



PSHEE Schemes of Work: St Dunstan's College 2019-20

PART 1: Junior School (Years 1-6) PSHEE/Skills for Life Scheme of Work

Assemblies/College Themes		Skills for Life
M1	Beginnings Study Skills Politics and Responsibility Communication Black History Month Mental Health Healthy Living	Y1 and Y2 – Understanding rules, physical and emotional safety, coping with change and loss, recognising strengths and set goals, establishing classroom roles and rules Y3 – Maintaining positive and healthy relationships, understanding change, recognising strengths and set goal, working collaboratively Y4 – Protecting the body from inappropriate or unwanted contact, resolving disputes and conflict, understanding negotiation and compromise, identifying strengths and setting aspirational goals, making and changing rules Y5 – Keeping physically and emotionally safe online, reflecting on achievements and recognising strengths and targets, debating topical issues, problems and events concerning health and wellbeing. Y6 – Positive and negative effects on physical, mental and emotional health, reflecting on achievements and recognising strengths and targets, human rights
M2	Remembrance Careers Week Eco Awareness Disability Awareness Anti-Bullying Charity	Y1 – Parts of the body, healthy lifestyle, secrets and surprises, responsible adults Y2 – Naming parts of the body, secrets and surprises, recognising likes and dislikes, making choices about physical and emotional health, recognising choices can have positive and negative consequences, adult support networks Y3 – Making choices about food, deepening understanding about feelings, responsibilities at home, school, in the community and environment Y4 – Strategies for keeping safe on the road, understanding different relationships, role and purpose of rules, respect for others' opinions Y5 – Realising the nature of discrimination, teasing, bullying and aggressive behaviour, understanding conflicting emotions, exploring and critiquing media Y6 – Protecting personal information, marriage, understanding emotions
L1	Community Human Rights	Y1 – Respecting difference, how to deal with bullying/unkind behaviours, communicating feelings, empathising with others

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	Empathy Music E-Safety LGBT	Y2 – Understanding dangers of household products (including medicines), recognising different types of teasing and bullying, recognising what is fair/unfair, kind/unkind, right/wrong, different groups and communities Y3 – Knowledge of school rules about health and safety, basic emergency procedures, understanding positive and healthy relationships, local and national community groups Y4 – A balanced lifestyle, understanding the consequences of bullying and discrimination, understanding habits, responsibilities and rights Y5 – Understanding of risk, asking for help and resisting pressures, understanding human rights Y6 – Understanding how to take care of myself and to avoid unwanted physical contact, marriage, independence and responsibility, understanding risk to build resilience, human rights
L2	STEM Literacy International Women’s Day Philosophy Scholarship	Y1 – Responsibilities, taking turns, keeping myself and others safe Y2 – Disease, personal health, working cooperatively with others, taking responsibility for safety, knowing where money comes from, making choices about money Y3 – Balanced diet, impact of actions upon others, responsibilities to keep healthy and safe Y4 – Positive, healthy relationships, showing empathy for others, making informed choices that impact others Y5 – Understanding emotional and physical changes through puberty, keeping safe on the road, recognising unhealthy relationships, understanding and avoiding different pressures Y6 – Understanding risk, recognising and challenging stereotypes, understanding of ‘interest’, ‘loan’, ‘debt’ and ‘tax’.
T1	Exploration Resilience Civilisations Old and New Sustainability Drama	Y1 – Identifying special people, recognising ‘good and not so good’ feelings, sharing opinions Y2 – Understanding the difference between acceptable and unacceptable physical contact, impact of behaviour upon others, give constructive support and feedback Y3 – Rail, water and fire safety, appreciation of national, regional, religious and ethnic identities in the UK (covering British Values) Y4 – Understanding risk and danger, explaining feelings, resolving differences, giving and receiving constructive feedback Y5 – Media vs reality, role of voluntary, community and pressure groups in relation to health and wellbeing. Y6 – Understanding emotional and physical change through puberty, human reproduction, understanding sex, gender identity and sexual orientation, sustainability
T2	Sun Safety Adventure Enterprise Identity Celebration	Y1 – Personal hygiene, recognising unkindness, looking after the environment Y2 – Changes as you get older, vocabulary to describe feelings, strategies to manage feelings, responding to increased independence Y3 – Concept of keeping something secret, aspirational goal setting, meaning of increased independence and responsibility Y4 – Effect of bacteria and viruses on our health, acceptable physical contact, understanding different cultures and values Y5 – Recognising and managing dares, aspirational goal setting, understanding of the role of money and enterprise Y6 – Dangers of drugs (legal and illegal), understanding changes through transition, aspirational goal setting.

Part 2: Lower School (Years 7-9) PSHEE Scheme of Work 2019-20

Week Comm	Theme of the week	Year 7	Year 8	Year 9
02.09.19	Beginnings	Developing study and organisational skills – academic culture and aspiration and setting personal targets and goals	Developing study and organisational skills – academic culture and aspiration and growth mindset	Developing study and organisational skills – academic culture and aspiration and growth mindset
09.09.19	Study Skills	Developing study and organisational skills: planning and managing workload and time management – homework timetables	Developing study and organisational skills: planning and managing workload and time management – homework timetables	Developing study and organisational skills: planning and managing workload and time management – homework timetables
16.09.19	Politics and responsibilities	What are British Values?	Review and revision – What are British Values?	Recognise, clarify and challenge personal values. How do these relate to British Values and how do our own values influence our choices?
23.09.19	Communication (MFL)	Qualities and behaviours in positive relationships, communication and team work	Feelings and emotions associated with relationships, features of positive/stable and unhealthy relationships	Media portrayal of relationships and impact on expectations. Different types of relationship – family, friendship, romantic, intimate – and factors that can affect these relationships
30.09.19	Black History Month	Understanding British Values: mutual respect and tolerance of those with different faiths and beliefs	Similarities, differences and diversity – race, culture, ability, disability, sex, gender identity, age, sexual orientation. Impact of stereotyping, prejudice, bigotry, bullying, discrimination	Strategies for safely challenging stereotyping, prejudice, bigotry, bullying and discrimination
07.10.19	Mental Health	Mental and emotional health – promoting and managing mental and emotional health	Recognising when they or others may need help, sources of help and strategies for accessing it	Promoting good mental health, positive promotion of wellbeing, promotion of talking about mental health, removing stigma of poor mental health, signposting and accessing support
14.10.19	Healthy Living	Increased responsibility for physical health and personal hygiene	Benefits of physical activity and exercise, manage choices about exercise. Benefits of a balanced diet and risks of obesity and dieting	The importance of sleep and a healthy life-balance between work, leisure and exercise
EXEAT				
04.11.19	Remembrance	The impact of wars on society – historic conflicts	Understanding British Values: Individual liberty	The impact of terrorism and radicalisation on modern society
11.11.19	Careers week	They have the same rights to learning and work as all other people – recognising factors that may limit their aspirations	The importance of protecting their own and others’ reputations. Protecting their online presence. The concept of having a ‘personal brand’ that can be enhanced or damaged.	Their strengths, interests, skills and qualities and their value for future employability. Strategies for further developing them. Different work roles and career pathways and

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		Their future ambitions and aspirations and targets or goals to help achieve them.		clarifying their own early aspirations. GCSE and A Level choices and/or activities that might support these aspirations. GCSE options process and advice/support for this decision-making process.
18.11.19	Eco awareness	The choices that young people can make as consumers that affect the environment – social and moral use of money	Developing team work skills: objective setting, outcome planning, cooperation, negotiation, managing setbacks, compromise	Developing team work and presentation skills – working in teams to create a presentation on either eco awareness or disability awareness (2 week project).
25.11.19	Disability awareness	Challenging discrimination and disablist language and behaviour	Developing communication skills: active listening, negotiation, offering and receiving constrictive feedback, assertiveness	Developing team work and presentation skills – working in teams to create a presentation on either eco awareness or disability awareness (2 week project).
02.12.19	Anti-bullying	Recognise bullying in all its forms and develop skills and strategies to manage being targeted or witnessing others being targeted. Support services available for those who are being abused or in unhealthy relationships	Recognising and challenging Cyberbullying	Recognising and managing peer pressure Understand the feelings and pressure that the need for peer approval can generate
09.12.19	Charity	Social and moral use of money – consumer choice influence on the economy of others	Assess and manage risk in relation to financial decision that young people might make	Gambling – consequences, choices, the gambling industry, managing pressures and accessing support
CHRISTMAS				
06.01.20	Community	Understand and manage risk and personal safety – road/cycle/crime	Recognising and reducing risk, getting help in emergency situations, inappropriate use of mobile phones can contribute to accidents	Laws relating to the carrying of offensive weapons and strategies for managing pressure to carry a weapon. Difference between friendship groups and gangs – risks and strategies for managing pressure
13.01.20	Human Rights	Media portrayal of young people and impact on body image, factors that affect identity and positive sense of self	The primacy of human rights – accessing support if they feel/see those rights being undermined or ignored. Potential tensions between human rights, British law and cultural and religious expectations	Understanding British Values: Democracy and rule of law
20.01.20	STEM week	Positive and negative roles of drugs in society. Legal and illegal substances – alcohol, cigarettes and e-cigarettes	Safe use of prescription and over the counter medication	Risk and consequences of substance use and terminology – experimental, occasional, habit, dependence, addiction

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		Managing influences – peer pressure, risks and consequences		Law relating to supply, use and misuse of legal and illegal substances
27.01.20	Music	Purpose and importance of vaccination and immunisation	Accessing local health services and support services for smoking, alcohol or substance abuse (for them or others)	Cancer and cancer prevention – lifestyle and self-checking
03.02.20	eSafety week	Safe and responsible use of ICT – safe management of own and others’ personal data and images Understand the terms habit, dependence and addiction in relation to the use of ICT	Understanding clear personal boundaries around aspects of life they wish to be private, shared with specific people, made public; understanding the right to privacy	Managing a request or pressure to share an image of themselves or others; who to talk to if they have concerns Sharing of explicit images may constitute a serious criminal offence
10.02.20	LGBT week	Difference between assigned/biological sex and gender identity and accepted terminology	Sexual orientation and diversity in sexual attraction. Terms associated with sex, gender identity and sexual orientation and understand accepted terminology	Challenging homophobic, transphobic and biphobic language and behaviour
EXEAT				
24.02.20	Empathy	Growth and change – puberty, physical and emotional changes of adolescence	Contraception – types and communication, risks of unprotected sex Pregnancy	STIs and protection against STIs <i>Risks and myths associated with FGM, status as a criminal act, accessing support</i>
02.03.20	Literacy	The importance of friendship, considering love and sexual relationships within this context. Expectations of relationships and levels of intimacy. Respect and right to decide when to have an intimate relationship	Media portrayal of relationships/sex – social media, advertising, pornography, music videos and impact on expectations. Sharing of sexual images between young people	Consent – what is consent; law in relation to consent; seeking, ensuring, withholding or withdrawing consent
09.03.20	International Women’s Day	Nature and importance of marriage, civil partnerships and stable, long-term relationships for family life Roles and responsibilities of parents, carers and children in families	Marriage – as a commitment entered in to freely, never forced through threat or coercion, safely accessing support. Managing the breakdown of a relationship – the effects of change – loss, separation, divorce, bereavement	Challenging sexist language and behaviour
16.03.20	Philosophy	Evaluating news and media reports.	What is fake news? How you spot fake news?	How our decisions influence our future.
23.03.20	Scholarship	Their own identity as a learner and preferred style of learning – reflecting on first two terms on Year 7.	Developing organisational and study skills – early preparation for examinations	Further developing organisational and study skills – early preparation for examinations and revision techniques
EASTER				

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20.04.20	Exploration	Different types of work – employment, self-employment, voluntary work. Everyone has a ‘career’. The labour market – learning options, skills, occupations and progression routes.	Laws relating to working hours and types of employment for young people and how to minimise health and safety risks.	The benefits of being ambitious and enterprising. Skills and qualities required to engage in enterprise; opportunity, managing risk, marketing, productivity, concept of quality, cash flow and profit.
27.04.20	Resilience	What is resilience? When have you faced a challenge that you persevered at and succeeded?	What does it mean to ‘be brave’? How does ‘being brave’ help you to cope with the challenges of life. Developing self-confidence and self-esteem to ‘be brave’.	Letting go and re-framing worries. Remembering that tomorrow is another day.
04.05.20	Civilisations old and new	Comparing ancient and modern societies How have lifestyles, attitudes and living changed? What can be learned from ancient societies?	‘A moment in time’ students to present on a moment in history (along any time scale and either personal, national, local, global event) that has had a positive impact on their life.	To be able to explain how societies / civilisations change over time. Why do some civilisations thrive and some struggle/fall? How are standards of living different in different societies across the world?
11.05.20	Sustainability	What is sustainability? How can we as individuals have a more sustainable lifestyle?	What is the global approach to sustainability? Does it vary by region/country/continent? How can we work globally to improve sustainability?	To what extent does government legislation impact on sustainability? Is it the government’s responsibility to take action or each individual? How can people access advice and guidance about sustainability? Is the information in the media biased?
18.05.20	Theatre	Developing revision techniques, planning and preparing for the summer examinations Managing anxiety around exams	Reviewing, refining and further developing revision techniques, planning and preparing for the summer examinations. Planning a balanced revision timetable.	Reviewing, refining and further developing revision techniques, planning and preparing for the summer examinations Organisation and different revision strategies/techniques
EXEAT				
01.06.20	EXAM WEEK			
08.06.20	ADVENTURE WEEK			
15.06.20	Enterprise	What does it mean to be ‘enterprising’? What is an entrepreneur?	Managing personal finances, cost of living.	Working as part of a team – designing and presenting a new product for the market.
22.06.20	Celebration	Personal strengths, self-confidence and self-esteem, changes in self-esteem as a result in changes in personal circumstances	Impact of others on self-confidence and self-esteem, accepting helpful feedback and rejecting unhelpful criticism	Recognising achievements and celebrating successes, setting personal targets and goals
29.06.20	Endings	Setting realistic and challenging personal targets and goals – reflecting on strengths and achievements in Year 7	Setting realistic and challenging personal targets and goals – reflecting on strengths and achievements in Year 8	Setting realistic and challenging personal targets and goals – reflecting on strengths and achievements in Year 9 and looking ahead to transition in to the Middle School

Part 3: Middle School (Years 10-11) PSHEE Scheme of Work 2019-20

Thematic Key		Health & Wellbeing	Sex & Relationships	Living in the Wider World
Michaelmas	Theme of the Week	PSHEE		
02/09/2019	A1	Beginnings	Transition to KS4 and developing study habits	Vision, growth mindset, personal organization, planning the year ahead
09/09/2019	B2	Study Skills	Reflect on study habits and build a growth mindset	Reflecting and reviewing study skills. VESPA model, target setting
16/09/2019	A3	Politics and responsibilities	Fundamental British Values: the rule of law.	How laws are made. Parliament and its workings. Relationship between school and wider community/society
23/09/2019	B4	Communication (MFL)	Managing emotional wellbeing at KS4	Self-regulation, self-organisation, active listening and communication, reducing anxiety to schoolwork
30/09/2019	A5	Black History Month	Gender and racial equality	Gender pay gap, racial bias in employment and society. Pathways to equal opportunities.
07/10/2019	B6	Mental Health	Mental health	Understanding stigma around mental health; understanding link between physical and mental health
14/10/2019	A7	Healthy Living	Healthy lifestyles	Developing resilience and balanced lifestyle choices
21/10/2019	Exeat			
28/10/2019	Exeat			
04/11/2019	B8	Remembrance	Economic Wellbeing	Understanding good money habits; debt and its impacts on physical and emotional lives
11/11/2019	A9	Careers week	Employability and enterprise	Investigating work opportunities. Self-reflection on skills and goals. Preparing for your career beyond 16+/18+
18/11/2019	B10	Eco awareness	Employability and Enterprise	Rights and responsibilities at work. Health & Safety. Ethical and eco-aware employment.

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25/11/2019	A11	Disability awareness	Gambling	Understanding relationship between gambling, debt and mental health; illegality
02/12/2019	B12	Anti-bullying	Relationships	Bullying and ‘no blame’ response. Understanding why some relationships come under strain and break down. Deploying resolution strategies. Respect for others’ decisions.
09/12/2019	A13	Charity	Fundamental British Values	Mutual respect. Tolerance of those with different faiths. Ethical actions from secular and religious social systems. Community cohesion.
Lent				
06/01/2020	B14	Community	Role Models	Consider the importance of role-models on health-related behaviour; what makes a good role-model
13/01/2020	A15	Human Rights	Drugs and alcohol	Representation of drug and alcohol use in the media. Understanding impact of drug taking in wider community
22/01/2020	B16	STEM week	Drugs and alcohol	How drug use impairs a user’s ability to make decisions and manage risk
27/01/2020	A17	Music	Families	Consider the range of family types in modern Britain. Understand the implications of parenthood and its importance to family life
03/02/2020	B18	eSafety week	Relationships and self-image	Managing your life safely between on- and offline worlds. Internet safety.
10/02/2020	A19	LGBT week	Sexual identity	Respecting diversity of sexual identity. Challenging discrimination.
17/02/2020	Exeat			
24/02/2020	B20	Empathy	Relationships	Learn strategies for a positive and healthy relationship. Intimacy.
02/03/2020	A21	Literacy	Relationships	Recognising exploitative relationships and where to seek help.
09/03/2020	B22	Intl Women’s Day	Relationships	Managing emotions as relationships end. Repairing relationships. Domestic abuse and forced marriage.
16/03/2020	A23	Philosophy	Study Skills	Creating a good revision timetable and managing stress. Promoting good self-esteem.
23/03/2020	B24	Scholarship	Study Skills	Review personal habits and strengths as a learner this year; developing a growth mindset.

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Trinity				
20/04/2020	A25	Exploration	Keeping Safe	First Aid: emergency and non-emergency situations
27/04/2020	B26	Resilience	Personal Economics	Responsible use of money, ethical decisions; personal financial products: debt, ISAs, mortgages.
04/05/2020	A27	Civilisations old and new	Preparing for university and job applications	Unifrog, writing a CV, covering letter/formal introduction
11/05/2020	B28	Sustainability	Fundamental British Values	British values in creating community cohesion.
18/05/2020	A29	Theatre	Fundamental British Values	Challenging extremism and radicalisation
25/05/2020	Exeat			
01/06/2020	B30	Examinations		
08/06/2020	A31	Adventure		
15/06/2020	B32	Enterprise	Review Topic	Health & Wellbeing
22/06/2020	A33	Identity	Review Topic	Sex & Relationships
29/06/2020	B34	Celebration	Review Topic	Living in the Wider World

Part 4: Sixth Form (Years 12-13) PSHEE Scheme of Work 2019-20

M1 The A Level Mindset: Study Skills	Week 1	Mind the Gap: From GCSE to A Level; from Year 12 to Year 13
	Week 2	Elevate Education Follow-up Materials
	Week 3	Effort
	Week 4	Attitude
	Week 5	Time Management
	Week 6	Engagement
M2 Healthy Living	Week 1	Healthy-eating: what's wrong with what we eat?
	Week 2	Addictive behaviours (alcohol, gambling, sex, gym, drugs)
	Week 3	The risks of pornography (to include revenge porn)
	Week 4	Sexual health and body image (+ link to Movember)
	Week 5	Stress busting 1
	Week 6	Stress busting 2
L1 Staying Safe	Week 1	Safety on the streets: staying safe when out at night
	Week 2	House parties and festivals
	Week 3	Consent and sexual bullying (abuse in relationships)
	Week 4	E-safety: sexting, safe use of social media and current British law
	Week 5	Driving safety
L2 Exploring Personal Values	Week 1	The masks we wear
	Week 2	Prejudice, racism and extremism
	Week 3	Rights and responsibilities: balancing privilege with responsibility

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	Week 4	Human rights: expectations and mechanisms for enforcement
	Week 5	LGBTQ around the world: a look at different cultures
T1 The Revision Mindset	Week 1	Creating a revision timetable 1
	Week 2	Creating a revision timetable 2
	Week 3	Revision techniques 1
	Week 4	Revision techniques 2
	Week 5	The importance of sleep
	Week 6	The night before the exam
T2 UCAS and Careers	Week 1	UCAS and Careers Revision

Below is the summary list of the College’s 2018-19 Themes for the Week that will be adapted for 2019-20. These themes were the basis on Assemblies and related PSHEE delivered via tutorials within and across each relevant week.

Michaelmas Term 1	Michaelmas Term 2	Lent Term 1	Lent Term 2	Trinity Term 1	Trinity Term 2
Beginnings	Remembrance	Community	Peace	Philosophy and Ethics	Celebration
Friendship	Anti-bullying	Human rights	Literacy	Logic	Endings
Healthy Living	Gender Equality	Empathy	LGBT	Scholarship and Exams	
Cyber-Safety	Charity	Media	Science	Identity	
Communication/MFL	Enterprise	Geography	Happiness	Music	
Mental Health	Christmas		Resilience		
Black History Month					

PSHEE Scheme of Work			
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