

EDWARD PEAKE PSHE THEMATIC EDUCATION: LONG-TERM OVERVIEW 2024-2025

RED-indicates that these additions were made after the results of the SHEU Dec 2023 findings . Added to reflect what our pupils needed.

Year 6, 7, 8 and 9

	Autumn 1 Health & wellbeing	Autumn 2 Health & wellbeing	Spring 1 Living in the wider world	Spring 2 Relationships	Summer 1 Living in the wider world	Summer 2 Relationships
Year 6	<p>Valuing Differences Managing Change</p> <p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Diet and sleep PoS: H16, H23, H24, H36, R30, L4</p> <p>Planning</p>	<p>Health & Hygiene/Keeping safe</p> <p>Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunisation</p> <p>PoS: H1, H2, H3, H6, H9</p> <p>Mental Health</p> <p>Strategies to respond to feelings; recognize warning signs and mental health and wellbeing and how to seek support</p> <p>Planning</p>	<p>Belonging to a community</p> <p>Valuing diversity; challenging discrimination and stereotypes</p> <p>Environment</p> <p>Personal Identity</p> <p>What contributes to who we are Personal strengths Interests Setting goals Managing setbacks New opportunities and responsibilities Diversity within a society</p> <p>PoS: H25, H26, H27, H28, H29, H35, R32, L25, L26</p> <p>Planning</p>	<p>Feelings & Emotions</p> <p>Strategies for recognising and managing peer influences How relationships change over time</p> <p>Healthy Relationships</p> <p>Friendships and Staying Safe</p> <p>Opportunities to connect online The nature of online-only friendships Reporting harmful content and contact Staying safe online</p> <p>PoS: H37, H38, H41, H42, R1, R12, R18, R22, R23, R24, R25, R27, R29, L11, L15, L16</p> <p>Planning</p>	<p>Media literacy and digital resilience</p> <p>Evaluating media sources; sharing things online About the role of the Internet in everyday life About the positive and negative uses and effects of the Internet and social media How data is shared and used online, and how information can be targeted How images and information online can be manipulated or invented Strategies to evaluate reliability of sources and identify misinformation How and why to choose age-appropriate media including TV, film, games and online content About risk in relation to gambling, including online How to manage influences in relation to gambling</p> <p>PoS: H37, H38, H42, R29, L1, L11, L12, L13, L14, L16, L23</p> <p>Planning</p>	<p>Growing & Changing</p> <p>Puberty & Reproduction How to manage change – new roles and responsibilities as they grow up How to manage the physical and emotional changes that happen during puberty Hygiene routines during puberty About adult relationships and the human life cycle About human reproduction; how a baby is made and how it grows (Non-Statutory RSE) PoS: H17, H31, H33, H34, L3</p> <p>Keeping Safe Substances</p> <p>Risks and effects of legal drugs (cigarettes, e-cigarettes/vaping, alcohol, medicines Impact on health Laws around use of legal drugs About why people choose to use or not use substances About the mixed messages in the media about substances How to seek help and support organisations Strategies for managing personal safety in the local environment Predict, assess and manage risk in different situations Online safety including sharing images, mobile phone safety Regulations and restrictions (social media, television programmes, films, games and online gaming) PoS: H37, H38, H40, H44, H45, H46, H47, H48, R29, L1</p> <p>Planning</p>

Year 7	Safety Personal safety in and outside school, including first aid MTP planning	Developing skills and aspirations Unifrog careers-follow planning	Diversity Diversity, prejudice, and bullying	Financial decision making Saving, borrowing, budgeting and making financial choices	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries, family dynamics	Health and puberty Healthy routines (including eating breakfast, lunch and dental health) , influences on health, puberty, unwanted contact, and FGM, weight and body image
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use. Energy drinks, dental health MTP planning	Careers Unifrog careers-follow planning	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including weight, body image and coping strategies	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation. Vaping. Sources of help and support MTP planning	Careers Unifrog careers-follow planning	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes (break ups/blended families) Sources of help and support	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Employability skills Employability and online presence	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography Sources of help and support

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YEAR 7 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources Live and up to date links for this section
Autumn 1 Health & wellbeing	Safety Personal safety in and outside school, including first aid PoS refs: H1, H2, H30, H33, R13, L1, L2	<ul style="list-style-type: none"> • how to identify, express and manage their emotions in a constructive way • how to establish and manage friendships • how to improve study skills • how to identify personal strengths and areas for development • personal safety strategies and travel safety, e.g. road, rail and water • how to respond in an emergency situation • basic first aid 	Every Mind Matters – Dealing with change St John Ambulance: ‘First Aid Training in School’ lesson plans KS3 PSHE Association - Firework safety NSPCC – Talk Relationships British Heart Foundation – Classroom RevivR Motor Insurers’ Bureau – Staying safe on the roads https://www.pol-ed.co.uk/lessons/year-groups/key-stage-3/subjects/keeping-safe
Autumn 2 Living in the wider world	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations PoS refs: R15, R39, L1, L4, L5, L9, L10, L12 UNIFROG CAREERS	<ul style="list-style-type: none"> • how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices 	UNIFROG
Spring 1 Relationships	Diversity Diversity, prejudice, and bullying PoS refs: R3, R38, R39, R40, R41	<ul style="list-style-type: none"> • about identity, rights and responsibilities • about living in a diverse society • how to challenge prejudice, stereotypes and discrimination • the signs and effects of all types of bullying, including online • how to respond to bullying of any kind, including online • how to support others 	Every Mind Matters – Bullying and cyberbullying Home Office - Something’s Not Right (abuse disclosure) Changing Faces - A World of Difference NSPCC Talk Relationships PSHE Association – Friendship and bullying PSHE Association – Belonging and community: addressing discrimination and extremism

<p>Spring 2 Financial decision making</p>	<p>Financial decision making Saving, borrowing, budgeting and making financial choices PoS refs: H32, L15, L16, L17, L18</p>	<ul style="list-style-type: none"> • how to make safe financial choices • about ethical and unethical business practices and consumerism • about saving, spending and budgeting • how to manage risk-taking behaviour 	<p>Bank of England - EconoME Media Smart - Piracy: what's the big deal?</p>
<p>Summer 1 Building relationships</p>	<p>Building relationships Self worth, romance and friendships (including online) and relationship boundaries PoS refs: H1, R2, R9, R11, R13, R14, R16, R24</p>	<ul style="list-style-type: none"> • how to develop self-worth and self-efficacy • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate consent 	<p>PSHE Association - Consent lesson packs Medway Public Health Directorate – Relationships and Sex Education Every Mind Matters – Forming positive relationships; Positive friendships BBFC- Making choices: sex, relationships and age ratings Commitment: what does it mean? Home Office - Something’s Not Right (abuse disclosure) Home Office - Preventing Involvement in Serious and Organised Crime NCA-CEOP – Respecting me, you, us NSPCC Talk Relationships</p>
<p>Summer 2 Health & wellbeing</p>	<p>Health and puberty Healthy routines (including eating breakfast, lunch and dental health) , influences on health, puberty, unwanted contact, and FGM, weight and body image PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34</p>	<ul style="list-style-type: none"> • how to make healthy lifestyle choices including diet, dental health, physical activity and sleep • how to manage influences relating to caffeine, smoking and alcohol • how to manage physical and emotional changes during puberty • about personal hygiene • how to recognise and respond to inappropriate and unwanted contact about FGM and how to access help and support 	<p>PSHE Association - The Sleep Factor PSHE https://pshe-association.org.uk/resource/the-sleep-factor-ks3-4?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=sleep-factor-ks3-4 Association - Health Education: food choices, physical activity & balanced lifestyles https://pshe-association.org.uk/resource/health-education-ks3-4?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=health-education-ks3-4 AYPH - A fair and equal opportunity to be healthy https://pshe-association.org.uk/resource/ayph-health-inequalities-lesson-plans?utm_campaign=Programme%20Builder%20tracking</p>

[%20links&utm_source=ayph-health-inequalities](#)

Every Mind Matters -

[https://pshe-association.org.uk/resource/every-mind-matters-ks2-](https://pshe-association.org.uk/resource/every-mind-matters-ks2-4?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=every-mind-matters-ks2-4)

[4?utm_campaign=Programme%20Builder%20tracking%20links&](https://pshe-association.org.uk/resource/every-mind-matters-ks2-4?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=every-mind-matters-ks2-4)

[utm_source=every-mind-matters-ks2-4](https://pshe-association.org.uk/resource/every-mind-matters-ks2-4?utm_campaign=Programme%20Builder%20tracking%20links&utm_source=every-mind-matters-ks2-4)

YEAR 8 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources Live and up to date links for this section
Autumn 1 Health & wellbeing	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use. Energy drinks and dental health. PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	<ul style="list-style-type: none"> • about medicinal and recreational drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes 	PSHE Association – Drug and Alcohol Education Every Mind Matters - Smoking: Alcohol
Autumn 2 Living in the wider world	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work PoS refs: R39, R41, L3, L8, L9, L10, L11, L12	<ul style="list-style-type: none"> • about equality of opportunity in life and work • how to challenge stereotypes and discrimination in relation to work and pay • about employment, self-employment and voluntary work • how to set aspirational goals for future careers and challenge expectations that limit choices 	UNIFROG
Spring 1 Relationships	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia PoS refs: R39, R40, R41, R3, R4, R42, R43	<ul style="list-style-type: none"> • how to manage influences on beliefs and decisions • about group-think and persuasion • how to develop self-worth and confidence • about gender identity, transphobia and gender-based discrimination • how to recognise and challenge homophobia and biphobia • how to recognise and challenge racism and religious 	Changing Faces - A World of Difference NCA-CEOP – Respecting me, you, us PSHE Association – Belonging and community: addressing discrimination and extremism

discrimination

<p>Spring 2 Health & wellbeing</p>	<p>Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies. , H6, H7, H8, H9, H10, H11, H12, L24</p>	<ul style="list-style-type: none"> • about attitudes towards mental health • how to challenge myths and stigma • about daily wellbeing • how to manage emotions • how to develop digital resilience • about unhealthy coping strategies (e.g. self-harm and eating disorders) • about healthy coping strategies 	<p>PSHE Association - Mental Health and Emotional Wellbeing Every Mind Matters – Dealing with change; Online stress and FOMO</p>
<p>Summer 1 Living in the wider world</p>	<p>Digital literacy Online safety, digital literacy, media reliability, and gambling hooks PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27</p>	<ul style="list-style-type: none"> • about online communication • how to use social networking sites safely • how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation • how to respond and seek support in cases of online grooming • how to recognise biased or misleading information online • how to critically assess different media sources • how to distinguish between content which is publicly and privately shared • about age restrictions when accessing different forms of media and how to make responsible decisions • how to protect financial security online • how to assess and manage risks in relation to gambling and chance-based transactions 	<p>Cifas - Anti-Fraud Education Every Mind Matters – Online stress and FOMO; Body image in a digital world National Crime Agency - Exploring Cybercrime BBFC - Making choices: sex, relationships and age ratings Media Smart - Piracy: what's the big deal? NSPCC Talk Relationships</p>
<p>Summer 2 Relationships</p>	<p>Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception PoS refs: H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32</p>	<ul style="list-style-type: none"> • the qualities of positive, healthy relationships • how to demonstrate positive behaviours in healthy relationships • about gender identity and sexual orientation • about forming new partnerships and developing relationships • about the law in relation to consent • that the legal and moral duty is with the seeker of consent • how to effectively communicate about consent in relationships • about the risks of 'sexting' and how to manage requests or pressure to send an image • about basic forms of contraception, e.g. condom and pill 	<p>PSHE Association - Consent lesson packs Medway Public Health Directorate – Relationships and Sex Education BBFC- Making choices: sex, relationships and age ratings Commitment: what does it mean? Home Office - Something's Not Right (abuse disclosure) NSPCC Talk Relationships Every Mind Matters - One-to-one relationships</p>

YEAR 9 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources Live and up to date links for this section
Autumn 1 Health & wellbeing	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	<ul style="list-style-type: none"> • how to distinguish between healthy and unhealthy friendships • how to assess risk and manage influences, including online • about 'group think' and how it affects behaviour • how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively • to manage risk in relation to gangs • about the legal and physical risks of carrying a knife • about positive social norms in relation to drug and alcohol use • about legal and health risks in relation to drug and alcohol use, including addiction and dependence 	Medway Public Health – Gangs: Managing risks and staying safe Every Mind Matters – Alcohol; One-to-one relationships PSHE Association – Drug and Alcohol Education Home Office - Preventing Involvement in Serious and Organised Crime Medway Public Health Directorate – Relationships and sex education PSHE Association - Vaping lesson pack Act for Youth: RUN HIDE TELL
Autumn 2 Living in the wider world	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process PoS refs: L2, L3, L6, L7, L8, L9, L11, L12, L13, L14	<ul style="list-style-type: none"> • about transferable skills, abilities and interests • how to demonstrate strengths • about different types of employment and career pathways • how to manage feelings relating to future employment • how to work towards aspirations and set meaningful, realistic goals for the future • about GCSE and post-16 options • skills for decision making 	Environment Agency - Careers for change PSHE Association – Developing learning skills PSHE Association – Navigating work, study and careers
Spring 1	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes PoS refs: H2, R1, R6, R19, R21, R22, R23, R35, R36	<ul style="list-style-type: none"> • about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering • about positive relationships in the home and ways to reduce homelessness amongst young people • about conflict and its causes in different contexts, e.g. with family and friends • conflict resolution strategies 	Coram Life Education – Adoptables Schools Toolkit Home Office - Something's Not Right (abuse disclosure) CRESST: Curious about conflict University of Exeter – The Rights Idea? Medway Public Health Directorate – Relationships and sex education PSHE Association – Mental health and emotional wellbeing PSHE Association – Committed relationships and family life

Relationships

- how to manage relationship and family changes, including relationship breakdown, separation and divorce
- how to access support services

	<p>Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid</p> <p>PoS refs: H3, H14, H15, H16, H17, H18, H19, H21</p>	<ul style="list-style-type: none"> • about the relationship between physical and mental health • about balancing work, leisure, exercise and sleep • how to make informed healthy eating choices • how to manage influences on body image • to make independent health choices • to take increased responsibility for physical health, including testicular self-examination 	<p>PSHE Association - Health Education: food choices, physical activity & balanced lifestyles PSHE Association - The Sleep Factor Every Mind Matters- Sleep Every Mind Matters – Exam stress Coppafeel! – Breast cancer awareness AYPH - A fair and equal opportunity to be healthy Canesten – The Truth, Undressed Highgate School & NHS Barts – Testicular Health PSHE Association – Body modifications</p>
<p>Summer 1 Living in the wider world</p>	<p>Employability skills Employability and online presence</p> <p>PoS refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27</p>	<ul style="list-style-type: none"> • about young people’s employment rights and responsibilities • skills for enterprise and employability • how to give and act upon constructive feedback • how to manage their ‘personal brand’ online • habits and strategies to support progress • how to identify and access support for concerns relating to life online 	<p>Cifas -Anti-Fraud Education</p> <p>Bank of England - EconoME</p> <p>PSHE Association - Careers Education lesson plans</p>
<p>Summer 1 Relationships</p>	<p>Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p> <p>PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21</p>	<ul style="list-style-type: none"> • about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex • about myths and misconceptions relating to consent • about the continuous right to withdraw consent and capacity to consent • about STIs, effective use of condoms and negotiating safer sex • about the consequences of unprotected sex, including pregnancy • how the portrayal of relationships in the media and pornography might affect expectations • how to assess and manage risks of sending, sharing or passing on sexual images • how to secure personal information online 	<p>PSHE Association - Consent lesson packs Medway Public Health Directorate – Relationships and Sex Education Home Office & GEO - Disrespect NoBody BBFC- Making choices: sex, relationships and age ratings Home Office - Something’s Not Right (abuse disclosure) You Before Two - The Fundamentals (£) NCA-CEOP – Respecting me, you, us NSPCC Talk Relationships</p>

