

Edward Peake C of E VC Middle School

PSHCE Long Term Overview 2020 – 2021



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Valuing Differences <u>Respect & Bullying</u> Listening to others; Raise concerns and challenge; Importance of friendships; Positive friendships and wellbeing; Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination	Healthy Lifestyles <u>Mental Wellbeing</u> Taking care of mental health; Managing challenges; Seeking support for themselves and others; What positively and negatively affects health and wellbeing; Making informed choices; That mental health is part of daily life: The importance of taking care of mental health; Strategies and behaviours that support mental health <u>Keeping Active</u> Benefits of a balanced diet; Different influences on food; Skills to make choices; Balancing Internet use; How physical activity affects wellbeing	Environment <u>Careers</u> Career types; Challenging career stereotypes; Different rights, responsibilities and duties Money Importance of finance in people's lives	Growing & Changing Recognising what they are good at; setting goals; aspirations Keeping Safe <u>Emergencies & First Aid</u> Keeping personal information private; Keeping safe online; First aid and techniques for basic injuries	Rights & Responsibilities Rules and laws; Respecting and resolving differences	Feelings & Emotions Responding to feelings of others; Seeking support if feeling lonely; Healthy relationships make people feel included; Impact of bullying, including online; Consequences of hurtful behaviour
					Healthy Relationships <u>Staying Safe</u> Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety; Actions have consequences; Working collaboratively; Negotiation and compromise; A positive, healthy relationship; Recognize different types of relationships; Responding safely to adults whom they do not know	Health & Wellbeing <u>Puberty</u> How puberty changes can affect our emotions and feelings and ways to manage this; questions about puberty and change, including periods and wet dreams
Year 6	Valuing Differences <u>Managing Change</u> Developing friendship skills; Changing and ending friendships; Managing change, loss, bereavement; Sources of support	Healthy Lifestyles <u>Health & Hygiene</u> Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunization <u>Mental Health</u> Strategies to respond to feelings; recognize warning signs and mental health and wellbeing and how to seek support	Environment <u>Personal Identity</u> What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities; Diversity within a society	Feelings & Emotions Strategies for recognizing and managing peer influences; how relationships change over time Healthy Relationships <u>Friendships and Staying Safe</u> Opportunities to connect online; The nature of online-only friendships; Reporting harmful content and contact; Staying safe online	Rights & Responsibilities <u>Media Literacy</u> How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling	Growing & Changing <u>Puberty & Reproduction</u> Growing up and developing independence; Managing the changes of puberty; Menstrual wellbeing; How a baby is made Non-Statutory RSE Keeping Safe <u>Substances</u> Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws

Health and Wellbeing

Living in the Wider World

Relationships

Edward Peake C of E VC Middle School

PSHCE Long Term Overview 2020 – 2021



Year 7	<p>Valuing Differences <u>Friendships & Diversity</u> Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice-based bullying and discrimination, including online</p>	<p>Healthy Lifestyles Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services</p>	<p>Environment <u>Careers</u> Developing enterprise skills; the world of work and young people's employment rights</p>	<p>Growing & Changing <u>Substances</u> Social norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use</p> <p>Keeping Safe How to identify risk and manage personal safety in situations</p>	<p>Rights & Responsibilities Challenging career stereotypes and raising aspirations</p> <p>Money <u>Economic Wellbeing</u> Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation</p>	<p>Healthy Relationships <u>Relationships</u> Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent RSE</p>
Year 8	<p>Valuing Differences <u>Friendships & Managing Influences</u> Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance abuse</p> <p>Feelings & Emotions Tackling racism and religious discrimination; Promoting human rights</p>	<p>Healthy Lifestyles <u>Mental Health & Wellbeing</u> Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others</p> <p>Young Leaders' Award</p>	<p>Environment / Money <u>Careers / Tenner Challenge</u> Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence</p>	<p>Keeping Safe <u>First Aid & Keeping Safe</u> First aid including CPR and defibrillator use; Personal safety including travel safety</p>	<p>Rights & Responsibilities <u>Moving Forward</u> Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change</p>	<p>Healthy Relationships Relationship norms; Stereotypes and expectations of gender roles, behaviour and intimacy; Gender identity and sexual orientation; Consent in intimate situations; Contraception and sexual health (links to Health & Wellbeing) RSE</p>

Health and Wellbeing

Living in the Wider World

Relationships