

PSHE Education and Citizenship Scheme of Work

Year 7

An overview of the topics to be covered in each term

The programme is flexible to cope with different lengths of terms, disruptions due to unforeseen circumstances and being able to react to local, national and global events

ONE LESSON PER WEEK					
TERM	CORE THEME(S)	TOPIC(S)	VISITS/SPEAKERS	OTHER LINKS	TUTORIAL LINKS
Autumn term 1 (7 weeks) (Lose 1 week due to hikes)	Health and wellbeing	<i>Growing and changing</i> What is PSHE Education and Citizenship education? <ul style="list-style-type: none"> ● An introduction How will we work together? <ul style="list-style-type: none"> ● The values of PSHCE Education ● Creating a group agreement How is year 7 different? <ul style="list-style-type: none"> ● Transition from junior to senior school ● Ways to support yourself and others What happens at puberty?	Health Centre presentation - Growing and changing	Digital learning <ul style="list-style-type: none"> ● iPad introduction and use Science <ul style="list-style-type: none"> ● Puberty and reproduction Fundamental British Values <ul style="list-style-type: none"> ● Democracy ● Rule of Law ● Mutual respect and tolerance of those of different beliefs and faiths, and those with none 	<i>Transition to senior/new school and going on hikes</i> How will I cope in the first few weeks? <ul style="list-style-type: none"> ● Who to go to for help ● Worries and anxieties How can I make new friends? <ul style="list-style-type: none"> ● Making and losing friends Why do we have rules? <ul style="list-style-type: none"> ● School rules ● iPad/mobile device guidelines What am I good at?

		<ul style="list-style-type: none"> Physical changes and emotional changes Managing change and sexual feelings <p>Why am I feeling like this?</p> <ul style="list-style-type: none"> How feelings change as you grow up Ways to build confidence to cope with these changes 			<ul style="list-style-type: none"> Thinking about personal qualities Reflect on personal strengths Appreciate how others see you
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Autumn term 2 (7 weeks)	Relationships	<p><i>Healthy relationships</i></p> <p>Boys and girls – is there a difference?</p> <ul style="list-style-type: none"> Treating girls and boys with equal respect Range of situations related to gender and stereotypes <p>How can we tackle bullying?</p> <ul style="list-style-type: none"> Sexist and gender bullying <p>Who am I?</p> <ul style="list-style-type: none"> Identity is affecting by a range of factors Self-esteem and personal circumstances <p>What does family mean?</p>	Anti-bullying week 14-18 November	Digital learning <ul style="list-style-type: none"> Online behaviour and reputation – digital footprint Reporting online abuse 	<p><i>Building/reinforcing positive relationships (friendships/school community)</i></p> <p>How can we tackle bullying?</p> <ul style="list-style-type: none"> How to prevent bullying from happening Importance of speaking out against bullying <p>What is the school’s policy on bullying?</p> <ul style="list-style-type: none"> Identification of what bullying is – different forms and types (inc. cyberbullying) What to do and where to get help
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		<ul style="list-style-type: none"> • Different types of families • Family relationships and wellbeing 			<p>What qualities are needed to form positive relationships?</p> <ul style="list-style-type: none"> • Respect • Team work – cooperation • Positive language and communication skills <p>What does assertiveness mean?</p> <ul style="list-style-type: none"> • Meaning of assertiveness • Difference between being assertive and aggressive
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<p>Spring terms 1 & 2</p> <p>(12 weeks)</p>	<p>Health and Wellbeing</p>	<p><i>Keeping safe</i></p> <p>What is my digital footprint?</p> <ul style="list-style-type: none"> • Online reputation • Using the internet safely and responsibly <p>What do we mean by drugs?</p> <ul style="list-style-type: none"> • Definition of the word ‘drug’ • Some of the risks involved with taking legal drugs <p>What are legal drugs?</p> <ul style="list-style-type: none"> • Medicines • Caffeine • Alcohol • Tobacco 	<p>Internet safety day Tuesday 14 February</p> <p>Drugs awareness presentation and workshop</p> <p>Holocaust Survivor presentation and workshop</p> <p>Holocaust Memorial Day Friday 27 January</p>	<p>Digital learning</p> <ul style="list-style-type: none"> • Privacy settings • Passwords • Appropriate online behaviour <p>Science</p> <ul style="list-style-type: none"> • Medicines – over the counter and prescription drugs • Alcohol – general facts and perception • Caffeine – effect on the body • Tobacco - diseases <p>Fundamental British Values</p>	<p><i>Taking risks and personal health</i></p> <p>What do we mean by ‘risk’?</p> <ul style="list-style-type: none"> • Definition • Positive and negative risks • Different attitudes towards risk <p>How do we manage risky situations? (Context – personal, road and rail safety as a starting point)</p> <ul style="list-style-type: none"> • How to respond • Recognise ways to keep safe <p>How do I practise refusal skills?</p> <ul style="list-style-type: none"> • What are refusal skills
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				<ul style="list-style-type: none"> ● Individual Liberty <p>Geography</p> <ul style="list-style-type: none"> ● Awareness of needing vaccinations to travel to some countries <p>Science</p> <ul style="list-style-type: none"> ● Importance of a balanced diet ● Prevention of diseases <p>PE</p> <ul style="list-style-type: none"> ● Importance of exercise <p>Food technology</p> <ul style="list-style-type: none"> ● Food choices 	<ul style="list-style-type: none"> ● Using good communication to reduce risks ● Dealing with peer pressure <p>What do we need to keep healthy?</p> <ul style="list-style-type: none"> ● What ‘being healthy’ means ● The importance of healthy routines in life <p>What is my personal health profile?</p> <ul style="list-style-type: none"> ● Recognising an appropriate balance between work, leisure and exercise to promote health ● Assessing your own health profile
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Summer term 1 (5 weeks)	Relationships	<p><i>Valuing difference</i></p> <p>Who is in our communities?</p> <ul style="list-style-type: none"> ● Different groups in communities ● Appreciate some of the differences between people and respect feelings <p>How do I feel about difference?</p>		<p>Religious Studies</p> <ul style="list-style-type: none"> ● How some religious groups are perceived in the UK <p>Fundamental British Values</p> <ul style="list-style-type: none"> ● Mutual respect and tolerance of those 	<p><i>Financial Education</i></p> <p>How do I save and how do I budget?</p> <ul style="list-style-type: none"> ● Managing your money can help you save ● Setting up a budget and coping with the unexpected
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		<ul style="list-style-type: none"> ● Reflect on ‘difference’ and what it means to individual people ● Consider how prejudice and discrimination might be challenged <p>What is disability?</p> <ul style="list-style-type: none"> ● Attitudes and perspective ● Different disabilities ● The reality (case studies) 		<p>of different faiths and beliefs, and those with none</p> <p>PSHCE Education – drop down morning</p> <ul style="list-style-type: none"> ● Wants and needs ● Poverty in the UK ● Poverty in other parts of the world ● Paper bag game ● Homelessness ● Awareness of charitable organisations (Christian Aid/Amnesty International) <p>Geography</p> <ul style="list-style-type: none"> ● Economic development in different parts of the UK ● The UK compared to other countries in the world <p>Mathematics</p> <ul style="list-style-type: none"> ● Balancing money coming in and out 	<p>What is money and what does it mean?</p> <ul style="list-style-type: none"> ● Rich v poor ● Ethical uses on money ● Different forms and currencies <p>What happens if I borrow money?</p> <ul style="list-style-type: none"> ● Definition of ‘interest’ ● How to calculate interest ● Interest rates and spending (basic facts)
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				<ul style="list-style-type: none"> Percentages <p>Business Studies & Careers</p> <ul style="list-style-type: none"> Introduction of key terms Basic principles of managing money 	
<p>Summer term 2 (5 weeks) (Lose 1 week for exams & camps)</p>	<p>Living in the Wider World/Citizenship</p>	<p><i>Being a UK citizen</i></p> <p>What is democracy?</p> <ul style="list-style-type: none"> UK Government and Parliament The role of the monarchy British citizens and values <p>What are Fundamental British Values?</p> <ul style="list-style-type: none"> Democracy Rule of Law Individual Liberty 	<p>Parliamentary Education service – presentation</p>	<p>History</p> <ul style="list-style-type: none"> Parliamentary history Monarchy history Magna Carta <p>Geography</p> <ul style="list-style-type: none"> Human influences on the environment 	<p><i>Our local community</i></p> <p>Who are our local MPs and what do they do?</p> <ul style="list-style-type: none"> Dealing with local issues <p>Why do we need to take care of the environment?</p> <ul style="list-style-type: none"> Recycling Saving water Pollution issues – car fumes

Highlighted areas refer to RSE within PSHCE lessons.

Suggested tutorial themes are intended to compliment work carried out in PSHCE Education lessons. Tutorials are a period of time where there may be an opportunity for pupils to explore issues further. However, there are a number of other important aspects – developing essential skills and dealing with pastoral issues

PSHE Education and Citizenship Scheme of Work

Year 8

An overview of the topics to be covered in each term

The programme is flexible to cope with different lengths of terms, disruptions due to unforeseen circumstances and being able to react to local, national and global events

ONE LESSON PER WEEK					
TERM	CORE THEME(S)	TOPIC(S)	VISITS/SPEAKERS	OTHER LINKS	TUTORIAL LINKS
Autumn term 1 (7 weeks) (Lose 1 week)	Health and wellbeing	<i>Emotional wellbeing</i> What's it like here? <ul style="list-style-type: none"> ● Review the changes you experienced last year ● Supporting those who are new to the school 		Digital Learning <ul style="list-style-type: none"> ● Exposure to the media and its effect on emotional and mental health 	<i>Starting Year 8</i> How is Year 8 different? <ul style="list-style-type: none"> ● Settling back into a routine ● Higher expectations What is self-esteem?

<p>due to hikes)</p>		<p>What happens when we are feeling down?</p> <ul style="list-style-type: none"> • How emotional and mental health affects our ability to lead fulfilling lives • How and where to get help and support <p>What does 'resilience' mean?</p> <ul style="list-style-type: none"> • Recognising the way in which your personal qualities, attitudes, skills and achievements affect your confidence and self-esteem • Reflect on personal strengths and weaknesses • How resilience and mindfulness can help you <p>Is anybody perfect?</p> <ul style="list-style-type: none"> • How you see and feel about yourself is affected by a range of factors 			<ul style="list-style-type: none"> • Understanding what self-esteem is • Strategies to overcome low self-esteem <p>How can I deal with pressure?</p> <ul style="list-style-type: none"> • Consider a range of factors • Peer pressure • The role the media plays • Getting ready for hikes
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		<ul style="list-style-type: none"> ● Explore differences between people and what 'empathy' means ● Body image and growing up 			
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Autumn term 2 (7 weeks)	Relationships	<p><i>Healthy relationships</i></p> <p>Why are friends important?</p> <ul style="list-style-type: none"> ● Positive friendships are important ● Friendships can cause strong feelings and emotions <p>What are the different types of relationships?</p> <ul style="list-style-type: none"> ● Explore types ● Qualities needed to maintain positive relationships 	Anti-bullying week 14-18 November	<p>Digital learning</p> <ul style="list-style-type: none"> ● Online behaviour and reputation – forming online relationships <p>PSHCE Education – Living in the Wider World/Citizenship</p> <ul style="list-style-type: none"> ● Rights and responsibilities ● Social harmony <p>Fundamental British Values</p> <ul style="list-style-type: none"> ● Mutual respect and tolerance of those of different faiths and 	<p><i>Anti-bullying week and building/reinforcing positive relationships (friendships/school community)</i></p> <p>How do I respond to other people?</p> <ul style="list-style-type: none"> ● Relationship skills – communication, compromise and negotiation ● Assertiveness ● Forgiveness and reconciliation <p>What does my body language say about me?</p>
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		<ul style="list-style-type: none"> ● Identify positive and negative phases ● How to maintain relationships <p>How can I contribute to family life?</p> <ul style="list-style-type: none"> ● Roles and responsibilities ● Building relationships ● Social skills ● Religious perspective <p>Promoting positive relationships</p> <ul style="list-style-type: none"> ● Easy relationships ● Difficult relationships ● Romantic v friendships 		beliefs, and those with none	<ul style="list-style-type: none"> ● Non-visual cues ● Link to self-esteem ● Positive gestures <p>What is faith and racial bullying?</p> <ul style="list-style-type: none"> ● Identification ● Reporting it if you see it
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Spring terms 1 & 2 (12 weeks)	Health and Wellbeing	<i>Keeping Safe</i> How do drugs affect people?	Health Centre <ul style="list-style-type: none"> ● Alcohol workshop (beer goggles, leaflets, binge drinking, units and perception) 	Science <ul style="list-style-type: none"> ● How drugs affect the body ● Illnesses and disease 	<i>Taking risks</i> What is risking on purpose? <ul style="list-style-type: none"> ● Assessing managing risk
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		<ul style="list-style-type: none"> • Think about the different ways we view people who use drugs • How drugs affect physical, mental and emotional health • Where to get help and support for those who have problems with drugs <p>How does drinking alcohol affect you and others?</p> <ul style="list-style-type: none"> • Short and long term effects • Behaviours and attitudes <p>What is passive smoking?</p> <ul style="list-style-type: none"> • Definition • The laws linked to the dangers of passive smoking • How it affects others <p>What about risks online?</p> <ul style="list-style-type: none"> • Assess behaviours and attitudes 	<ul style="list-style-type: none"> • Tobacco workshop (leaflets, tar jar, big cigarette) <p>Internet safety day Tuesday 14 February</p> <p>Holocaust Survivor presentation</p> <p>Holocaust Memorial Day Friday 27 January</p> <p>Drugs Awareness presentation and workshops</p> <ul style="list-style-type: none"> • Vaping and e-cigarettes <p>Health Centre presentation – Vaccinations talk including debate over why parents choose/choose not to vaccinate their child</p>	<ul style="list-style-type: none"> • Understanding what is in food <p>Business/Mathematics</p> <ul style="list-style-type: none"> • Money involved when using drugs and gambling <p>Fundamental British Values</p> <ul style="list-style-type: none"> • The Rule of Law <p>Food technology</p> <ul style="list-style-type: none"> • Additives in foods • Traffic light system when buying food <p>Religious Studies</p> <ul style="list-style-type: none"> • Temptation • Looking after your body 	<ul style="list-style-type: none"> • Balancing health and safety with personal choices • Coping with dares and peer pressure <p>How do I reduce risks?</p> <ul style="list-style-type: none"> • Minimising harm and keeping safe in various situations • Own personal safety • Thinking about others • Basic first aid principles <p>Can gambling be good?</p> <ul style="list-style-type: none"> • Understanding of gambling • Risks attached to gambling • Attitudes to gambling and gamblers <p><i>Personal health</i></p>
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		<ul style="list-style-type: none"> ● Gaming and use of social media ● Personal profiles ● Who to accept as ‘friends’ <p>What is shisha smoking?</p> <ul style="list-style-type: none"> ● Definition and brief history ● The law ● Challenge perception of shisha smoking ● The effect on people <p>What is VSA?</p> <ul style="list-style-type: none"> ● Definition ● The hidden dangers ● The short and long term effects <p>What are illegal drugs?</p> <ul style="list-style-type: none"> ● Classification ● Types of drugs 			<p>How do I keep healthy?</p> <ul style="list-style-type: none"> ● Making decisions that affect your health ● Healthy choices ● Body matters <p>Buying food</p> <ul style="list-style-type: none"> ● Junk food ● The role of advertising ● The rising cost of food
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		<ul style="list-style-type: none"> • The effect of these on people 			
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<p>Summer term 1</p> <p>(5 weeks)</p>	Relationships	<p><i>Valuing difference</i></p> <p>How can we value each other?</p> <ul style="list-style-type: none"> • Examine communities you belong to • Explore similarities and differences between yourself and others <p>What makes a successful community?</p> <ul style="list-style-type: none"> • Identify some guidelines for successful community life • Consider the qualities that improve community life <p>What can cause problems in communities?</p> <ul style="list-style-type: none"> • Consider range of perspectives 	<p>Liverpool trip</p> <ul style="list-style-type: none"> • International Slavery Museum tour and workshop 	<p>Religious Studies</p> <ul style="list-style-type: none"> • Social harmony • Religious v non-religious values • Prejudice and discrimination • Racism • Islamophobia <p>Geography</p> <ul style="list-style-type: none"> • Demographic of communities, cultural similarities and differences <p>Fundamental British Values</p> <ul style="list-style-type: none"> • Individual Liberty • Mutual respect and tolerance of those of different beliefs and 	<p><i>Communities</i></p> <p>Case studies</p> <ul style="list-style-type: none"> • Explore a range of local, national and international issues which involve communities
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		<ul style="list-style-type: none"> ● Problem solving ● Role of mediation <p>What does immigration mean?</p> <ul style="list-style-type: none"> ● Clarification of terms – refugees and asylum seekers ● Attitudes and perceptions ● The media 		<p>faiths, and those with none</p>	
<p>Summer term 2</p> <p>(5 weeks)</p> <p>(Lose 1 week for exams)</p>	<p>Living in the Wider World/ Citizenship</p>	<p><i>Being a UK citizen</i></p> <p>What are laws?</p> <ul style="list-style-type: none"> ● The process of making laws ● The importance of laws <p>What is the General Election?</p> <ul style="list-style-type: none"> ● Facts and figures <p>Why is it important to vote?</p> <ul style="list-style-type: none"> ● Pros and cons 	<p>Parliamentary Education</p>	<p>Fundamental British Values</p> <ul style="list-style-type: none"> ● Democracy ● Individual Liberty ● The Rule of Law <p>History</p> <ul style="list-style-type: none"> ● Law making – what has happened in the past <p>Geography</p> <ul style="list-style-type: none"> ● Voting constituencies and areas <p>Business Studies & Careers</p>	<p><i>Financial Education</i></p> <p>What influences our spending?</p> <ul style="list-style-type: none"> ● Reasons why we spend money ● How we choose to support different kinds of shops ● Price and competition – consumer decisions ● The effect of consumer decisions on others

		<ul style="list-style-type: none"> • The process of voting • Different systems 		<ul style="list-style-type: none"> • Careers day and workshops • Understanding what influences how we spend our money <p>Mathematics</p> <ul style="list-style-type: none"> • Money 	<p>How do charitable organisations operate?</p> <ul style="list-style-type: none"> • Donations • Look at some examples
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Highlighted areas refer to RSE within PSHCE lessons.

Suggested tutorial themes are intended to compliment work carried out in PSHCE Education lessons. Tutorials are a period of time where there may be an opportunity for pupils to explore issues further. However, there are a number of other important aspects – developing essential skills and dealing with pastoral issues.

PSHE Education and Citizenship Scheme of Work

Year 9

An overview of the topics to be covered in each term

The programme is flexible to cope with different lengths of terms, disruptions due to unforeseen circumstances and being able to react to local, national and global events

ONE LESSON PER WEEK					
TERM	CORE THEME(S)	TOPIC(S)	VISITS/SPEAKERS	OTHER LINKS	TUTORIAL LINKS
Autumn term 1 (7 weeks) (Lose 1 week)	Health and wellbeing	<p><i>Emotional wellbeing</i></p> <p>What do I value and why?</p> <ul style="list-style-type: none"> ● What values are ● Consider what values you hold ● Reflect on values shared with others <p style="background-color: yellow;">How do I manage my feelings?</p>		<p>Religious Studies</p> <ul style="list-style-type: none"> ● Personal values ● How different religions deal with loss and bereavement ● Family values – marriage and divorce <p>Fundamental British Values</p> <ul style="list-style-type: none"> ● Mutual respect and tolerance of those of 	<p><i>Being in Year 9</i></p> <p>How do I get through adolescence?</p> <ul style="list-style-type: none"> ● Consider situations which occur in school ● How to deal with and manage these situations ● Emotional resilience ● Relationships

<p>due to hikes)</p>		<ul style="list-style-type: none"> ● Recognise a range of emotions that affect how we feel ● Reflect on how people overcome negative feelings ● Building resilience/mindfulness <p>What happens when relationships break down?</p> <ul style="list-style-type: none"> ● Families experience highs and lows ● Consider strategies for coping when there are family arguments ● Issues affecting young people in troubled families <p>How do we cope with loss and bereavement?</p> <ul style="list-style-type: none"> ● Consider what this might mean ● Ways in which people cope with loss ● Discuss ways of dealing with death 		<p>different faith and beliefs, and those of none</p>	<p>How do people express their values?</p> <ul style="list-style-type: none"> ● Religious and non-religious ● Moral and ethical issues ● Right and wrong
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<p>Autumn term 2</p> <p>(7 weeks)</p>	<p>Health and wellbeing</p>	<p><i>Keeping safe</i></p> <p>What is sexting?</p> <ul style="list-style-type: none"> Consider online behaviour and reputation The laws and young people Sexually explicit images <p>What do we see about sex in the media?</p> <ul style="list-style-type: none"> Sexualised images and the media – effect on consumers <p>What about drugs and the law?</p> <ul style="list-style-type: none"> Find out about the Misuse of Drugs Act Identify situations where people might be breaking the law <p>How do I manage situations involving drugs?</p> <ul style="list-style-type: none"> Different ways of looking at risk Consider keeping yourself and others safe 	<p>Anti-bullying week 14-18 November</p>	<p>Digital learning</p> <ul style="list-style-type: none"> Online behaviours and attitudes <p>Fundamental British Values</p> <ul style="list-style-type: none"> The Rule of Law <p>PSHCE Education – Living in the wider world</p> <ul style="list-style-type: none"> Rights and responsibilities 	<p><i>Anti-bullying week and building/reinforcing positive relationships</i></p> <p>How is the media used to communicate positive and negative messages?</p> <ul style="list-style-type: none"> Reminder about schools’ policy and what it means Consider cyber-bullying in more depth The role of the media in spreading negative messages (not just bullying messages) Using social media for positive means <p><i>Taking risks</i></p> <p>Who can help me keep safe?</p> <ul style="list-style-type: none"> Explore a range of issues which affect personal safety Identify agencies that can help with these problems
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		<ul style="list-style-type: none"> ● Reflect on the impact of risk taking with drugs 			<p>Where can I find help on....?</p> <ul style="list-style-type: none"> ● Consider the warning signals that tell us when we need help ● Identify sources of help for young people ● Consider different ways of responding to problem situations
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Spring term 1 (6 weeks)	Relationships	<p><i>Valuing difference</i></p> <p>What are my rights and responsibilities?</p> <ul style="list-style-type: none"> ● People have rights regardless of race, religion, culture, ability or disability, gender, age or sexual orientation ● Rights that apply to young people ● Every right comes with its own responsibility <p>What is sexual orientation and gender identity?</p>	<p>Internet safety day Tuesday 14 February</p> <p>Holocaust Survivor presentation</p> <p>Holocaust Memorial Day Friday 27 January</p>	<p>Religious Studies</p> <ul style="list-style-type: none"> ● The body beautiful <p>PSHCE Education/History/Art/Geography/English - drop down day</p> <ul style="list-style-type: none"> ● Holocaust education 	<p><i>Relationships</i></p> <p>How are women viewed and treated?</p> <ul style="list-style-type: none"> ● In the UK ● Other countries ● Historically – the role of women <p>How is society dealing with gender identity at the moment?</p> <ul style="list-style-type: none"> ● Unisex school uniforms, for example
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		<ul style="list-style-type: none"> ● Explanation of terms <p>How can we challenge prejudice and discrimination?</p> <ul style="list-style-type: none"> ● Consider a range of prejudice, but focus on sexual orientation and gender identity prejudice and discrimination ● Policies and laws – reporting it ● LGBT hate crime 			<ul style="list-style-type: none"> ● Facilities and opportunities afforded to those who identify as transgender
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Spring term 2 (6 weeks)	Health and wellbeing	<p><i>Keeping safe</i></p> <p>What is contraception?</p> <ul style="list-style-type: none"> ● Examine facts and myths about contraception ● Investigate a variety of types ● Consider advice given to young people <p>What are STIs?</p>	Health Centre presentation - Who can I talk to about my health?	<p>Religious Studies</p> <ul style="list-style-type: none"> ● Attitudes towards contraception ● Marriage ● Sexual relationships <p>Science</p> <ul style="list-style-type: none"> ● Sexual reproduction and contraception ● Illness and diseases 	<p><i>Personal health</i></p> <p>Who can I talk to about my health?</p> <ul style="list-style-type: none"> ● Identify rights and ages of responsibility ● Importance of confidentiality ● Consider your rights to health and treatment
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		<ul style="list-style-type: none"> Find out about sexually transmitted infections <p>What are HIV and AIDS?</p> <ul style="list-style-type: none"> The meanings of HIV and AIDS Research some facts Discuss how people can be affected by prejudice and how this might be challenged 			<p>What do others think about contraception?</p> <ul style="list-style-type: none"> Religious and non-religious beliefs Different attitudes
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<p>Summer term 1</p> <p>(5 weeks)</p>	Relationships	<p><i>Healthy relationships</i></p> <p>What does the law say?</p> <ul style="list-style-type: none"> The age of consent Legal facts about sex <p>How do I negotiate about contraception?</p> <ul style="list-style-type: none"> Communication skills Facts v myths – the reality <p>STI testing and notification?</p> <ul style="list-style-type: none"> Where to go 	<p>Loudmouth – Trust Me</p> <ul style="list-style-type: none"> Performance Workshop 	<p>Business Studies</p> <ul style="list-style-type: none"> Enterprise 	<p><i>Financial Education</i></p> <p>How do we use money?</p> <ul style="list-style-type: none"> Explore social and moral dilemmas about the use of money, (including how the choices pupils make as consumers affect other people’s economies and environments)
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		<ul style="list-style-type: none"> • What to expect <p>What if I don't want to?</p> <ul style="list-style-type: none"> • Making choices • Advising others • Dealing with 'early sex', • Learning what abuse is • Consider strategies for dealing with other potentially dangerous situations 			
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<p>Summer term 2</p> <p>(5 weeks)</p> <p>(Lose 1 week for exams and 1 week</p>	<p>Living in the wider world/Citizenship</p>	<p><i>Being a UK citizen</i></p> <p>What role do our political parties play?</p> <ul style="list-style-type: none"> • Consider the main parties and their main priorities • Becoming a MP • What does a MP do? <p>How can I contribute towards my community?</p>		<p>Geography</p> <ul style="list-style-type: none"> • Services in local communities and the impact these have on a community <p>Fundamental British Values</p> <p>Democracy</p>	<p><i>Our local communities</i></p> <p>What does our local council do?</p> <ul style="list-style-type: none"> • Structure and overview • Who is in charge? <p>What services are afforded to UK citizens?</p> <ul style="list-style-type: none"> • NHS • Police and Fire • The Benefit system • Others examples
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for camps)		<ul style="list-style-type: none"> ● Community services and who provides them ● How volunteers contribute to their communities ● Ways in which you can contribute <p>What role do voluntary agencies play?</p> <ul style="list-style-type: none"> ● Consider some of the leading agencies that support young people 			
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Highlighted areas refer to RSE within PSHCE lessons.

Suggested tutorial themes are intended to compliment work carried out in PSHCE Education lessons. Tutorials are a period of time where there may be an opportunity for pupils to explore issues further. However, there are a number of other important aspects – developing essential skills and dealing with pastoral issues.

**PSHE Education and Citizenship
Scheme of Work**

Year 10

An overview of the topics to be covered in each term

The programme is flexible to cope with different lengths of terms, disruptions due to unforeseen circumstances and being able to react to local, national and global events

ONE LESSON PER WEEK					
TERM	CORE THEME(S)	TOPIC(S)	VISITS/SPEAKERS	OTHER LINKS	TUTORIAL LINKS
Autumn term 1 (7 weeks) (Lose 1 week)	Health and Wellbeing	<p><i>Emotional wellbeing</i></p> <p>What is emotional health?</p> <ul style="list-style-type: none"> ● Recognising and managing emotions <p>How can I manage stress?</p> <ul style="list-style-type: none"> ● Understanding stress ● Triggers 		<p>Physical Education</p> <ul style="list-style-type: none"> ● The role that exercise can play in maintaining a positive health profile <p>Science</p> <ul style="list-style-type: none"> ● Awareness of health conditions and physiological effects 	<p><i>Being in Year 10</i></p> <p>What are the next couple of years going to be like?</p> <ul style="list-style-type: none"> ● Supporting those new to the year group ● Transition and expectations

due to hikes)		<ul style="list-style-type: none"> Techniques <p>What are appearance ideals?</p> <ul style="list-style-type: none"> Understanding pressures Coping strategies <p>What is depression?</p> <ul style="list-style-type: none"> Definition Triggers Symptoms and signs Treatment and help 		<ul style="list-style-type: none"> Importance of a balanced diet <p>Digital Learning</p> <ul style="list-style-type: none"> The role that social media plays in perception of body image <p>Food Technology</p> <ul style="list-style-type: none"> Awareness of health and food advertising Nutritional value of food <p>English</p> <ul style="list-style-type: none"> Use of language in the media 	<ul style="list-style-type: none"> Coping with exam pressure <p>Should we look at the media with a critical eye?</p> <ul style="list-style-type: none"> Questioning what you see in the media Explore media moguls – who owns them, who is their audience? Discuss how young people are perceived in the media
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Autumn term 2	Relationships	<p><i>Healthy relationships</i></p> <p>How do I conduct a positive sexual relationship?</p>	<p>Anti-bullying week 14-18 November</p> <p>Loudmouth – Safe and Sound</p>	<p>Science</p> <ul style="list-style-type: none"> Sexual reproduction, contraception and STIs <p>Digital Learning</p>	<p><i>Anti-bullying week (one week)</i></p> <p>What impact can bullying have?</p>
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(7 weeks)		<ul style="list-style-type: none"> • Taking responsibility • Recognising positive and negative behaviours and attitudes <p>What is sexual consent?</p> <ul style="list-style-type: none"> • Asking for consent and understanding the law <p>What is distortion of the media?</p> <ul style="list-style-type: none"> • Explore how sexual relationships are perceived • Consider the effect of pornography on young people and their relationships, attitudes and behaviours 	<ul style="list-style-type: none"> • Performance • Workshop 	<ul style="list-style-type: none"> • Online footprint • Making decisions 	<ul style="list-style-type: none"> • Consolidation of school policy, types, forms, where to go for support • Consider the wider implications on those involved – the roles people play • Banter v bullying • Physical bullying and boundaries
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Spring term 1	Relationships	<i>Valuing difference</i>	Internet safety day Tuesday 14 February	Geography	<i>Being a UK citizen</i>
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<p>(6 weeks)</p>		<p>What do we mean by a shared identity?</p> <ul style="list-style-type: none"> • British values • Explore similarities and differences within communities <p>What is multiculturalism?</p> <ul style="list-style-type: none"> • Definition • Effects on society 	<p>Holocaust Survivor presentation</p> <p>Holocaust Memorial Day Friday 27 January</p> <p>Road show - Online safety</p>	<ul style="list-style-type: none"> • Awareness of multicultural Britain <p>Religious Studies</p> <ul style="list-style-type: none"> • Social harmony and multicultural Britain • Human rights <p>Fundamental British Values</p> <ul style="list-style-type: none"> • The Rule of Law • Democracy • Individual Liberty • Mutual respect and tolerance of those of different faiths and beliefs, and those with none 	<p>What other electoral systems exist?</p> <ul style="list-style-type: none"> • In the UK • Beyond the UK • Actions taken by citizens to influence decisions locally, nationally and internationally <p>Why are there tensions between different cultural, ethnic and religious groups?</p> <ul style="list-style-type: none"> • Stereotyping, prejudice and discrimination
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<p>Spring term 2</p> <p>(6 weeks)</p>	<p>Health and Wellbeing</p>	<p><i>Keeping safe part 1</i></p> <p>Alcohol – What’s your limit?</p> <ul style="list-style-type: none"> Alcoholic and calorific content Evaluating situations involving heavy drinking <p>Should cannabis be legalised?</p> <ul style="list-style-type: none"> Pros and cons Understanding different perspectives <p>What are legal highs?</p> <ul style="list-style-type: none"> Definition Laws <p>Sexual health and behaviour</p> <ul style="list-style-type: none"> Condom usage Attitudes 	<p>Drugs Awareness presentation and workshops</p> <ul style="list-style-type: none"> The party scene – using alcohol and the risks Taking cannabis and the risks Associated laws <p>Health Centre - Sexual health workshop</p> <ul style="list-style-type: none"> Contraception STIs 	<p>Science</p> <ul style="list-style-type: none"> Drugs and medicines, and their effects on the body Contraception STIs Pregnancy <p>Fundamental British Values</p> <ul style="list-style-type: none"> The Rule of Law <p>Digital learning</p> <ul style="list-style-type: none"> Online safety and behaviour 	<p><i>Personal health</i></p> <p>How do my choices affect my health?</p> <ul style="list-style-type: none"> Consider lifestyle-work balance, diet, exercise etc Discuss the role of the Government in their health eg. Sugar tax, alcohol prices The role of the NHS compared to health care in other countries
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<p>Summer term 1</p>	<p>Relationships</p>	<p><i>Keeping safe part 2</i></p>	<p>Loudmouth – Working for Marcus</p>	<p>Digital Learning</p>	<p><i>Financial Education</i></p>
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<p>(5 weeks)</p> <p>(Lose 1 week for camps)</p>		<p>What is sexual exploitation?</p> <ul style="list-style-type: none"> • The grooming process • Prostitution • Case study – Breck Bednar <p>What is extremism and radicalisation?</p> <ul style="list-style-type: none"> • Clarification of terms • Spotting the signs • Where to access help and support 	<ul style="list-style-type: none"> • Performance • Workshop 	<ul style="list-style-type: none"> • Accessibility via social media • Exploiting vulnerabilities <p>Science</p> <ul style="list-style-type: none"> • How contraception works • Transmitting infections 	<p>Should I know about personal finance?</p> <ul style="list-style-type: none"> • Budgeting • Credit and debit cards • Loans and interest rates • Advantages and risks of different types of borrowing
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<p>Summer term 2</p> <p>(5 weeks)</p> <p>(Lose 1 week for exams)</p>	<p>Living in the wider world</p>	<p><i>Being a UK citizen</i></p> <p>What ethical and moral decisions could we be faced with?</p> <ul style="list-style-type: none"> • Donation • Euthanasia • Abortion 		<p>Science</p> <ul style="list-style-type: none"> • Physiology of the human body • Blood and organs <p>Religious Studies</p> <ul style="list-style-type: none"> • Moral dilemmas • Role of God • Attitudes towards specific ethical issues 	<p><i>Being a UK citizen</i></p> <p>What other ethical issues could affect our lives?</p> <ul style="list-style-type: none"> • Human cloning • Animal rights • Genetical engineering • Sport enhancing aids
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Highlighted areas refer to RSE within PSHCE lessons.

Suggested tutorial themes are intended to compliment work carried out in PSHCE Education lessons. Tutorials are a period of time where there may be an opportunity for pupils to explore issues further. However, there are a number of other important aspects – developing essential skills, dealing with pastoral issues and delivering a Careers Education programme.

PSHE Education and Citizenship Scheme of Work Year 11

An overview of the topics to be covered in each term

The programme is flexible to cope with different lengths of terms, disruptions due to unforeseen circumstances and being able to react to local, national and global events

ONE LESSON PER WEEK					
TERM	CORE THEME(S)	TOPIC(S)	VISITS/SPEAKERS	OTHER LINKS	TUTORIAL LINKS
Autumn term 1	Living in the Wider	<i>Careers Education – Preparing for the future</i>	JCB Representative – writing CVs, Personal statement	Morrisby programme	<i>Being in Year 11</i>

(7 weeks) (Lose 1 week due to hikes)	World/Citizenship	1 Lessons designed by Head of Sixth form			<p>What is this year going to be like?</p> <ul style="list-style-type: none"> • Expectations • Coping with exam pressure • Lines of support – academic and pastoral
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Autumn term 2 (7 weeks)	Living in the Wider World/Citizenship	<p><i>Being a UK citizen</i></p> <p>What ethical and moral decisions could we be faced with?</p> <ul style="list-style-type: none"> • Capital punishment • Abortion • Trafficking/Modern slavery • Use of torture • Euthansia 	<p>Anti-bullying week 14-18 November</p> <p>Health Centre presentation</p> <ul style="list-style-type: none"> • TSE • BSE 	<p>Religious Studies</p> <ul style="list-style-type: none"> • Moral dilemmas • Role of God • Attitudes towards specific ethical issues <p>Fundamental British Values</p> <ul style="list-style-type: none"> • Individual Liberty • Mutual respect and tolerance of those of different faiths and beliefs, and those with none 	<p><i>Anti-bullying week (one week)</i></p> <p>Different types of bullying</p> <ul style="list-style-type: none"> • Xenophobia • Islamophobia • Institutionalised racism
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		<ul style="list-style-type: none"> • Donation 		<ul style="list-style-type: none"> • The Rule of Law 	
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<p>Spring term 1</p> <p>(6 weeks)</p> <p>(Lose 1 week due to mock exams)</p>	<p>Living in the Wider World/Citizenship</p>	<p><i>The UK and its relationship with the rest of the world</i></p> <p>What is the Commonwealth?</p> <ul style="list-style-type: none"> • The history • Membership countries • Pros and cons <p>What is the UN?</p> <ul style="list-style-type: none"> • Formation of the UN • Functionality <p>How are other countries governed? Does this affect human rights?</p> <ul style="list-style-type: none"> • Democratic • Non-democratic • Look at case studies 	<p>Road show - online safety</p>	<p>History</p> <ul style="list-style-type: none"> • World War 2 – the aftermath and what happened next • The British Empire <p>Geography</p> <ul style="list-style-type: none"> • Location of member countries • Economic development <p>Religious Studies</p> <ul style="list-style-type: none"> • War and peace – war crimes <p>Fundamental British Values</p> <ul style="list-style-type: none"> • Democracy • The Rule of Law • Individual Liberty 	<p><i>Being a UK citizen</i></p> <p>Brexit - UK's relationship with the rest of the world</p>
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<p>Spring term 2</p> <p>(6 weeks)</p>	<p>Relationships</p>	<p><i>Healthy relationships</i></p> <p>Is commitment important in relationships?</p> <ul style="list-style-type: none"> ● Stable relationships ● Ceremonies ● Significance of vows <p>How would you cope with pregnancy?</p> <ul style="list-style-type: none"> ● The reality ● Consider male and female roles ● Parenting skills <p>How is forced marriage different to arranged marriage?</p> <ul style="list-style-type: none"> ● Discussion of the word consent ● Religious and cultural expectations 	<p>Health Centre - presentation</p> <ul style="list-style-type: none"> ● Female genital mutilation 	<p>Religious Studies</p> <ul style="list-style-type: none"> ● Attitudes towards marriage, divorce and same sex marriage ● Arranged marriage <p>Science</p> <ul style="list-style-type: none"> ● Human reproduction, pregnancy and birth ● Drugs and medicines, and their effects on the body <p>Fundamental British Values</p> <ul style="list-style-type: none"> ● Individual Liberty ● The Rule of Law ● Democracy ● Mutual respect and tolerance of those of different faiths and beliefs, and those of none 	<p><i>Personal health</i></p>
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Suggested tutorial themes are intended to compliment work carried out in PSHE Education lessons. Tutorials are a period of time where there may be an opportunity for pupils to explore issues further. However, there are a number of other important aspects – developing essential skills, dealing with pastoral issues and delivering a Careers Education programme.