

The King's School PSHE Curriculum Long Term Overview Appendix 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Transition and safety Transition to secondary school. Personal safety in and outside school, including first aid and intro to social media	Health and puberty Healthy routines, influences on health, puberty, menstrual wellbeing, unwanted contact, and FGM	Building relationships Self-worth, mental health romance and friendships (including online) and relationship boundaries	Diversity Diversity, prejudice, and bullying. British Values and tolerance	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Identity and relationships Families Parenting Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Digital literacy Online safety, digital literacy, media reliability, fake news, gambling hooks and financial capability	Human Rights Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Risk Taking Drugs / Alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work
Year 9	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Setting Goals Learning strengths, career options and goal setting as part of the GCSE options process	Employability Skills Employability and online presence	Peer influence and laws Substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Healthy Lifestyle Diet, exercise, lifestyle balance and healthy choices and first aid
Year 10	Work experience Preparation for and evaluation of work experience and readiness for work	Mental health Teenage Brain Health and ill health, stigma, safeguarding health, including during periods of transition or change. Mini enterprise	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media. Healthy lifestyles	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Addressing extremism and radicalisation Communities, belonging and challenging extremism
Year 11	Next steps Application processes, and skills for further education, employment and career progression	Building for the future Self-efficacy, stress management, and future opportunities and preparation for exams	Communication in Relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Families Different families and parental responsibilities Pregnancy, marriage and forced marriage and changing relationships	Independence Responsible health choices, and safety in independent contexts	

Appendix 2

Medium Term Overview – PSHE Association Programme of Study Key stages 1 -5 <https://www.pshe-association.org.uk/>

Year 7

Half term	Topic	In this unit of work, students will examine how to be a human
Autumn 1 Health and Wellbeing	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid PoS refs: H1, H2, H30, H33, R13,L1, L2	How to identify, express and manage their emotions in a constructive way
		How to manage the challenges of moving to a new school - RiseAbove – Dealing with change
		How to establish and manage friendships, managing social media
		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 - British Heart Foundation – Call Push Rescue
Autumn 2 Health & wellbeing	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34	How to make healthy lifestyle choices including diet, dental health, physical activity and sleep
		How to manage influences relating to caffeine and smoking - Riseonline
		How to manage physical and emotional changes during puberty
		Personal hygiene
		How to recognise and respond to inappropriate and unwanted contact
		About FGM and how to access help and support – PSHE Association approved resources
Spring 1 Relationships	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries PoS refs: H1, R2, R9, R11, R13, R14, R16, R24	How to develop self-worth and self-efficacy – My big life
		About qualities and behaviours relating to different types of positive relationships
		How to recognise unhealthy relationships – getting help
		How to recognise and challenge media stereotypes
		How to evaluate expectations for romantic relationships About consent, and how to seek and assertively communicate consent in friendships

Spring 2 Diversity	Diversity Diversity, prejudice, and bullying PoS refs: R3, R38, R39, R40, R41	Identity, rights and responsibilities
		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 – www.kooth.com
Summer 1 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	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
		Equality of opportunity – Human Rights Act
		How to challenge stereotypes, broaden their horizons and how to identify future career aspirations
Summer 2 Living in the wider world	Financial decision making Saving, borrowing, budgeting and making financial choices PoS refs: H32, L15, L16, L17, L18	How to make safe financial choices
		About ethical and unethical business practices and consumerism
		About saving, spending and budgeting – Martin Lewis – Your money matters
		How to manage risk-taking behaviour

Year 8

Half term	Topic	In this unit of work, students explore
Autumn 1 Relationships	Identity and relationships British Values and the law 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	The qualities of positive, healthy relationships
		How to demonstrate positive behaviours in healthy relationships
		Gender identity and sexual orientation – Genderbread Person Equality Act 2010
		Forming new partnerships and developing relationships
		The law in relation to consent – what coercion is
		What the legal and moral duty is with the seeker of consent
		How to effectively communicate about consent in relationships
		The risks of 'sexting' and how to manage requests or pressure to send an image
Autumn 2 Health & wellbeing	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies PoS refs: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24	Attitudes towards mental health – My Big Life Revisited – Cognitive Behaviour Therapy Intro
		How to challenge myths and stigma – Young Minds
		Daily wellbeing – My happy list
		How to manage emotions – The importance of sleep – PSHE Association Resources
		How to develop digital resilience
		Unhealthy coping strategies – NHS 5 Ways to wellbeing
		Healthy coping strategies – Mindfulness and seated yoga

Spring 1 Living in the wider world	Digital literacy Online safety, digital literacy, media PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27	Online communication – digital footprints
		How to use social networking sites safely – Be Internet Citizens
		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 – Diana Award
		How to critically assess different media sources
		How to distinguish between content which is publicly and privately shared
		Age restrictions when accessing different forms of media and how to make responsible decisions – media manipulation
		How to protect financial security online – YGAM Parents Advice
		How to assess and manage risks in relation to gambling and chance-based transactions
Spring 2 Living in the wider world	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	How to manage influences on beliefs and decisions
		Group-think and persuasion and peer clustering
		How to develop self-worth and confidence
		Gender identity, transphobia and gender-based discrimination
		How to recognise and challenge homophobia and biphobia
		How to recognise and challenge racism and religious discrimination
Summer 1 Health and Wellbeing	Drugs and alcohol Alcohol and drug misuse and Pressures relating to drug use PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	Medicinal and reactional drugs – The school’s drugs policy
		The over-consumption of energy drinks
		The relationship between habit and dependence
		How to use over the counter and prescription medications safely – what dealing is
		How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes
		How to manage influences in relation to substance use and where to get help – Talk to Frank
		How to recognise and promote positive social norms and attitudes – Drink Aware
Summer 2 Living in the wider world	Community and careers British Values and Democracy 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	Equality of opportunity in life and work – Employability skills
		How to challenge stereotypes and discrimination in relation to work and pay
		Employment, self-employment and voluntary work in the community
		How to set aspirational goals for future careers and challenge expectations that limit choices
		Introduction to Parliament https://learning.parliament.uk/en/resources/

Year 9 – Students are taught once a fortnight

Half term	Topic	In this unit of work, students learn...
Autumn 1 Relationships	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes PoS refs: H2, R1, R6, R19, R21, R22, R23, R35, R36	Different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering – PSHE Association lessons
		Positive relationships in the home and ways to reduce homelessness amongst young people
		Conflict and its causes in different contexts, e.g. with family and friends conflict resolution strategies
		How to manage relationship and family changes, including relationship breakdown, separation and divorce
		How to access support services – all listed in the planner
Autumn 2 Relationships	Intimate relationships – Supported by Sixth Form Students Peer Mentoring Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21	Readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex
		Myths and misconceptions relating to consent
		The continuous right to withdraw consent and capacity to consent
		STIs, effective use of condoms and negotiating safer sex
		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
Spring 1 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	About transferable skills, abilities and interests
		How to demonstrate strengths – Barclays lifeskills
		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

Spring 2 Living in the Wider World	Employability skills Employability and online presence PoS refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27	Young people's employment rights and responsibilities – BBC Resources
		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
Summer 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	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
		The legal and physical risks of carrying a knife – PSHE Association resources
		Positive social norms in relation to drug and alcohol use
		Legal and health risks in relation to drug and alcohol use, including addiction and dependence
Summer 2 Health & Wellbeing	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid PoS refs: H3, H14, H15, H16, H17, H18, H19, H21	The relationship between physical and mental health
		Balancing work, leisure, exercise and sleep
		How to make informed healthy eating choices
		How to manage influences on body image – Dove
		To make independent health choices
		To take increased responsibility for physical health, including testicular self-examination

Year 10

Half term	Topic	In this unit of work, students learn...
Autumn 1 Living in the wider world	Work experience Preparation for and evaluation of work experience and readiness for work PoS refs: H1, L1, L2, L3, L5, L7,L8, L9, L10, L11, L12, L13, L14, L15, L23	How to evaluate strengths and interests in relation to career development
		Opportunities in learning and work
		Strategies for overcoming challenges or adversity
		Responsibilities in the workplace
		How to manage practical problems and health and safety
		How to maintain a positive personal presence online
		How to evaluate and build on the learning from work experience
Autumn 2 Health & wellbeing	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change PoS refs: H2, H5, H6, H7, H8, H9, H10	How to manage challenges during adolescence
		How to reframe negative thinking - mindsets
		Strategies to promote mental health and emotional wellbeing – 10 a day
		The signs of emotional or mental ill-health
		How to access support and treatment
		The portrayal of mental health in the media
		How to challenge stigma, stereotypes and misinformation
Spring 1 Relationships	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography PoS refs: R1, R2, R3, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31	Relationship values and the role of pleasure in relationships
		Myths, assumptions, misconceptions and social norms about sex, gender and relationships
		The opportunities and risks of forming and conducting relationships online
		How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours
		The ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent
		How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support
		How to recognise and challenge victim blaming
		Asexuality, abstinence and celibacy – Sex Education Forum

Spring 2 Health & wellbeing	Exploring influence The influence and impact of drugs, gangs, role models and the media PoS refs: H19, H20, H21, R20, R35, R36, R37	Positive and negative role models How to evaluate the influence of role models and become a positive role model for peers The media's impact on perceptions of gang culture – PSHE Association Resources The impact of drugs and alcohol on individuals, personal safety, families and wider communities How drugs and alcohol affect decision making How to keep self and others safe in situations that involve substance use How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime Exit strategies for pressurised or dangerous situations How to seek help for substance use and addiction		
	Summer 1 Living in the wider world PoS refs: H25, R38, L16, L17, L18, L19, L20, L25	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	How to effectively budget and evaluate savings options – Your Money Matters- Martin Lewis How to prevent and manage debt, including understanding credit rating and pay day lending How data is generated, collected and shared, and the influence of targeted advertising How thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling Strategies for managing influences related to gambling, including online The relationship between gambling and debt – YGAM resources About the law and illegal financial activities, including fraud and cybercrime How to manage risk in relation to financial activities	
		Summer 2 Relationships PoS refs: R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, L29	Addressing race, extremism and radicalisation Community cohesion and Challenging extremism	Communities, inclusion, respect and belonging The Equality Act, diversity and values and employability skills How social media may distort, mis-represent or target information in order to influence beliefs and opinions How to manage conflicting views and misleading information How to safely challenge discrimination, including online How to recognise and respond to extremism and radicalisation

Year 11

Half term	Topic	In this unit of work, students learn...
Autumn 1 Living in the wider world	Next steps Application processes, and skills for further education, employment and career progression PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21	How to use feedback constructively when planning for the future
		How to set and achieve SMART targets
		Effective revision techniques and strategies
		Options post-16 and career pathways
		The application processes, including writing CVs, personal statements and interview technique
		How to maximise employability, including managing online presence and taking opportunities to broaden experience
		Rights, responsibilities and challenges in relation to working part time whilst studying
		How to manage work/life balance
Autumn 2 Health & wellbeing	Building for the future Self-efficacy, stress management, and future opportunities PoS refs: H2, H3, H4, H8, H12, L22	How to manage the judgement of others and challenge stereotyping
		How to balance ambition and unrealistic expectations
		How to develop self-efficacy, including motivation, perseverance and resilience
		How to maintain a healthy self-concept
		The nature, causes and effects of stress
		Stress management strategies, including maintaining healthy sleep habits
		Positive and safe ways to create content online and the opportunities this offers
		How to balance time online
Spring 1 Relationships	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32	Core values and emotions
		Gender identity, gender expression and sexual orientation
		How to communicate assertively
		How to communicate wants and needs
		How to handle unwanted attention, including online
		How to challenge harassment and stalking, including online
		Various forms of relationship abuse – harassment and sexual abuse
		Unhealthy, exploitative and abusive relationships
How to access support in abusive relationships and how to overcome challenges in seeking support		

<p>Spring 2</p> <p>Relationships</p>	<p>Families</p> <p>Different families and Parental responsibilities, pregnancy, marriage and forced marriage and Changing relationships – preparing for post 16 changes</p> <p>PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33</p>	<p>Different types of families and changing family structures – PSHE Association</p> <p>How to evaluate readiness for parenthood and positive parenting qualities</p> <p>Fertility, including how it varies and changes</p> <p>Pregnancy, birth and miscarriage</p> <p>Unplanned pregnancy options, including abortion</p> <p>Adoption and fostering</p> <p>How to manage change, loss, grief and bereavement</p> <p>About ‘honour based’ violence and forced marriage and how to safely access support</p>	
	<p>Summer 1</p> <p>Health & Wellbeing</p>	<p>Independence</p> <p>Responsible health choices, and safety in independent contexts – managing risk</p> <p>PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24</p>	<p>Emergency first aid skills – bhf.org</p> <p>How to assess emergency and non-emergency situations and contact appropriate services</p> <p>The links between lifestyle and some cancers – The risks and pressures of festivals</p> <p>The importance of screening and how to perform self examination - Orchid</p> <p>Vaccinations and immunisations</p> <p>Registering with and accessing doctors, sexual health clinics, opticians and other health services</p> <p>How to manage influences and risks relating to cosmetic and aesthetic body alterations</p> <p>Blood, organ and stem cell donation</p>