch and learn GB1, 5  Curriiculum links to Careers assembly GB1, 4	Jack Petchey – Public Speaking event GB 1, 4, 5  Lunch and learn GB1, 5  Curriiculum links to Careers assembly GB1, 4	Lunch and learn GB1, 5  Curriiculum links to Careers assembly GB1, 4  Apprenticeships assembly - GB1, 5	Lunch and learn GB1, 5	SLT post-16 interview GB1, 3, 7, 8  Lunch and learn GB1, 5  Curriiculum links to Careers assembly GB1, 4  Careers pathway event – Unifrog GB1, 2, 3, 4, 7, 8
<b>Y11</b>	<b>Autumn A (7)</b>	<b>Autumn B (8)</b>	<b>Spring A (6)</b>	<b>Spring B (6)</b>	<b>Summer A</b>	<b>Summer B</b>
<b>Physical Health</b>	FGM	Drugs – law and risks	Drugs and alcohol workshop	Knife Crime SSO registration		

		Alcohol – impact on society and binge drinking				
<b>Mental Wellbeing</b>		Mental Health Targets ARD	Mental Health Awareness assembly	Managing stress/ Meditation Mental Health Targets review ARD	Mental Health week assembly and activities Exam stress support	
<b>Relationship &amp; Sex Education</b>	Exploitative relationships/ Domestic Violence Sexual Harassment assembly	Domestic Violence Awareness drop in SSO	Safer Internet Day assembly	CSE Awareness Week assembly		
<b>Living in the Wider World (Citizenship and British Values)</b>	Democracy- Government and Parliament, Voting and Participation  Prevent – Online radicalisation and Tackling radicalisation  Black History Month lesson tasks and activities  Retreat – aspirations and future endeavors  Equalities – protected characteristics intro and Sexism - Registration	Parliament week talk  Anti-bullying week – homophobic, biphobic, transphobic assembly  Equalities – Age - Registration	Financial Literacy -credit and debit, saving and borrowing, budgets, public funds, tax and insurance, gambling  Equalities – Gender Reassignment – Registration  LGBTQI History Month assembly  Equalities – Sexual Orientation– Registration	Equalities – Disability – Registration  Equalities – Race - Registration		



	Money laundering - registration					
<b>Other/ Careers</b>	<p>START and Locker – Expand GB 1, 2, 3, 4, 8</p> <p>My Future Conference GB 1, 2, 3, 4, 5, 8</p> <p>CV writing skills and prep for 1:1 interview GB1, 3, 8</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Work experience assembly GB 1, 2,</p> <p>Career guidance 1:1 support GB 1, 2, 3, 7, 8</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Work experience</p> <p>Revision skills</p> <p>Time management</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Apprenticeships assembly - GB1, 5</p>	<p>Lunch and learn GB1, 5</p>	<p>Work Experience: prep and log book on rights and responsibilities of employees GB 1, 2, 3, 4, 5, 6,</p> <p>Transition/Induction into the 6<sup>th</sup> form GB 1, 3, 7, 8</p>
<b>Y12</b>	<b>Autumn A (7)</b>	<b>Autumn B (8)</b>	<b>Spring A (6)</b>	<b>Spring B (6)</b>	<b>Summer A (5)</b>	<b>Summer B (7)</b>
<b>Physical Health</b>	FGM	Personal Awareness & Safety over Xmas Holidays – Making appropriate choices.		<p>Drugs /Alcohol Awareness and safe choices</p> <p>Money Mules and Knife crime SSO</p>		
<b>Mental Wellbeing</b>	Positive mental health – good habits, support inside and outside of school				<p>Mental Health Awareness week assembly</p> <p>Positive Mental Health accessing support at uni – St Mary's University</p>	

<b>Relationship &amp; Sex Education</b>	Sexual Harassment assembly	Domestic Violence Awareness drop in SSO		CSE Awareness Week assembly  Sexual Health talk (Spectra)		
<b>Living in the Wider World (Citizenship and British Values)</b>	Money laundering – registration Black History Month activities Prevent Equalities – protected characteristics intro	Head Girl Hustings Equalities – Age – Registration Equalities - Sexism - Registration Anti-bullying week – homophobic, biphobic, transphobic assembly	Equalities – Sexual Orientation– Registration  LGBTQI History Month assembly	Equalities – Disability– Registration	Equalities – Race – Registration	Equalities – Gender Reassignment– Registration
<b>Careers/ Other</b>	The Challenge/ My World Challenge Launch GB Expectations and Transition from KS4-5 GB 1, 5  Lunch and learn GB1, 5	TFL Launch??? Review of term & goals moving forward Introduction to societies Work Shadowing and Widening Participation and Volunteering opportunities for YMCA GB 1, 2, 3, 4, 8 Careers Talk on Legal Sector GB 1, 2, 5 Lunch and learn GB1, 5 Healthcare Panel (Paramedic, surgeon, nurses – Q & A) GB 1, 2, 5 CV writing and skills GB 1, 3, 8	Predicted grades; Cumulative Preparation  Lunch and learn GB1, 5  Step into STEM GB 1, 2, 5  Work Shadowing GB 1, 2, 3, 4, 8  Money Matters GB 1, 4, 8	Managing Time and Planing/ Societies update  VESPA and Exam Prep Visit to Surrey University GB 1, 4, 7, 8  Lunch and learn GB1, 5 Apprenticeships assembly - GB1, 5  Unifrog Workshop GB 1, 2, 4, 7  Saipem engineering and skills talk GB 1, 2, 4, 5, 8  Careers Talk – Psychology GB 1, 2, 4, 5, 8	Lunch and learn GB1, 5  Careers Pathway Day GB 1, 2, 3, 4, 7, 8  Mark Evison foundation – intro to project	Lunch and learn GB1, 5 Creative arts speaker GB 1, 2, 4, 5, 8 Preparing for Year 13 – Planning ahead GB 1, 4, 8 Briefing on Work Shadowing – Reflective Diary/Employer Report GB 1, 2, 3, 4, 8 Work Shadowing GB 1, 2, 3, 4, 5, 6, 8 Bisoye Babalola - alumni - Holiday Club Space - Founder of Creative Arts Workshops during half-terms and summer break. FAITH DAY
<b>Y13</b>	<b>Autumn A (7)</b>	<b>Autumn B (8)</b>	<b>Spring A (6)</b>	<b>Spring B (6)</b>	<b>Summer A</b>	<b>Summer B</b>

<b>Physical Health</b>	Positive Physical Health - strategies and accessing support FGM		Physical Health	Drugs /Alcohol Awareness and safe choices Money Mules and Knife crime SSO		
<b>Mental Wellbeing</b>	Positive Mental Health - Building resilience, strategies and accessing support		Mental Health and managing stress with mocks  Mental Health Awareness assembly		Mental Health week assembly and activities Managing stress	
<b>Relationship &amp; Sex Education</b>	Sexual Health CSE, Healthy Relationships and Consent Sexual Harassment assembly	Domestic Violence Awareness drop in SSO	Sexual Health talk (Spectra)	Safe choices around relationships  CSE Awareness Week assembly		
<b>Living in the Wider World (Citizenship and British Values)</b>	PREVENT Black History Month activities Money laundering - registration Equalities – protected characteristics intro - Registration	Head Girl Hustings Equalities – Age – Registration Equalities – Sexism – Registratio Anti-bullying week – homophobic, biphobic, transphobic assembly	Equalities – Gender Reassignment– Registration Equalities – Sexual Orientation – Registration LGBTQI History Month assembly	Equalities – Race – Registration  Equalities – Disability– Registration  LGBTQI		
<b>Careers/ Other</b>	UCAS and Predicted Grades and the Assessment schedule in Year 13, Study Skills (VESPA), Preparation for Mocks  Aspirations and goals GB 1, 3, 4  Pathways CTM launch GB	UCAS – next stages Gap Year Programmes Work Shadowing and Widening Participation and Volunteering opportunities for YMCA GB 1, 2, 3, 4, 8 Careers Talk on Legal Sector GB 1, 2, 5 Fashion & Retail Academy Talk –	Lunch and learn GB1, 5  Step into STEM GB 1, 2, 5  UCAS Next Steps – Firm, Insurance and UCAS Extra GB 1, 2, 3, 4, 7, 8  Apprenticeship Panel – range of industry sectors GB 1, 2, 3, 4, 5, 7, 8	Gap Year & Employment Opportunities  Transition to university – what to expect  Independent Living  Lunch and learn GB1, 5	Preparing for the Exams and The Final Countdown (VESPA)  Independent Living  Lunch and learn GB1, 5	Lunch and learn GB1, 5  Creative arts speaker GB 1, 2, 4, 5, 8

	<p>Vocational Learning Conference GB</p> <p>Lunch and learn GB1, 5</p>	<p>Creative Arts GB 1, 2, 5</p> <p>Vocational Learning Conference. Accenture visit and Gap Year Programmes GB</p> <p>Lunch and learn GB1, 5</p> <p>Healthcare Panel (Paramedic, surgeon, nurses – Q &amp; A) GB 1, 2, 5</p>	<p>Student Finance England UEA GB 1, 7</p> <p>Lloyds Bank – Basic Finance Principles &amp; Managing GB 1, 2, 4, 5</p>	<p>Apprenticeships assembly - GB1, 5</p> <p>Saipem engineering and skills talk GB 1, 2, 4, 5, 8</p> <p>Careers Talk – Psychology GB 1, 2, 4, 5, 8</p> <p>Gap Year Student and Apprenticeship Workshop GB 1, 2, 4</p>	<p>Preparing for University Life – Royal Holloway GB 1, 7, 8</p> <p>Alternative options talk – clearing &amp; adjustment process GB 1, 7, 8</p>	
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Key:

Knife crime

LGBTQI

CSE/ Sexual Harassment

Drugs/Alcohol

Peer-on-peer/bullying

Prevent

FGM

Equalities

DV