



# PSHE Coverage – Pathway 3 Subject Specific

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Day Themes	<b>General Safety</b>	<b>Anti-bullying</b>	<b>Healthy Lifestyle</b>	<b>Mental Health</b>	<b>Cultural Celebration</b>	<b>Aspirations</b>
	PSHE Content	Developing an understanding of great oaks, new relationships, expectations and where to get support	*Developing empathy, compassion and communication	Developing, strategies to manage influence and decision making for a healthy lifestyle.	*Developing self-confidence, self-awareness and self-worth:	*Developing a greater understanding of relationships, rights and expectations:	Developing an understanding of online safety, drugs, alcohol, tobacco and safety
Year 8	Day Themes	<b>General Safety</b>	<b>Anti-bullying</b>	<b>Healthy Lifestyle</b>	<b>Mental Health</b>	<b>Cultural celebration</b>	<b>Aspirations</b>
	PSHE Content	Developing relationship skills, independence and time management	*Developing respect for beliefs, values and opinions and advocacy skills	Developing an understanding around prescription and non-prescriptive drugs, alcohol and peer pressure.	*Developing an understanding of body image, mental health and emotional well-being.	*Developing an understanding of identity, respect, sexual orientation and relationships:	Developing an understanding of British values, human rights and cultural identity.
Year 9	Tutor Themes	<b>Transition</b> <b>*Relationships</b> <b>Hi-5</b>	<b>Online Safety</b> <b>Anti-bullying</b> <b>Bodily Changes</b>	<b>Personal Hygiene</b> <b>Social Media</b>	<b>Understanding Different Cultures</b> <b>Refugees</b> <b>Charity</b>	<b>Friendships</b> <b>Celebrating differences</b>	<b>Transition</b> <b>Aspirations for the future</b>
	PSHE Content	Developing learning skills, decision making, growth mindset and the brain.	Developing self-confidence, risk management and strategies to manage peer pressure	Developing empathy, compassion and strategies to access support for mental well-being:	Developing the ability to manage money, awareness of financial risk and responsibility.	*Developing assertive communication, clarifying values and strategies to manage influences, in relation to relationships and sexual health.	
Year 10	Tutor Themes	<b>Transition</b> <b>Mental Health and Well Being</b> <b>Hi-5</b>	<b>Digital Footprint</b> <b>Anti-bullying</b> <b>Fake news</b>	<b>Organisation</b> <b>Strengths and Weaknesses</b>	<b>Charity</b> <b>Serving others</b>	<b>Online safety</b> <b>*Sex and relationships</b>	<b>Transition</b> <b>Being a good role model</b>
	PSHE Content	Developing self-awareness, goal-setting, adaptability and organisation skills	*Developing respect for diversity, risk management and support- seeking skills	Developing an understanding of personal safety and independence.	Developing leadership qualities, role models and influencers	*Developing a deeper understanding of relationships, impact of online content, and how to get support.	*Developing an understanding of families, loving relationships, family breakdown.
Year 11	Tutor Themes	<b>Transition</b> <b>Colleges</b> <b>Hi-5</b>	<b>Anti-bullying</b> <b>College applications</b> <b>Leadership</b>	<b>Work experience</b> <b>Well-being</b>	<b>Charity</b> <b>Preparation for moving on</b>	<b>Work experience week</b> <b>Leavers Week</b>	
	PSHE Content	Developing resilience and building for the future	*Developing Relationships, understanding sexual health and support services	Developing employment skills, career pathways, understanding employment rights.	Developing the skills to be successful in the future.	Developing confidence, self-worth, adaptability and decision-making skills:	



# PSHE Coverage – Pathway 2 Subject Thematic

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Unit	<b>The world I live in, Changing and Growing, Self-Awareness</b>	<b>Changing and growing Self-care, support and safety</b>	<b>Self-care, support and safety Healthy Lifestyles</b>	<b>Relationships Changing and growing</b>	<b>Healthy lifestyles, Keeping Safe, Self-care support and safety</b>	<b>Healthy Lifestyles Self-Care support and safety</b>
	Content	Transition, Friendships, Personal strengths, Enterprise, understanding money	Prejudice and discrimination Healthy and unhealthy relationships Online bullying	Diets and exercise, making healthy choices, physical health,	*Positive qualities to relationships, promote self-esteem, physical and emotional changes, personal hygiene, friendship for romantic relationships, right to protect from inappropriate and unwanted contact	The risks of alcohol, tobacco and other substances, First aid and personal safety, Road safety	Mental health and emotional wellbeing. Evaluating the year- hopes, goals and letter to themselves. Safety- focusing on road safety and keeping safe over summer holidays. Revisiting friendships
Year 8	Unit	<b>The World I live in</b>	<b>Self-awareness Valuing differences</b>	<b>Relationships and Sex Healthy lifestyles</b>	<b>Healthy Lifestyles, Changing and Growing, Self-care, support and safety</b>	<b>Changing and growing Relationships and Sex</b>	<b>Healthy Lifestyles Keeping Safe</b>
	Content	Transition to new class, rights and responsibilities, managing finances, risks and consequences in financial decision making,	Prejudice and discrimination, peer influence, respect towards others, tolerance, protecting own rights and promoting values	*Importance of friendships, romantic relationships, role of parents, opinions, facts and laws around drugs, consequences and strategies to drugs related behaviours	Influences around alcohol, tobacco and drugs, mental and emotional wellbeing, resilience	*Positive and stable relationships including romantic, consequences of level of intimacy, readiness for sex, benefits for delaying sex, contraception,	Managing loss, what to do in emergencies, lifesaving skills, personal and road safety,
Year 9	Unit	<b>Changing and growing, Self-Awareness, The World I live in</b>	<b>Healthy lifestyles</b>	<b>Healthy lifestyles</b>	<b>Relationships and Sex Keeping Safe</b>	<b>Valuing difference, Enterprise and Employability, Keeping safe</b>	<b>Enterprise and Employability Keeping safe</b>
	Content	Friendships, transition to new class, personal strengths, finances and decision making, enterprise	Balance and wellbeing, understanding and managing feelings, zones of regulation	Risk with drugs and alcohol, understanding work, leisure and exercise balance, Healthy diet and lifestyle, Unhealthy and healthy coping strategies	*Developing healthy relationships (including romantic/sexual), consent, managing changing friendships, risk assessment and management strategies including assertiveness.	Understanding identity, gender identity, stereotyping and transphobia, effects of homophobia and biphobia	Enterprise and employability skills, emergencies, basics first aid and lifesaving skills, risks in personal safety, road safety
Year 10	Unit	<b>Healthy lifestyles The world we live in</b>	<b>Economic wellbeing Valuing differences</b>	<b>Changing and Growing, Relationships and Sex, Managing risks</b>	<b>Health and Wellbeing, Healthy lifestyles, Relationships</b>	<b>Healthy relationships Healthy lifestyles</b>	<b>Valuing difference Career progression</b>
	Content	Transition to new year group, Rules and responsibilities, Whole School Theme, Mental health and ill health, tackling stigma, Reflecting on <b>learning skills</b> in KS4, Resilience when studying, Enterprise	Money management, risks of gambling, managing social risks on the internet,	*Consent, contraception, managing relationships including romantic/intimate and managing breakups, exploitive relationships, Social and emotional effect/risks of drug use	Exploring influence of role models (health related), exploring different types of families in UK, parenting	Family breakdown, bereavement, fact and perception to mental health,	British values in community, diversity and discrimination, practical skills for employability, Managing work/life balance
Year 11	Unit	<b>Health and wellbeing, Living in the wider world, Personal identity, Economic wellbeing</b>	<b>Career progression and employability Valuing differences</b>	<b>Relationships and Sex</b>	<b>Keeping Safe Healthy lifestyles</b>	<b>Career progression</b>	
	Content	Transition to new class, whole school theme, healthy self-concept, managing stress, study skills, risks and consequences of personal choices – financial	Post 16 options and application process, practical skills for employability, British values in community, diversity and discrimination, extremism	*Values and communication to maintain mature relationships, how to respond to unwanted attention on and offline, violence in relationships is not acceptable, forced marriage	Risk management and safety in Independence, consequences and risks in different lifestyle choices, importance of lifestyle choices – health, self-examination and vaccinations, health information and services,	Practical skills for employability, work life balance,	



# PSHE Coverage – Pathway 1 Sensory Exploratory / Thematic

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Unit	<b>The world I live in. Changing and growing</b>	<b>Changing and Growing Self-care support and safety</b>	<b>Self-care support and safety Healthy Lifestyles</b>	<b>Changing and growing</b>	<b>Healthy Lifestyles Self-care support and safety</b>	<b>Healthy Lifestyles Self-care support and safety</b>
	Content	Transition to new school Friendships Money/Shopping Whole school theme	Healthy unhealthy relationships. Friendships Kind/Unkind	Looking after myself and keeping safe	Managing feelings Good choices	Alcohol Tobacco First aid and personal safety	Mental health and emotional well being
Year 8	Unit	<b>The world I live in Changing and growing</b>	<b>Self-Awareness</b>	<b>Managing Feelings + Healthy Lifestyles</b>	<b>Healthy lifestyles Changing and growing Self-care support and safety</b>	<b>Changing and growing</b>	<b>Self-Care support and safety Changing and growing</b>
	Content	Transition to new year group Rules and responsibilities Understanding money Whole school theme	Likes/dislikes Prejudice and discrimination Valuing differences	Understanding feelings Zones of regulation How others feel and why Alcohol and drug	Emotional wellbeing Self-image Differences How I am changing Looking after myself and keeping safe	Sexuality and consent Public/private (Contraception)	First aid and personal safety Road safety Managing change and loss
Year 9	Unit	<b>The world I live in Changing and Growing</b>	<b>Healthy Lifestyles</b>	<b>Healthy lifestyles</b>	<b>Changing and growing Self-Awareness</b>	<b>Changing and growing Self-Awareness</b>	<b>Self-Awareness The World I live in</b>
	Content	Transition to new year group Rules and responsibilities Understanding money Whole school theme	Physical health Healthy eating Personal care emotions	Drug and alcohol Diet healthy/unhealthy choices	Relationships/sex education Healthy relationships Consent Looking after myself keeping safe	Differences Different relationships Prejudice and discrimination	Learning skills What would I like to learn What have I learnt Keeping safe over summer holidays
Year 10	Unit	<b>The World I live in Healthy Lifestyles</b>	<b>The World I live in. Self-care and safety</b>	<b>Changing and growing Healthy Lifestyles</b>	<b>Self-Awareness Changing and growing</b>	<b>Healthy Lifestyles Mental Health and well being</b>	<b>The World I live in</b>
	Content	Transition to new year group Rules and responsibilities Whole school theme Emotions/mental health	Managing money Online dangers Gambling/friendships	Relationships Healthy/unhealthy Different relationships	Role models Good/bad Understanding different families	Managing change Grief Well being Emotions	British values Independent skills
Year 11	Unit	<b>The World I live in Healthy Lifestyles</b>	<b>The World I live in</b>	<b>Changing and growing The world I live in</b>	<b>Self-care support and safety Healthy lifestyles The world I live in</b>	<b>The World I live in</b>	<b>The world I live in</b>
	Content	Transition to new class Rules and responsibility Whole school theme	Discussing college Developing independence skills	Relationships communication Independence skills	Health and safety Independent skills	Independent skills	Independent skills