

CORE KNOWLEDGE

What I will know and understand by the end of Year 7.



This year in PSHE+ you will be able to:		This links to:	Key Vocabulary:
1	Health and Wellbeing <ul style="list-style-type: none"> What a support network is, identify people in your support network that can support when starting a new school. About healthy sleep patterns and a range of strategies to avoid reduced sleep quality. About resilience and describe how we can reframe our responses to failure, using real life examples. 	<ul style="list-style-type: none"> Y8 – Appearance ideals and body image and eating disorders. FBV Tolerance and Mutual Respect. Catholic Teaching's- All created in God's likeness. 	Emotions Anxiety Failure Resilience Sleep
2	Citizenship: Community Law <ul style="list-style-type: none"> About the law and the justice system in relation to weapons and gangs. About how communities are affected by crime and how the problems are being tackled. About the impact of racism and sexism in the communities I live in. 	<ul style="list-style-type: none"> Year 8- Employability Year 9- Option choices and GCSE's Year 10 – Applying for jobs . Year 11 – Choosing where to study for your next steps. FBV -Individual Liberty 	Labour market information Job sector Skill Quality Business Ambassador Career Progression
3	Relationships and Sex <ul style="list-style-type: none"> That puberty involves physical, emotional and sexual development and is part of God's plan for them and He is with them throughout it all. Self-esteem: what contributes to it, how it can affect your life and how to increase it. About sexual intercourse as more than just a physical act, but a gift from God for married couples as His plan for how babies are made. 	<ul style="list-style-type: none"> Catholic Teachings – all created in God's image and likeness FBV- Tolerance and Mutual respect Y9 PSHE+- Physical Health- Physical and emotional health. Science- human body. 	Body image Fullness of life Reproduction Fertility Menstrual cycle. Puberty Physical Changes Self Esteem Sexual maturity
4	Staying Safe <ul style="list-style-type: none"> How to stay safe and reduce risk when playing near water. What CPR stands for, when to use it and how to use an automated defibrillator. Ways to recognise if first aid needs to be given and different first aid approaches. 	<ul style="list-style-type: none"> Y8- Staying safe outside the house Y10 and 11 – identifying risk 	RNLI Emergency First aid CPR Recovery Position Defibrillator
5	Careers- Job sector explosion <ul style="list-style-type: none"> About Labour market information (LMI) and the range of roles in different job sectors. What skills and qualities are and identifying your own skills and qualities in relation to your dream job. What motivates you to go to work. 	<ul style="list-style-type: none"> Year 8- Employability Year 9- Option choices and GCSE's Year 10 – Applying for jobs . Year 11 – Choosing where to study for your next steps. FBV -Individual Liberty 	Labour market information Job sector Skill Quality Business Ambassador Career Progression
6	Finance and Economic Wellbeing <ul style="list-style-type: none"> How to plan a festival, manage a budget and make a profit for a target audience using key enterprise skills How to recognise and manage the range of influences on your financial decisions. To apply knowledge of what makes a good presentation when presenting your festival ideas 	<ul style="list-style-type: none"> Y8 cost of living and bank accounts Y9–Gambling and influences managing financial risk presenting your pitch. 	Enterprise Risk Financial decisions Communication Target Audience Budget Profit

CORE KNOWLEDGE

What I will know and understand by the end of Year 8.



This year in PSHE+ you will be able to:		This links to:	Key Vocabulary:
1	Careers <ul style="list-style-type: none"> About Employment contracts and employability skills. About the importance of my own online appearance/ profile and digital footprint. About volunteering and the benefits, it can bring. 	<ul style="list-style-type: none"> PSHE+ – Year 10 and 11 employment and recruitment. Online Safety- Education in a connected World framework. 	Employment Contract Volunteering Employability Online profile Digital Footprint
2	Relationships and Sex <ul style="list-style-type: none"> That puberty involves physical, emotional and sexual development and is part of God's plan for them and He is with them throughout it all. Self-esteem: what contributes to it, how it can affect your life and how to increase it. About sexual intercourse as more than just a physical act, but a gift from God for married couples as His plan for how babies are made. 	<ul style="list-style-type: none"> Catholic Teachings – all created in Gods image and likeness Y9 PSHE+ Physical, mental and social strategies to improve mental health. Health- Physical and emotional health. Science- human body. RE- Year 9 marriage and family life unit. FBV- Tolerance and Mutual respect. 	Fullness of life Puberty Reproduction Self Esteem Menstrual cycle Body Image Physical changes Fertility Emotional changes Sexual maturity Sexual intercourse.
3	Citizenship <ul style="list-style-type: none"> About politics and how the Government is run in the UK. About the roles in parliament and participate in a mini mock election. About identifying strategies for making informed choices about how to vote and who to vote for. 	<ul style="list-style-type: none"> FBV- Democracy Y9 PSHE+ – Racism, extremism, terrorism and laws to protect under each of these. 	Election Candidate Parliament Democracy Viewpoint Manifesto Voting System
4	Health and Wellbeing <ul style="list-style-type: none"> Concept of appearance ideals and where pressure to achieve them comes from and the impact this has on daily life. How to build media literacy, understanding that images and messages on social media are manipulated. About the impact of eating disorders on the body, why people might develop them and how to recognise signs and symptoms and where to signpost for help. 	<ul style="list-style-type: none"> FBV–Mutual respect. Catholic Teachings – all created in Gods image and likeness. Y9 PSHE+- Physical, mental and social strategies to improve mental health. 	Body image Media Appearance ideal Confidence Eating disorder Low Self Esteem Anorexia Bullima
5	Staying safe <ul style="list-style-type: none"> To identify the risks of playing on or near railway lines or level crossings and the consequences it can bring. To identify fire hazards in the home and the community and produce an escape plan and reduce risk. About what an illegal and legal drug is and how to respond to peer pressure. 	<ul style="list-style-type: none"> Science - fire triangle and combustion. FBV - Rule of Law and Individual Liberty Year 9 - Drugs and the Law PSHE+ 	Level crossings Legal Drug Peer Pressure Risk Consequence Stewardship Hazard Escape plan Illegal Drug
6	Finance and economic Wellbeing <ul style="list-style-type: none"> About the cost of living and how to budget effectively, making sound financial decisions. About credit Vs Savings. Opening bank accounts, understanding financial vocabulary. About fraud and identity theft. How it happens, the consequences for victims and perpetrators, where to seek help if it happens to you. 	<ul style="list-style-type: none"> Y7 budgeting for festivals. Y9 Gambling and why people may gamble Y10 Mortgages and lending. Y10 Money Mules and social engineering. FBV – Rule of Law and Individual Liberty. 	Statement Scam Risk Savings Financial decisions Credit Debit Interest Fraud Identity Theft

CORE KNOWLEDGE

What I will know and understand by the end of Year 9.



This year in PSHE+ you will be able to:		This links to:	Key Vocabulary:
1	Drugs <ul style="list-style-type: none"> About classifying drugs and the consequences of supplying, processing or producing drugs, in terms of police sentence. The laws and the risks (including long and short term) of misusing New Psychoactive Substances (NPS) and alcohol. Police stop and search powers. 	<ul style="list-style-type: none"> Y7 and 8 – Identifying risks. Year 10 and 11 – Classification of drugs, their short- and long-term effects. FBV- Rule of Law and Individual Liberty. 	Misuse of Drugs Act Classification Intoxication Harm Risk Sentence Supply
2	Health and Wellbeing <ul style="list-style-type: none"> How to develop our knowledge of characteristics of mental and emotional health, including identifying situations outside of our control and how to manage these. About the mental, physical and social strategies that can be developed to help manage mental and emotional health by identifying areas of improvement in lifestyle. To identify the positives and negatives of transition from KS3 – 4 and explain the causes, symptoms and treatments of depression and anxiety. 	<ul style="list-style-type: none"> Y7 – Support networks emotional health and transitioning from KS2 -3. Y8 – Appearance ideals and body image. Y10 – Unhealthy coping strategies. Y11 – Mindfulness and preparing for stressful situations. 	Mental Health Emotional Health Abuse Bereavement Physical health Depression Anxiety Offensive
3	Careers <ul style="list-style-type: none"> How to choose your GCSE Options and how to make the best decisions. Different courses available when leaving School, including Where Trinity Catholic College students move onto when leaving us. Different apprenticeship options when leaving School and how to start your own business 	<ul style="list-style-type: none"> Year 7 – Skills and qualities. Year 8 – Employability. Year 10- Applying for jobs and recruitment. Year 11- Applying for Post 16 courses. FBV – Mutual Respect and Individual Liberty. 	A Levels T Levels Entrepreneur Career Progression Decision making Post 16 Destination
4	Citizenship: Extremism <ul style="list-style-type: none"> About the different races and cultures that make up our population. About the way in which different groups are discriminated against, stereotyped and bullied. About extremism in our society and the impact of terrorism, looking at how the news and media can manipulate my views. 	<ul style="list-style-type: none"> FBV - Tolerance of different cultures and religions, Mutual Respect. Y7 Communities and how they are affected by racism and gangs. Yr 11 -Becoming an independently informed citizen and understanding the impact of digital citizenship. 	Extremism Racism Community Islamophobia Discrimination Stereotype Radicalisation Tolerance Terrorism
5	Relationships and Sex <ul style="list-style-type: none"> About objectification, and consider the negative impact of casual sex, pornography and masturbation. About love and lust, shame and regret and delaying sexual intimacy: all with a view to making wise, informed and mindful choices. About methods for managing conception and discuss how they uphold or contravene God's plan for sex. 	<ul style="list-style-type: none"> Year 7 RE- sexual maturity. Year 9 RE- what it means to be fruitful and multiply. Health- self-esteem. FBV- mutual respect. Science- human reproduction. 	Sexual desire Sexual attraction Causal sex Pornography Masturbation Sexual intimacy Contraception Ovulation Love Lust
6	Finance and Economic Wellbeing <ul style="list-style-type: none"> What gambling is and develop protective skills to reduce the risks associated with it. To identify different types of gambling, how the sector influence young people and techniques to reduce impulsivity. To identify and challenge common gambling stereotypes and recognise signs that a person may have a gambling problem. 	<ul style="list-style-type: none"> Y8 Cost of living and managing a budget. Y10 Money mules and social engineering. FBV – Rule of Law and Individual Liberty. 	Gambling Risk Persuasion Influence Impulsivity Gratification Addiction Stereotype Support

CORE KNOWLEDGE

What I will know and understand by the end of Year 10.



This year in PSHE+ you will be able to:		This links to:	Key Vocabulary:	
1	Relationships and Sex <ul style="list-style-type: none"> About objectification, and consider the negative impact of casual sex, pornography and masturbation. About love and lust, shame and regret and delaying sexual intimacy: all with a view to making wise, informed and mindful choices. About methods for managing conception and discuss how they uphold or contravene God's plan for sex. 	<ul style="list-style-type: none"> Y7 RSE- sexual maturity. Y9 RE- what it means to be fruitful and multiply. Health- self-esteem. FBV- mutual respect. Science- human reproduction. 	Sexual desire Sexual attraction Causal sex Pornography Sexual intimacy	Contraception Ovulation Masterbation
2	Drugs <ul style="list-style-type: none"> The effects of Cannabis and Nitrous Oxide on mental and physical health and where to get support for misuse. County lines- what it means, recognise warning signs and where to access support. Drug addiction and dependence and the impact on your family, your career and what to do if you have a concern 	<ul style="list-style-type: none"> Y 8, 9 and 11 – risk taking behaviour Y 9 – Classification of drugs. FBV – Rule of Law and Individual Liberty. Science- Effect of drugs on the body. 	Cannabis Recreational Drug Habit Addiction Dependence	Risk Taking Gangs County Lines
3	Health and Wellbeing <ul style="list-style-type: none"> what stress is, the causes in teens, strategies to keep healthy in times of stress including stress circles and balanced thoughts. What self-harm is, what the triggers may be, recognise warning signs and where to sign post for support. How to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination. Strategies to become a confident user of the NHS. 	<ul style="list-style-type: none"> Y8 – Eating disorders and Appearance ideals. Y9- Coping with anxiety and depression. 	Stress Pressure Stress circles Balanced thinking Teenage cancer NHS	Cancer
4	Careers <ul style="list-style-type: none"> About CV's and their importance, including the use of digital CV's and their benefits in job recruitment. Covering letters, their purpose, how to structure one and what information to include. Different interview methods and strategies to prepare for them in order to be successful. 	<ul style="list-style-type: none"> Y7- Skills and qualities. Y8 – Employability. Y9 – Qualifications. Y10 Work Experience. Y11 – Applying for Post 16 education or training. 	LinkedIn Recruitment Digital CV Curriculum Vitae	Interview Online Application
5	Citizenship: Government <ul style="list-style-type: none"> about how our country is run and the other systems of governance available. about voting, the law and Parliament. About making bills and how they are passed through Parliament. 	<ul style="list-style-type: none"> FBV - Democracy Y8 PSHE+ – Democracy, Government roles and voting systems. Y11 PSHE+ - Becoming an independently informed citizen who makes effective choices. 	Government Parliament Councillor Member of Parliament (MP) Ward Constituency	Right/ Left Politics
6	Finance and Economic Wellbeing <ul style="list-style-type: none"> What a mortgage is, why we need one, how they work, how we get one. What a Money Mule is, why people become deceived into becoming one and evaluate ways of preventing being drawn into fraudulent action. Explain the importance of protecting our identity and how crimes can be committed on line using social engineering. 	<ul style="list-style-type: none"> Y8 PSHE+ cost of living and budgets. Y9 Gambling and the need for funds. Y8 Identity theft and fraud. FBV – Rule of Law and Individual Liberty. 	Mortgage Loan Mortgage term Money Mule Social Engineering Vishing Smishing	Malware Phishing Fraud

CORE KNOWLEDGE

What I will know and understand by the end of Year 11.



This year in PSHE+ you will be able to:		This links to:	Key Vocabulary:
1	Citizenship: The Future Citizen <ul style="list-style-type: none"> About how I can independently develop and further my knowledge and become a well informed and proactive citizen of the world. About the advantages and disadvantages of living in a digital world About the rules and responsibilities associated with entering the world of work. 	<ul style="list-style-type: none"> FBV- Mutual Respect and Individual Liberty. Y7 PSHE+ - understanding community cohesion. Yr 8 PSHE+ - making informed choices. Yr 9 PSHE+ – Racism, extremism, terrorism and laws to protect under each of these. Year 10 PSHE+ - developing strategies to make informed choices. 	Digital Discrimination Harassment Stalking Bullying Honor Based Violence Domestic Abuse
2	Careers <ul style="list-style-type: none"> To compare Post 16 Providers of education and training, based on their suitability for your career path. To evaluate the suitability of Post 16 Providers based on your needs. About the importance of a Plan A, Plan B and Plan C when future planning. 	<ul style="list-style-type: none"> Y9 – Different course and destinations. Y10 Work Experience and applications and recruitment. Y9 and 11 careers Interviews with Careers Advisor. 	Application College Training provider Apprenticeship Career Path Career Interview
3	Drugs <ul style="list-style-type: none"> About the benefits of prescription drugs, risks and how taking non prescribed drugs can affect you, physically and mentally. About performance enhancing drugs (PEDs), the dangers, the risks and where to seek help and support. About the dangers and risks including short- and long-term effects of Heroin and Cocaine on our health. How recovery from Class A drug addiction is possible when accessing the right support. 	<ul style="list-style-type: none"> Y8 – Risk taking behaviour. Y9 – Drugs and the Law. Year 10 – Addiction and dependence. FBV – Individual Liberty and Rule of Law. Y9 Finance – Risk and Gambling addiction. 	Prescription drug Performance enhancing drug Heroin Cocaine Recovery Support
4	Relationships and Sex <ul style="list-style-type: none"> About objectification, and consider the negative impact of casual sex, pornography and masturbation. About love and lust, shame and regret and delaying sexual intimacy: all with a view to making wise, informed and mindful choices. About methods for managing conception and discuss how they uphold or contravene God's plan for sex. 	<ul style="list-style-type: none"> Y7 RSE- sexual maturity. Y9 RE- what it means to be fruitful and multiply. Health- self-esteem. FBV- mutual respect. Science- human reproduction. 	Sexual desire Sexual attraction Causal sex Pornography Masturbation Sexual intimacy Contraception <div> Ovulation Relationships Support </div>
5	Health and Wellbeing <ul style="list-style-type: none"> To select and practise healthy ways to manage different feelings, including Tai Chi, Mindfulness and yoga. The importance of good sleep hygiene and consequences of this. What causes insomnia and how to sign post for support relating to poor sleep hygiene. How to prepare effectively, both mentally and physically for the GCSE Exams. 	<ul style="list-style-type: none"> Y7 and Y9 Emotional and mental health Y8 Eating disorders caused by stress. Y10 unhealthy coping strategies GCSE exam prep in all subjects. Resilience and grit tutor programme. 	Emotions Anxiety Depression Resilience Stress Sleep Meditation
6	GCSE examinations taking place		