

Long Term Overview Ready to Learn PSHE

Cycle A	Unit Title	Your Body and Mind	Don't Judge a Book by Its Cover!	Stand Up and Speak Out	Drugs and Stuff	Love and Devotion	Money, Money, Money
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Spring (b)
	No. Weeks	6 Weeks	7 Weeks	6 Weeks	6 Weeks	6 Weeks	6 Weeks
	What We Will Learn	Pupils will learn about healthy eating and how to make healthy choices as well as looking at the impact of an unhealthy diet on their body and mind.	Within this unit, pupils will discuss stereotypes within race, disability, age, sex, sexual orientation.	The main focus of this unit is on bullying and cyber bullying, focusing explicitly on the types of bullying and the effects this has on people who are bullied.	Pupils will learn about growing up, body changes, peer pressure, unwanted sexual contact. They will learn about the risks involved with alcohol, tobacco and other substances including the effects on your body.	Within this unit, pupils will focus and learn about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect these (including age, gender, power and interests).	This unit of work also Links to careers lessons, pupils will learn about how personal finance choices can affect them and others
	What We Will Do	Pupils will discuss who they are, their likes and dislikes and how the different food and lifestyle choices they make can affect how they feel both positive and negative.	They will form discussions around their perceptions of people and different career roles (stereotypes), they will take part in tasks designed to challenge these perceptions.	Pupils will be exposed to documentaries discussing the effects of bullying on their lives and also the impact of their own online behaviour and dangers surrounding friendships both online and offline.	Pupils will discuss body changes during puberty and learn different ways on how to manage these. There will be a discussions around Female Genital Mutilation (FGM) and unwanted contact on themselves and others. They will identify peer pressure and discuss strategies around staying safe.	Pupils will discuss the value and explore the nature and importance of marriage, civil partnerships and other stable, long-term relationships for family life and bringing up children. They will debate and discuss the different types of relationships in today's society.	Pupils will learn about banking and different savings accounts and the benefits of saving, budgeting, designing and managing budget sheets as well as the impact poor financial decisions have on you.
	Skills Learned	Pupils will be able to recognise signs of illness and the importance of a healthy diet, they will be able to identify and understand ways to be healthy.	Pupils will be able to share their views and identify discrimination and equality within their community, they will be able to identify their basic human rights and develop their knowledge about stereotypes within society.	Pupils will further develop and apply their knowledge about bullying and negative comments shared online, to be able to identify a range of ways to report concerns about emails content, shared contact and chat rooms. They will begin to realise the negative comments and how they can impact on an individual's health and wellbeing.	Pupils will be able to identify key aspects in their own lives where there will be significant changes and share an opinion on how to manage these changes. They will develop their speaking and listening skills to be able to identify and debate key issues around alcohol, FGM and drugs.	Pupils will be able to share their views and opinions surrounding friendships and relationships. They will recognise the different skills involved with making and maintaining friendships/relationships.	Pupils will be able to transfer their skills of problem solving into a real life setting, they will be able to consider what a budget means and the skills involved with balancing a budget, and they will be able to make an informed choice about how they manage their finances.

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Cycle B	Unit Title	Keeping Safe	This is Me	Stand Up, Speak Out!	Drugs and Stuff	What's Normal?	Don't Be Daft, Don't be Silly ...
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Spring (b)
	No. Weeks	6 Weeks	7 Weeks	6 Weeks	6 Weeks	6 Weeks	6 Weeks
	What We Will Learn	Pupils will learn how to respond in a basic emergency including learning how to perform basic first aid and lifesaving skills, including cardio-pulmonary resuscitation (CPR) as well as knowing ways to find help during an emergency.	In this unit, pupils will learn to recognise that they have the same rights top opportunities in learning and work as all other people, recognising and challenging stereotypes as well as age and disability discrimination	Pupils will look at what racism is and the impact it has on individuals and the wider community.	The unit will also look at information about legal and illegal substances, including alcohol (including current government recommendations for consumption), volatile substances, new psychoactive substances, tobacco, e-cigarettes, shisha, e-shisha and cannabis.	Pupils will learn about sexuality and consent Including the unacceptability of sexist, homophobic, biphobic, transphobic, racist and disablist language and behaviour, the need to challenge it and how to do so.	In this unit, pupils will be introduced to contraception and consent including the law in relation to consent including the legal age of consent for sexual activity. Pupils will study how to seek the consent of another person and be sure consent has been given.
Cycle B	What We Will Do	Pupils will discuss accidents and emergencies. They will discuss first aid and road safety. They will be able to call and identify the correct emergency service. They will learn about how to be safe when in the local community.	They will look at how the media portrays young people recognising the impact it can have on individual's body image and further health issues including online exploitation, focusing specifically on text and online abuse and identify skills needed to prevent themselves and others from being targeted and remain safe online.	They will research and discuss the changes to society in relation to Civil Rights in America well as focusing on understanding and respecting other religions and how discrimination occurs. Pupils will share their views and opinions about the impact it has on people around the world.	Pupils will research a range of legal and illegal substances. They will discuss addiction and health and wellbeing. They will discuss and debate the UK legislation surrounding drug misuse.	They will look at the similarities and differences among people of different sexual orientation and terms associated with sex, gender identity and understand the accepted terminology.	Pupils will research and discuss the law regarding the age of consent. Through class discussions they will talk about the importance of consent and the consequences.
	Skills Learned	Pupils will be able to further develop their knowledge of health and safety to be able to keep themselves safe in their local community. They will be able to identify key emergencies and seek appropriate help.	Pupils will be able to identify discrimination and equality within their community and what makes them unique, they will be able to identify their basic human rights and develop their knowledge of right and wrong within society and be able to communicate prejudice behaviours.	Pupils will be able to share their views and identify discrimination and equality within their community and around the world.	Pupils will be able to recognise signs of addiction and the importance of a healthy balanced lifestyle, they will be able to understand ways to keep themselves safe and healthy.	Pupils will be able to identify similarities and differences and show respect towards people of different sexual orientations. They will be able to recognise that sexual attraction and sexuality are diverse	Pupils will develop their knowledge and understanding regarding the legal framework around consent. They will be able to develop skills relating to situation awareness and safe choices.

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Cycle C	Unit Title	It's a Hard Knock Life	Money, Money, Money	Fight or Flight?	Drugs and Stuff	Don't Be Daft, Don't be Silly ...	Online or Offline?
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Spring (b)
	No. Weeks	6 Weeks	7 Weeks	6 Weeks	6 Weeks	6 Weeks	6 Weeks
	What We Will Learn	1.Pupils will be taught to recognise peer pressure and have strategies to manage it; recognising 'group think' They will also learn about gang crime and focus on the effects of gang life on members and others in the wider community. 2.Pupils will also learn about what constitutes a balanced diet and its benefits (including the risks associated with both obesity and dieting)	In this unit, pupils will learn how to assess and manage risk in relation to financial decisions that they and other young people might make.	Pupils will participate in discussions around what causes conflict at home for themselves and how they can help to prevent conflict. They will explore the nature of conflict, the brain chemistry of how things escalate, and identifying strategies to de-escalate when their brains are 'flooded' with fight or flight hormones, as well as learning practical ways of responding when disharmony arises	In this unit, pupils will learn about the personal and social risks and consequences of substance use and misuse, including the benefits of not drinking alcohol (or delaying the age at which to start) and the benefits of not smoking including not harming others with second-hand smoke.	Pupils will continue to develop their SRE knowledge learning about different levels of intimacy and their consequences. Pupils will learn about contraception including the condom and pill and to develop communication and negotiation skills necessary for contraceptive use in healthy relationships.	In this unit, pupils will learn about the dangers and legality of sexual images being shared between young people, the unrealistic portrayal of relationships and sex in pornography and the messages young people receive about sexual relationships through pornography and the possible harmful effects and what to do if they are worried about their own use of porn.
Cycle C	What We Will Do	Pupils will discuss gang and gang culture such as County lines which is the police term for urban gangs. They will debate how gang activity is highly associated with violence, drug dealing and exploitation; having a devastating impact on young people, vulnerable adults and local communities. They will build on prior learning and discuss diet and exercise.	Pupils will discuss and debate gambling (including online) and its consequences, why people might choose to gamble, and look at how the gambling industry influences their choices and tries to engage them in gambling. Discussions and work will also focus on how to manage pressure or influence to gamble and access support if worried about themselves or others.	Pupils will discuss unacceptable behaviours or disagreements within the family/community that can cause conflict. They will research new scientific research and evidence around the brain to support some actions. Pupils will explore about the unacceptability of sexist, homophobic, biphobic, and transphobic language and behaviour, the need to challenge it and how to do so.	Pupils will discuss the safe use of prescribed and over the counter medicines alongside being signposted to how and where to access local health services and other sources of support such as smoking cessation services or if concerned about own or others' alcohol or substance use.	Pupils will discuss the readiness for sex and the benefits of delaying sexual activity. They will also learn that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain STIs	Pupils will discuss the reasons why young people 'sext'. They will study the risks, actions, outcomes and effects of 'sexting' Pupils will learn about the law, offences, and consequences of 'sexting'. Pupils will be able to recognise things appropriate to share and things that should not be shared on social media and discuss the rules surrounding distribution of images.
	Skills Learned	Pupils will develop their knowledge and skills to identify a range of strategies to manage pressure to join a gang, exit strategies and how to access appropriate support. Pupils will develop their skills and knowledge around healthy eating and a balanced lifestyle.	Pupils will transfer their prior knowledge learned around money management and addictive behaviours to be able to identify relevant support services and know where to go for help.	Pupils will develop their skills and knowledge to be able to identify strategies to challenge all forms of prejudice and discrimination.	Pupils will develop their knowledge about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. They will be able to know who and where to go for advice and support.	Pupils will develop an understanding of what factors make a respectful and healthy relationship. They will develop their knowledge about contraception, safe sex and how to access the relevant support services within the community.	Pupils will be able to identify key aspects in their own lives and how to keep themselves healthy and safe. They will know how to manage any request or pressure to share an image of themselves or others, and how to get help



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