

YEAR 8

Term 6

My Future

- What are my ambitions and goals?
- How can I develop my strengths and interest
- How can I take control of my learning?
- What are my aspirations for the future?



Term 5

Digital Life and Media Literacy



- How can we have a healthy relationship with our devices?
- How can we take control of our privacy online?
- How can online content affect us?
- Who decides what we view online?
- How does money affect the online world?

Term 4

Citizenship and British Values

- What does identity mean to you?
- How can we reduce harmful stereotypes?
- What does a community need to be healthy?
- How does the Equality Act protect everyone in the UK?
- How can we create a world free from sexism?



Term 3

Relationships and Sex Education



- What do we need from a healthy relationship?
- How do we have boundaries with our friends?
- How can we identify and challenge bullying?
- What is sexual harassment and how can we stop it?

Term 2

Safety and Risk

- What are the facts around smoking and vaping?
- How can we stay safe in different environments?
- How can we perform first aid?



Term 1

Health and Wellbeing



- What is PSHE?
- What are my emotions telling me?
- How can we make healthy choices for our mental wellbeing?
- How can we build our resilience to challenges?
- How can I keep my body and teeth clean?

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

SPIRAL THEMATIC APPROACH

- 1) Health and Wellbeing
- 2) Safety and Risk
- 3) Relationships and Sex Education
- 4) Citizenship and British Values
- 5) Digital Life and Media Literacy
- 6) My Future

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN
PSHE

YEAR 9

Term 6

My Future

- How can I prepare for the world of work?
- How can I budget effectively?
- How can we avoid losing money from gambling and advertising manipulation?



Term 5

Digital Life and Media Literacy



- How can the internet impact on wellbeing?
- Why do people sometimes behave differently online?
- What can be the impact of sharing content online?
- How can algorithms unite or divide us?

Term 4

Citizenship and British Values

- What does heritage mean?
- What do the fundamental British values mean?
- How can we create a world where disabled people thrive?
- How can we create a world free from racism?



Term 3

Relationships and Sex Education



- What roles do we play in relationships?
- How can families have healthy relationships?
- What are the signs of a healthy romantic relationship?
- What could be the impact of viewing pornography?

Term 2

Safety and Risk

- What are the facts about alcohol?
- What are the facts about legal and illegal drugs?
- How can we manage risks while trying new things?



Term 1

Health and Wellbeing



- How can we talk about our mental health?
- How can we develop a positive mindset?
- Who am I?
- How does our diet affect our physical health?
- How can we overcome barriers to physical exercise?

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

SPIRAL THEMATIC APPROACH

- 1) Health and Wellbeing
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- 3) Relationships and Sex Education
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- 6) My Future

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN
PSHE

YEAR 10

- What are the pathways to my future?
- How do successful people achieve their goal?
- How financial decisions can be beneficial?
- How can we avoid scam and exploitation?



My Future

Term
6

Term
5

Digital Life and Media Literacy



- What impact can our online choices have?
- What can be the impact of deep fakes?
- How can we respond to online influence?
- Why can being online feel addictive?

- What influences our sense of identity?
- How are stereotypes used to spread hate and make money?
- What is the impact of sexism?
- What are my rights?



Citizenship and British Values

Term
4

Term
3

Relationships and Sex Education



- How can we avoid pressuring other people?
- How can we manage peer influence?
- How do people decide if they are ready for romance & intimacy?
- Why is sexual consent so important?
- What are the warning signs of unhealthy sexual relationships?

- How could someone respond to emergencies involving drugs?
- How can we stay safe in public spaces?
- How can we avoid criminal exploitation?



Safety and Risk

Term
2

Term
1

Health and Wellbeing



- How can we use self-regulation techniques?
- How can we cope with complex emotion such as mental ill-health?
- Why can it be hard to talk about our feelings?

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

SPIRAL THEMATIC APPROACH

- 1) Health and Wellbeing
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PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN
PSHE

YEAR 11

Term 6

- How can my strengths, interests and education help me decide where to go?
- How can I explore ideas of working locally and internationally?
- How can I budget and save for the future?



My Future

Term 5

Digital Life and Media Literacy



- How might AI affect our lives?
- How can we create a positive reputation online?
- Why can extremism spread online?

Term 4

Citizenship and British Values

- How do we measure our worth?
- What would our world be like if there was more tolerance?
- Why is talking about discrimination complex?
- What is the social model of disability?
- Is it easy to express our religion or beliefs?



Term 3

Relationships and Sex Education



- How can we manage conflict healthily?
- Why do some people have a civil partnership or marriage?
- How can we communicate honestly in a romantic relationship?
- How can someone communicate choices about sexual intimacy?
- How do gender stereotypes influence sexual violence?

Term 2

Safety and Risk

- How can someone stop vaping or smoking?
- What are the effects of drugs on the body and mind?
- How can we manage powerful influence?
- How can we effectively use life saving skills?



Term 1

Health and Wellbeing



- How can we use coping strategies?
- How can we improve our self-esteem?
- How can we overcome barriers to a healthy lifestyle?

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

SPIRAL THEMATIC APPROACH

- 1) **Health and Wellbeing**
- 2) **Safety and Risk**
- 3) **Relationships and Sex Education**
- 4) **Citizenship and British Values**
- 5) **Digital Life and Media Literacy**
- 6) **My Future**

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN
PSHE

YEAR 12

- How can the internet help me achieve my goals?
- How can we tackle challenges to our goals?
- What are my rights and responsibilities at work?



My Future

Term 6

Term 5

Digital Life and Media Literacy



- What would you change about the online world?
- How can we promote equality and respect online?
- How is data used to make money and influence us?

- How do values influence our decisions?
- Why do humans need to feel like they belong?
- What does it mean to be anti-racist?



Citizenship and British Values

Term 4

Term 3

Relationships and Sex Education



- What does it mean to become a parent?
- What are the choices around continuing or ending pregnancy?
- How can we protect and test for STI's?
- How can someone be a positive long-term partner?
- How do online cultures and content affect sexual relationships?

- How does addiction impact on mental health?
- How can we avoid exploitation and radicalisation?
- How can people make healthy choices about cosmetic pressures?



Safety and Risk

Term 2

Term 1

Health and Wellbeing



- How can we balance everyday pressures and opportunities?
- How can we build resilience and overcome challenges?

WELCOME

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HEALTH COMPLIANT

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PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE