



PSHCE education is a planned, developmental programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future

	YEAR 7	YEAR 8	YEAR 9
CORE THEME 1	HEALTH and WELL BEING	RELATIONSHIPS	RELATIONSHIPS
AUTUMN TERM A	Introduction to PSHCE Fire safety Road Safety Diet Exercise Sleep	Relaunch PSHCE Relationship Values Relationship expectations Sexual orientation and gender identity Consent 2 Romantic expectations and the media	Relaunch PSHCE Respectful relationship behaviours Capacity to consent Sexual Health (STIs) Contraception Managing Relationship break-up
CORE THEME 1	HEALTH and WELL BEING	RELATIONSHIPS	RELATIONSHIPS
AUTUMN TERM B	Dental Health Tobacco Caffeine First Aid: Basic Life Support Bleeding and Shock Practical Session: First Aid. Visits to the Eat Cary Project- Wider World Planting.	Friends and Frenemies Contraception Bereavement Anti-bullying (empathy) Divorce and Separation	Same sex relationships Stereotyping and Prejudice Career Pilot IT room 1,2,3,4, over weeks Discrimination Feminism revisited Racism Anti- discrimination poster making
CORE THEME 2	WIDER WORLD	WIDER WORLD	WIDER WORLD
SPRING TERM A	Box of chocolates lesson CAREERS Interviewing parents/ Carers/ Friends Career Aspirations Smart Goal Setting Restorative Justice Autism	Dreams and Aspirations (Go compare) Visiting speaker Employers and FE carousel Money 1 Money 2 Money 3	T-Levels and Apprenticeships HE talks In pA2 to year group. Employer Carousel- speakers come to classrooms Talks/ Apprenticeship Talks Work and the Law
CORE THEME 2	WIDER WORLD	WIDER WORLD	WIDER WORLD
SPRING TERM B	Feminism Eco- awareness-	Internet Citizenship 1 Internet Citizenship 2	Money 4: Gambling Internet Citizenship 3



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	Connection with Nature Green Team Challenge	Digital Resilience	Internet Citizenship 4 Gangs and knife crime
CORE THEME 3	RELATIONSHIPS	HEALTH and WELL-BEING	HEALTH and WELL-BEING
SUMMER TERM A	Puberty Menstruation Healthy/ unhealthy Relationships Marriage and Family	Healthy meals Exercise revisited Understanding drugs: Vaping Understanding alcohol What is mental health? A-Z promoting emotional health and resilience	Food labels Body image and the media Drugs and alcohol- 2 lessons Understanding Cannabis Managing peer pressure Change Loss and Grief
CORE THEME 3	RELATIONSHIPS	HEALTH and WELL-BEING	HEALTH and WELL-BEING
SUMMER TERM B	Anti-bullying Friendship Managing conflict Intro to consent Well being: The back- pack Emotional Literacy Resilience Return to Eat Cary Project to harvest what was planted.	First Aid revision: Basic Life survey Hour's practical on CPR Pre Yeovil College Visit End of June My Future Careers sheets and PP Road Safety 2 visiting Speaker Road Safety posters.	Oracy Half Day with Talk the Talk Self Harm and Eating Disorders Healthy Coping Strategies First Aid practical session Revision of all the lessons taught. Well being - my own toolkit!

WIDER WORLD CAREERS LESSONS in collaboration with WENDY WATSON