**The Centre School**

**PROGRAMME OF STUDY FOR PSHE EDUCATION**

Key stage 3, 4 & Sixth Form (2023-24)

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**Year 7, Key Stage 3**

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| Puberty | CORE THEME 1: HEALTH AND WELLBEING **H2, H34** |
| Online Safety | CORE THEME 1: HEALTH AND WELLBEING **H30, H31,**  CORE THEME 2: RELATIONSHIPS **R13, R17 R29, R30**  Teaching online safety in school June 2019  Sharing nudes & Semi-Nudes-UK Council for Internet Safety (section 3)  Keeping children safe in education 2021-Ref page 31 |
| Personal Hygiene | CORE THEME 1: HEALTH AND WELLBEING **H2,** **H19,** **H20** |
| Mental Health | CORE THEME 1: HEALTH AND WELLBEING **H5. H6.H7. H9. H10** |
| Oral Health | CORE THEME 1: HEALTH AND WELLBEING **H19,** **H20** |
| Relationships | CORE THEME 2: RELATIONSHIPS **R1, R2, R5, R9, R10** |
| Respect/Consent | CORE THEME 2: RELATIONSHIPS **R10, R13, R14** |
| First Aid | CORE THEME 1: HEALTH AND WELLBEING **H33** |
| County Lines | CORE THEME 1: HEALTH AND WELLBEING **H30, H31** |
| Gaming addiction | CORE THEME 1: HEALTH AND WELLBEING **H32** |
| Sexual Harassment | CORE THEME 2: RELATIONSHIPS **R10, R11, R12, R24, R25, R37** |
| Bullying | CORE THEME 2: RELATIONSHIPS **R38, R39** |
| Risk Taking | CORE THEME 1: HEALTH AND WELLBEING **H27, H31**  CORE THEME 2: RELATIONSHIPS **R44, R43** |
| Sleep | CORE THEME 1: HEALTH AND WELLBEING **H13, H15** |
| Drugs | CORE THEME 1: HEALTH AND WELLBEING **H23, H24, H25, H26, H27, H28, H29** |
| Sun Care | CORE THEME 1: HEALTH AND WELLBEING **H19**, **H30, H31** |

**Year 8, Key Stage 3**

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| Personal Hygiene | CORE THEME 1: HEALTH AND WELLBEING **H2,** **H19,** **H20** |
| Positive Thinking | CORE THEME 1: HEALTH AND WELLBEING **H1**, **H9, H10** |
| Our environment | CORE THEME 3: LIVING IN THE WIDER WORLD. **L23.** |
| Knife Crime | CORE THEME 1: HEALTH AND WELLBEING **H30, H31** |
| Bullying | CORE THEME 2: RELATIONSHIPS **R38, R39** |
| Online Safety | CORE THEME 1: HEALTH AND WELLBEING **H30, H31,**  CORE THEME 2: RELATIONSHIPS **R13, R17 R29, R30**  Teaching online safety in school June 2019  Sharing nudes & Semi-Nudes-UK Council for Internet Safety (section 3)  Keeping children safe in education 2021-Ref page 31 |
| First Aid | CORE THEME 1: HEALTH AND WELLBEING **H33**. |
| County Lines | CORE THEME 2: RELATIONSHIPS **R43. R44. R45 R46. R47.** |
| Risk taking | CORE THEME 1: HEALTH AND WELLBEING **H30. H31** |
| Sex & Relationships | **Domestic Abuse Guidance for early years, schools and colleges 2021-2022 ref:10.2 prevention of domestic abuse**  CORE THEME 1: HEALTH AND WELLBEING **H26. H27. H28,** CORE THEME 2: RELATIONSHIPS **R2. R11. R14. R15**  Keeping children safe in education 2021-Ref page 31 |
| Extremism | CORE THEME 3: LIVING IN THE WIDER WORLD **L20. L22. L26**  CORE THEME 2: RELATIONSHIPS **R40. R41. R42. R43**  **The Prevent duty Departmental advice for schools & child care providers June 2015 Page 8** |
| Good Mental Health | CORE THEME 1: HEALTH AND WELLBEING **H1. H2. H3. H4. H5. H6. H7. H9. H10. H11. H12**  CORE THEME 2: RELATIONSHIPS **R16**. |
| Road Safety | CORE THEME 1: HEALTH AND WELLBEING **H30.H31** |
| Recycling | CORE THEME 3: LIVING IN THE WIDER WORLD **L22** |
| Friendships | CORE THEME 2: RELATIONSHIPS **R1. R2. R7. R9. R10. R42. R43** |
| Sun Care | CORE THEME 1: HEALTH AND WELLBEING **H19. H21** |

**Year 9, Key Stage 3**

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| Personal Hygiene | CORE THEME 1: HEALTH AND WELLBEING H2, H19, H20 |
| Positive Thinking | CORE THEME 1: HEALTH AND WELLBEING H1, H9, H10 |
| Lifestyle choices | CORE THEME 1: HEALTH AND WELLBEING H1. H3. H5. H11. H13. H14. H15. H16. H17. H28 |
| Knife Crime | CORE THEME 1: HEALTH AND WELLBEING H30, H31 |
| Respect | CORE THEME 2: RELATIONSHIPS R13. R39.  Domestic Abuse Guidance for early years, schools and colleges 2021-2022 ref:10.2 prevention of domestic abuse |
| First Aid | CORE THEME 1: HEALTH AND WELLBEING H33. |
| County Lines | CORE THEME 2: RELATIONSHIPS R43. R44. R45 R46. R47. |
| Domestic violence (adolescent to parent violence & abuse) | Domestic Abuse Guidance for early years, schools, and colleges 2021-2022 ref:10.2 prevention of domestic abuse  CORE THEME 1: HEALTH AND WELLBEING H30, R1. R2 R14. R19. R24. R31. R37. R38 |
| Drugs | CORE THEME 1: HEALTH AND WELLBEING H23. H24.H25. H26. H27. H28 |
| Risk taking | CORE THEME 1: HEALTH AND WELLBEING H30. H31. H32 |
| E-Safety | CORE THEME 1: HEALTH AND WELLBEING H1.H3. R8. H30.  CORE THEME 2: RELATIONSHIPS R8. R13. R14  Teaching online safety in school June 2019  Sharing nudes & Semi-Nudes-UK Council for Internet Safety (section 3)  Keeping children safe in education 2021-Ref page 31 |
| Proof of age | CORE THEME 1: HEALTH AND WELLBEING H28. H31 |
| Extremism | CORE THEME 3: LIVING IN THE WIDER WORLD L20. L22. L26  CORE THEME 2: RELATIONSHIPS R40. R41. R42. R43  The Prevent duty Departmental advice for schools & child care providers June 2015 Page 8 |
| Disabilities | CORE THEME 2: RELATIONSHIPS R39. R40. R41 |
| Smoking | CORE THEME 1: HEALTH AND WELLBEING H19. H23. H24.H25 |
| Sun Care | CORE THEME 1: HEALTH AND WELLBEING **H19. H21.** |
|  | GATSBY 1: A Stable Careers Programme |

**Year 10, Key stage 4**

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| Risk taking | CORE THEME 1: HEALTH AND WELLBEING H22. H23. |
| Positive Thinking | CORE THEME 1: HEALTH AND WELLBEING H2. H5. H6. H7. H8. H9. H10 |
| Lifestyle choices | CORE THEME 1: HEALTH AND WELLBEING H2. H4. H14. H16. H17.H18. H30 |
| Knife Crime | CORE THEME 1: HEALTH AND WELLBEING H22. H23. H24  CORE THEME 2: RELATIONSHIPS R28. R35. R38 |
| Respect | CORE THEME 2: RELATIONSHIPS R3. R9. |
| Sexual violence & Harassment, | CORE THEME 2: RELATIONSHIPS R2, R8, R16, R37, R28 |
| First Aid | CORE THEME 1: HEALTH AND WELLBEING H23. H24. |
| County Lines | CORE THEME 1: HEALTH AND WELLBEING H19. H20. H23  CORE THEME 2: RELATIONSHIPS R28. R37. R38 |
| Sexual harassment/Consent | CORE THEME 2: RELATIONSHIPS R3. R4 R12. R16. R28. R29. R30. R31. R33.  Domestic Abuse Guidance for early years, schools and colleges 2021-2022 ref:10.2 prevention of domestic abuse |
| Drugs | CORE THEME 1: HEALTH AND WELLBEING H19. H20. H21. |
| Sex & Relationships | CORE THEME 1: HEALTH AND WELLBEING H26. H27. H28  CORE THEME 2: RELATIONSHIPS R2. R11. R14. R15  Domestic Abuse Guidance for early years, schools and colleges 2021-2022 ref:10.2 prevention of domestic abuse |
| Wellbeing | CORE THEME 1: HEALTH AND WELLBEING H6. H7. H9. H10 |
| Diversity | CORE THEME 2: RELATIONSHIPS R5. R34  CORE THEME 3: LIVING IN THE WIDER WORLD L15  The Prevent duty Departmental advice for schools & child care providers June 2015 Page 8 |
| Crime | CORE THEME 2: RELATIONSHIPS R22. R38 |
| E-Safety | CORE THEME 3: LIVING IN THE WIDER WORLD L21. L22. L23. L24. L27 |
| Sun Care | CORE THEME 1: HEALTH AND WELLBEING H4. H16. H21 |
| Next Step Me: Post-16/18 Destinations | CORE THEME 3: LIVING IN THE WIDER WORLD L1. L3. L4. L6. L8.  GATSBY ONE: A Stable Careers Programme |
| The World of Work | GATSBY ONE: A Stable Careers Programme  GATSBY TWO: Learning from Career & Labour Market Information |

**Year 11, Key stage 4**

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| Risk taking | CORE THEME 1: HEALTH AND WELLBEING H22. H23. |
| Positive Thinking | CORE THEME 1: HEALTH AND WELLBEING H2. H5. H6. H7. H8. H9. H10 |
| Lifestyle choices | CORE THEME 1: HEALTH AND WELLBEING H2. H4. H14. H16. H17.H18. H30 |
| Knife Crime | CORE THEME 1: HEALTH AND WELLBEING H22. H23. H24  CORE THEME 2: RELATIONSHIPS R28. R35. R38 |
| Respect | CORE THEME 3: LIVING IN THE WIDER WORLD L3. L10. L14. L15. L29  Domestic Abuse Guidance for early years, schools and colleges 2021-2022 ref:10.2 prevention of domestic abuse |
| Bullying | CORE THEME 2: RELATIONSHIPS R37  CORE THEME 3: LIVING IN THE WIDER WORLD L29 |
| Sexual violence & Harassment, | CORE THEME 2: RELATIONSHIPS R2, R8, R16, R37, R28 |
| Online Safety | CORE THEME 1: HEALTH AND WELLBEING H30, H31,  CORE THEME 2: RELATIONSHIPS R13, R17 R29, R30  Teaching online safety in school June 2019  Sharing nudes & Semi-Nudes-UK Council for Internet Safety (section 3)  Keeping children safe in education 2021-Ref page 31 |
| Drugs | CORE THEME 1: HEALTH AND WELLBEING H19. H20. H21  CORE THEME 2: RELATIONSHIPS R20 |
| Sex & Relationships | CORE THEME 1: HEALTH AND WELLBEING H26. H27. H28  CORE THEME 2: RELATIONSHIPS R2. R11. R14. R15  Domestic Abuse Guidance for early years, schools and colleges 2021-2022 ref:10.2 prevention of domestic abuse |
| Resilience | CORE THEME 1: HEALTH AND WELLBEING H4. H7. H9. H10 |
| Road Safety | CORE THEME 1: HEALTH AND WELLBEING H19. H20. R37 |
| Domestic violence (adolescent to parent violence & abuse) | CORE THEME 2: RELATIONSHIPS R29. R30. R31. R32  Domestic Abuse Guidance for early years, schools and colleges 2021-2022 ref:10.2 prevention of domestic abuse. |
| Sun Care | CORE THEME 1: HEALTH AND WELLBEING H4. H16. H21 |
| Next Step Me: Post-16/18 Destinations | CORE THEME 3: LIVING IN THE WIDER WORLD L16. L17. L18  GATSBY ONE: A Stable Careers Programme |
| The World of Work | GATSBY ONE: A Stable Careers Programme  GATSBY TWO: Learning from Career & Labour Market Information |

**Year 12, Sixth Form**

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| Personal Hygiene | CORE THEME 1: HEALTH AND WELLBEING H16. H20. H22. H23 |
| Positive Thinking | CORE THEME 3: LIVING IN THE WIDER WORLD L1. L2. L3 |
| Lifestyle choices | CORE THEME 1: HEALTH AND WELLBEING H2. H4. H11. H14. H16. H17.H18. H30 |
| Respect | CORE THEME 3: LIVING IN THE WIDER WORLD L3. L10. L14. L15. L29  Domestic Abuse Guidance for early years, schools and colleges 2021-2022 ref:10.2 prevention of domestic abuse |
| Careers | CORE THEME 3: LIVING IN THE WIDER WORLD L4. L6. L8. L10 |
| Independent living | CORE THEME 3: LIVING IN THE WIDER WORLD L16  CORE THEME 2: RELATIONSHIPS R25 |
| Sex & Relationships | CORE THEME 1: HEALTH AND WELLBEING H26. H27. H28  CORE THEME 2: RELATIONSHIPS R2. R11. R14. R15  Domestic Abuse Guidance for early years, schools and colleges 2021-2022 ref:10.2 prevention of domestic abuse |
| World of work | CORE THEME 3: LIVING IN THE WIDER WORLD L1. L2. L3. L9. L13. L20 |
| Friendship | CORE THEME 2: RELATIONSHIPS R17. R11. R12  CORE THEME 3: LIVING IN THE WILDER WORLD L24 |
| Risk Taking | CORE THEME 2: RELATIONSHIPS R14. R38  CORE THEME 1: HEALTH AND WELLBEING H22 |
| E-safety | CORE THEME 2: RELATIONSHIPS R14. R38  CORE THEME 1: HEALTH AND WELLBEING H22  CORE THEME 3: LIVING IN THE WIDER WORLD L22. L24. L26. L28. L29  Teaching online safety in school June 2019  Sharing nudes & Semi-Nudes-UK Council for Internet Safety (section 3)  Keeping children safe in education 2021-Ref page 31 |
| Sun Care | CORE THEME 1: HEALTH AND WELLBEING H4. H16. H21 |
| Next Step Me: Post-16/18 Destinations | CORE THEME 3: LIVING IN THE WIDER WORLD L1. L2. L3. L9. L13. L20  GATSBY ONE: A Stable Careers Programme |
| The World of Work | GATSBY ONE: A Stable Careers Programme  GATSBY TWO: Learning from Career & Labour Market Information |

**Year 13/14, Sixth Form**

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| Lifestyle choices | CORE THEME 1: HEALTH AND WELLBEING H2. H4. H11. H14. H16. H17.H18. H30 |
| Knife Crime | CORE THEME 1: HEALTH AND WELLBEING H22. H23. H24  CORE THEME 2: RELATIONSHIPS R28. R35. R38 |
| Respect | CORE THEME 3: LIVING IN THE WIDER WORLD L3. L10. L14. L15. L29 |
| First Aid | CORE THEME 1: HEALTH AND WELLBEING H23. H24. |
| Sexual violence & Harassment, | CORE THEME 2: RELATIONSHIPS R2, R8, R16, R37, R28 |
| Gaming Addiction | CORE THEME 1: HEALTH AND WELLBEING H22. H25 |
| Sex & Relationships | CORE THEME 1: HEALTH AND WELLBEING H26. H27. H28  CORE THEME 2: RELATIONSHIPS R2. R11. R14. R15  Domestic Abuse Guidance for early years, schools and colleges 2021-2022 ref:10.2 prevention of domestic abuse |
| E-Safety | CORE THEME 2: RELATIONSHIPS R14. R38  CORE THEME 1: HEALTH AND WELLBEING H22  CORE THEME 3: LIVING IN THE WIDER WORLD L22. L24. L26. L28. L29 |
| Good Mental Health | CORE THEME 1: HEALTH AND WELLBEING H1. H2. H6. H9. H10 |
| Cancer | CORE THEME 1: HEALTH AND WELLBEING H11. H14. H16 |
| Drugs | CORE THEME 1: HEALTH AND WELLBEING H19. H20. H21  CORE THEME 2: RELATIONSHIPS R20 |
| Sun Care | CORE THEME 1: HEALTH AND WELLBEING H4. H16. H21 |
| Next Step Me: Post-16/18 Destinations | CORE THEME 3: LIVING IN THE WIDER WORLD L4. L6. L8. L10  GATSBY ONE: A Stable Careers Programme |
| The World of Work | GATSBY ONE: A Stable Careers Programme  GATSBY TWO: Learning from Career & Labour Market Information |

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