

PSHE AT CROMPTON HOUSE – KS3 & KS4 2020+**Year 7**

Half-term / Core theme:	Specific learning:	Programme of study references:	Grid:	Page:
Autumn 1 - Health & wellbeing	Transition to secondary school	H1, H2, H3, H4, H5, H19 R1, R2, R3, R4, R6, R13, R29, R30, R34 L2, L8, L9	A , B , C	10-12
	Diet, exercise and how to make healthy choices	H13, H14, H15, H16, H17, H18, H23, H31, H32 R6, R7, R30, R31	D , E	13-15
Autumn 2 – Living in the wider world	Enterprise skills and introduction to careers	L9, L15, L16	E , G	16-17
	Challenging career stereotypes and raising aspirations	L1, L2, L7, L9, L10, L12	H , I	18-19
Spring 1 – Relationship	Diversity, prejudice and bullying including cyber bullying	H19, H20 R27, R28, R30, R35, R36 L3, L4, L6, L7, L17	J , K , L	20-22
	Managing on- and off-line friendships	R1, R3, R4, R5, R6, R7, R8, R11, R13, R28, R29	M , N , O , P	23-27
Spring 2 – Health & wellbeing	The risks of alcohol, tobacco and other substances	H18, H20, H24, H25, H26, H27, H28, H29, H30, H31 R30, R31, R32	Q , R , S	28-30
	Managing puberty and the issues of unwanted contact and FGM	H4, H5, H7, H8, H9, H10, H31 L5, L6	T , U , V	31-35
Summer 1 – Relationships	Self-esteem and romance	H12 R1, R4, R5, R6, R7, R8, R13, R14, R15, R22, R23, R25	W , X	36-37
	Exploring family life	R1, R6, R8, R9, R10, R11, R17, R22, R25	Y	38
Summer 2 – Living in the wider world	Making ethical financial decisions	L18, L20	Z	39
	Saving, spending and budgeting our money	L18, L20	AA	40

NOTE: The grid and page numbers referred to relate to the PSHE Associations Programme of Study

YEAR 7 PSHE								
Autumn Term			Spring Term			Summer Term		
Week:		Lesson title	Week:		Lesson title	Week:		Lesson title
TOPIC: Transition and Resilience (PRP) introduction			TOPIC: Penn Resilience Programme			TOPIC: Puberty, unwanted contact and FGM		
1		Transition – the differences	16		PRP 11	27		Physical changes at puberty
2		Transition - managing friendships	17		PRP 12	28		Emotional changes at puberty
3		Transition – managing peer influence	18		PRP 13	29		Importance of hygiene at puberty
4		Penn Resilience Programme - Intro	19		PRP 14	30		Media and reality
5		PRP1 – Self Talk	20		PRP 15	31		Pant rule and consensual touching
6		PRP 2 – B’s cause the C’s, not A’s	21		PRP 16	32		FGM
7		PRP3 -	Half Term			Half Term		
8		PRP 4 – looking for evidence	TOPIC: Diet, exercise and healthy choices alcohol and tobacco			TOPIC: diversity, prejudice and bullying. Managing on and offline friendships		
Half Term			22		Balanced diet	33		Diversity and my community
TOPIC: Penn Resilience Programme			23		Risks of unhealthy choices	34		Rights and responsibilities
9		PRP 5 – File game	24		Link diet, exercise and mental health	35		Prejudice & discrimination (<i>challenge of</i>)
10		PRP 6 – Putting it into perspective	25		smoking	36		bullying
11		PRP 7	26		Legal position on alcohol, tobacco and prescription drugs, risks, managing peer pressure – saying no.	37		What to do, how to help how to deal with
12		PRP 8				38		Social networks, online friendships and cyber bullying.
13		PRP 9	Holidays			Holidays		
14		PRP 10						
15		ABC and Christmas						

Year 8

Half-term / Core theme:	Specific learning:	Programme of study references:	Grid:	Page:
Autumn 1 - Health & wellbeing	First aid and personal safety, focusing on road safety	H20, H21, H22, H23 R30, R31	A , B	42-43
	Alcohol and drug misuse and managing peer influence	H20, H24, H25, H26, H27, H28, H30, H31, H32 R30, R31, R32	C , D , E	45-47
Autumn 2 – Living in the wider world	Rights and responsibilities in the community including challenging age and disability discrimination	L1, L3, L4, L5, L6, L7	F	48
Spring 1 – Relationship	Tackling racism and religious discrimination, promoting human rights	H8, H20 R1, R3, R18, R19, R27, R28, R30, R31 L1, L3, L4, L5, L6, L7	G , H , I	49-52
	Online safety and digital literacy	H2, H3, H5, H19, H21, H23 R6, R23, R30, R31, R35, R36, R37, R38 L17, L19	J , K	53-55
Spring 2 – Health & wellbeing	Mental health and emotional wellbeing, including body image	H1, H2, H3, H4, H5, H6, H13, H14, H15, H16, H17, H18, H19, H31	L , M	56-58
	Managing change and loss	H4 R5, R12	N , O	59-61
Summer 1 – Relationships	Introduction to sexuality and consent	H1 R1, R3, R4, R5, R6, R7, R8, R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23, R25, R28, R29, R30, R31, R36, R37 L5	P , Q	62-65
	Introduction to contraception including condom and the pill	H11, H12 R3, R5, R6, R14, R15, R17, R21, R22, R30	R	66-67
Summer 2 – Living in the wider world	Evaluating value for money in services	L18, L20	S	68
	Risks and consequences making financial decisions	L15, L16, L18, L19, L20	T	69

YEAR 8 PSHE								
Autumn Term			Spring Term			Summer Term		
wk		Lesson title	wk		Lesson title	wk		Lesson title
TOPIC: Recap ABC's and PRP x3 Self Esteem and Romance , Exploring family life			TOPIC: racism and religious discrimination, promoting human rights,			TOPIC: (body image) Managing change and loss		
1		PRP ABC's	16		Common values.	27		Body image and self esteem
2		PRP Y8	17		Racism and institutional racism	28		Resilience, self-efficacy and perseverance, learning from failure and mistakes
3		PRP Y8	18		Religious intolerance	29		Case study: worked hard, achieved goals, re framed setbacks, perseverance. Setting goals
4		PRP Y8	19		Impact of peer influence on tolerance and respect	30		Impacts of and ways to manage loss – divorce, break up, loss of friend
5		Positive qualities people bring to relationships	20		Freedom of speech and the responsibilities which come with it.	31		bereavement
6		Sexual attraction, intimacy and its consequences	21		Constructive debate vs intolerance	32		???
7		Features of positive and negative relationships	Half Term			Half Term		
8		Role of parents and importance of stable relationships.	TOPIC: Online safety and digital literacy Mental health, emotional wellbeing,			TOPIC: Introduction to sexuality and consent Introduction to contraception (<i>condom and the pill</i>)		
Half Term			22		Managing online safety.	33		Positive reasons for wanting a partner
TOPIC: managing peer influence & First Aid			23		digital literacy	34		Sexual orientation, sexual development
9		Risk, personal safety	24		Laws and responsibilities online	35		Myths about the 'norm' <i>not everyone is doing it</i>
10		Road safety	25		What is emotional and mental health? Why is it important?	36		Resisting pressure, being ready, dealing with feelings / having sex
11		What to do in an emergency / 999				37		Condoms and the contraceptive pill
12		Basic first aid	26		Identifying unhelpful coping strategies	38		STI's / HIV – how can condoms help
13		CPR	Holidays			Holidays		
14		Alcohol & smoking – norm = not						
15		Resisting peer/other pressure to smoke/drink						

Year 9

Half-term / Core theme:	Specific learning:	Programme of study references:	Grid:	Page:
Autumn 1 - Health & wellbeing	Peer pressure, assertiveness and risk, gang crime	H1, H4, H19, H20, H27 R1, R3, R4, R6, R7, R8, R28, R29, R30, R31, R33, R34, R35 L1	A, B, C	71-76
	Dieting, lifestyle balance and unhealthy coping strategies	H1, H2, H3, H4, H5, H6, H7, H13, H14, H15, H16, H17, H18, H19, H31 R6, R7, R30, R31 L1, L2	D, E, F, G	77-81
Autumn 2 – Living in the wider world	Understanding careers and future aspirations	H1, H3 R2, R3 L1, L2, L7, L8, L9, L10, L11, L12, L13, L15	H, I	82-84
	Identifying learning strengths and setting goals as part of the GCSE options process	H1, H3 L1, L2, L7, L8, L9, L10, L12, L13, L14	J	85
Spring 1 – Relationship	Managing conflict at home and the dangers of running away from home	H4, H8, H20 R1, R4, R5, R6, R29, R31, R36 L1, L6	K, L	87-89
	Tackling homophobia, transphobia and sexism	H7, H19 R24, 25, 26, 27, 28, 29, 30 L1, 3, 4, 5, 6, 7	M, N, O	90-93
Spring 2 – Health & wellbeing	Managing peer pressure in relation to illicit substances	H1, H24, H25, H26, H27, H28, H30 R3, R30, R31, R32	P	94
	Assessing the risks of drug and alcohol abuse and addiction	H20, H24, H25, H26, H27, H28, H29, H30, H31 R31, R32	Q, R, S	95-97
Summer 1 – Relationships	Relationships and sex education including healthy relationships and consent	H1, H4 R1, R3, R4, R5, R6, R8, R13, R14, R15, R16, R17, R18, R19, R20, R24, R29, R30 L17	T, U	98-100
	The risks of STIs, sexting and pornography	H4, H11, H12, H18, H19, H20, H31 R3, R5, R6, R7, R14, R15, R21, R22, R23, R28, R29, R35, R36, R37, R38 L17	V, W, X, Y	101-106
Summer 2 – Living in the wider world	Reflecting on learning skills development in key stage 3	H1, H2 R1, R2, R3 L7, 15, 16, 17, 18	Z	107
	Planning and carrying out an enterprise project	H1, H2 R1, R2, R3 L7, 15, 16, 17, 18	AA	108

YEAR 9 PSHE								
Autumn Term			Spring Term			Summer Term		
wk	RAG	Lesson title	wk		Lesson title	wk		Lesson title
TOPIC: Peer pressure, assertiveness and risk, gang crime. Dieting, lifestyle balance and unhealthy coping strategies			TOPIC: Assessing the risks of drug and alcohol abuse and addiction, managing peer pressure			TOPIC: RSE, healthy relationships and consent STI's sexting and pornography		
1		Managing changing friendships	16		Drug taking – statistics vs teenage perception	27		Benefits of delaying sexual activity
2		Gangs and consequences	17		Dealing with peer pressure to take drugs	28		consent
3		Gangs knife crime and joint enterprise	18		Drugs, names, classification, law (<i>supply, possession and trafficking</i>)	29		consent
4		Balance – work, leisure and exercise	19		Drug use and health	30		STI's
5		Healthy diet and lifestyle	20		New psychoactive substances (formerly legal highs)	31		Condoms (use and preventing STI's)
6		Resilience and disappointment	21		Assess and manage risks of using illegal drugs	32		Different contraception choices
7		Healthy coping strategies	Half Term			Half Term		
8		Eating disorders and self harm	TOPIC:			TOPIC: RSE and PRP		
Half Term			22		alcohol	33		Unprotected sex, consequences, Choices available following an unintended pregnancy, including termination
TOPIC: Managing conflict at home and the dangers of running away. Homophobia, transphobia & sexism			23		Effects of long term alcohol and drug abuse – community and individual.	34		Pornography and its influence on relationships - sexting
9		Managing conflict with family	24		Stereotypes of addict's vs reality.	35		Staying safe in online relationships
10		Risks of running away.	25		Rachels story	36		PRP
11		Identity, protected characteristics & rights	26		Importance of healthy relationships with sexual partners,	37		PRP
12		Sexism and stereotyping				38		PRP
13		Transphobia	Holidays			Holidays		
14		homophobia						
15		Importance of Pride and LGBT history month						

Year 10

Half-term / Core theme:	Specific learning:	Programme of study references:	Grid:	Page:
Autumn 1 - Health & wellbeing	Transition to key stage 4 and developing study habits	H1, H2, H3 R29 L1, L10, L11, L12, L13	A, B	110-112
	Mental health and ill health, tackling stigma	H1, H3, H4, H5, H6, H15 R1, R29	C, D, E	113-115
Autumn 2 – Living in the wider world	Understanding the causes and effects of debt	H3 R1 L20, L21, L22	F	116
	Understanding the risks associated with gambling	R29 L11, L20	G	117
Spring 1 – Relationship	Tackling relationship myths and expectations	H1, H10 R1, R2, R5, R6, R8, R13, R14, R15, R17, R21, R29	H, I	119-121
	Managing romantic relationship challenges including break ups	H6 R1, R5, R6, R7, R8, R9, R15, R16, R17, R18, R19, R21, R22, R29	J, K	122-125
Spring 2 – Health & wellbeing	Exploring the influence of role models	H6, H7, H9, H14, H16, H17 R14, R18, R29 L6	L	126
	Evaluating the social and emotional risks of drug use	H1, H7, H9, H14, H15, H16, H17 R7, R16, R18, R29	M, N, O	127-129
Summer 1 – Relationships	Understanding different families and learning parenting skills	H8 R1, R2, R3, R4, R5, R6, R8, R20, R22, R23, R24, R25, R26, R27, R28	P, Q, R	130-133
	Managing change, grief and bereavement	H3, H6 R1, R3, R5, R6, R10, R11, R12, R28, R29	S	134
Summer 2 – Living in the wider world	Preparation for work experience	H12, H13, H14 L1, L2, L8, L9, L10, L11, L12, L13, L14, L15, L16, L17, L18	T, U, V	135-137
	Evaluation of work experience and readiness for work	H1, H2 L1, L2, L8, L10, L11, L12, L13, L14, L15, L16, L17, L18, L19	W, X	138-139

YEAR 10 PSHE									
Autumn Term			Spring Term				Summer Term		
wk		Lesson title	wk		Lesson title	wk		Lesson title	
TOPIC: transition to KS4 and developing study habits. Mental health – tackling stigma			TOPIC: Managing the end of relationships & PRP lessons				TOPIC: Understanding different families and learning parenting skills.		
1		Growth mindset	16		How to resolve relationship conflicts	27		Changes to family unit (and reasons why)	
2		Growth mindset	17		Dealing with relationship breakdowns (<i>emotional response</i>)	28		Commitment vs marriage – what's important in a family.	
3		Mental illness – the stereotypes	18		Revenge porn	29		Responsibilities of parenthood	
4		Importance on mental health	19		PRP	30		Parenting skills – <i>impact of them on families</i>	
5		Mental health spectrum	20		PRP	31		Options following unplanned pregnancy	
6		How to recognise mental ill-health	21		PRP	32		Making a choice about abortion.	
7		Strategies to support & treatment	Half Term			Half Term			
8		Impact if lifestyle choices on mental health -	TOPIC: exploring the influence of role models Evaluating the social and emotional risks of drug use				TOPIC: Managing change, grief & bereavement		
Half Term			22		What makes a good role model	33		Effects of family breakdowns – <i>how do I feel?</i>	
TOPIC: relationship myths and expectations. Managing romantic relationship challenges			23		Importance of role models on health-related behaviour	34		Coping with loss and bereavement – where can I get help and support?	
9		Sex myths and misconceptions	24		Personal values on drugs and alcohol	35		??? extremism?	
10		Pornography and sex myths	25		Media's influence on drug and alcohol use	36		???	
11		Asexual, abstinent, celibate, committed relationships (sexual and non-sexual)	26		Impact of drug taking on individuals and the wider community. Inc managing risk	37		???	
12		How to manage change in relationships (<i>skills – compromise, assertiveness and negotiation.</i>)				38		???	
13		Coercive and exploitive relationships	Holidays			Holidays			
14		Consent – capacity, choice, freedom							
15		Why it's wrong to victim blame							

Year 11

Half-term / Core theme:	Specific learning:	Programme of study references:	Grid:	Page:
Autumn 1 - Health & wellbeing	Promoting self-esteem and coping with stress	H1, H2, H3, H4, H5, H6 R1, R2, R29 L1, L10	A, B	141-142
	Learning and revision skills to maximise potential	H2 L1, L10, L11, L12	C, D	143-144
Autumn 2 – Living in the wider world	Understanding the college application process and plans beyond school	H1, H2 L1, L10, L11, L13, L19	E, F	145-146
	Skills for employment and career progression	H12, H14, H17 L10, L11, L13, L14, L15, L17, L19	G, H, I	147-149
Spring 1 – Relationship	Personal values and assertive communication in relationships	H6, H14 R1, R2, R3, R5, R6, R7, R8, R13, R14, R15, R16, R17, R19, R20, R21, R22, R29 L7, L8, L9	J, K	150-153
	Tackling domestic abuse and forced marriage	H1, H3, H6, H14 R1, R3, R5, R6, R7, R8, R9, R10, R11, R12, R15, R16, R17, R18, R20, R29 L2, L3, L7	L, M	154-157
Spring 2 – Health & wellbeing	Health and safety in independent contexts	H7, H12, H13, H14, H17 R2, R29 L21	N, O	158-159
	Taking responsibility for health choices	H1, H3, H5, H6, H7, H8, H9, H10, H11, H13, H15, H16, H18 R14, R17, R22, R26, R27, R29	P, Q, R, S, T	160-165
Summer 1 – Relationships	British values , human rights and community cohesion	H2 R1, R2, R16, R20, R29 L2, L3, L4, L5, L6, L7	U, V	166-168
	Challenging extremism and radicalisation	H2, H14, H29 R1, R16 L2, L3, L4, L5, L6, L7	W	169

YEAR 11 PSHE								
Autumn Term			Spring Term			Summer Term		
wk		Lesson title	wk		Lesson title	wk		Lesson title
TOPIC: Promoting Self-esteem, dealing with stress, PRP, revision skills to maximise potential			TOPIC: Health and Safety in independent contacts.			TOPIC: Diversity, cohesion, extremism, radicalisation and revision		
1		The impact of self esteem	16		Benefits of independent experiences	27		Extremism and radicalisation
2		PRP	17		How to minimise risk, exit strategies	28		How extremist groups operate & how to resist
3		PRP	18		How to overcome things stopping you seeking help	29		Planning my revision
4		PRP	19		Emergency first aid	30		Are my revision techniques working?
5		Coping with stress	20		When to call 999/111/101 – abuse of 999	31		
6		SMART targets	21		Lifestyle choices & health consequences	32		
7		Revision techniques and strategies	Half Term			Half Term		
8		Planning mock revision	TOPIC: Taking responsibility for health choices.			TOPIC:		
Half Term			22		Support for giving up harmful substances	33		
TOPIC: Personal values and assertive communication in relationships Domestic abuse and forced marriage			23		Self-examination and vaccination	34		
9		Sexual attraction – <i>diversity and change</i>	24		Independent access to health services	35		
10		Boundaries and communication in relationships	25		Risks of cosmetic and aesthetic alterations to your body.	36		
11		Online attention – trolling, harassment, stalking.	26		Diversity – how can offensive behaviour be challenged?	37		
12		Abuse, who are the victims? What are the warning signs				38		
13		Support for people in unhealthy relationships	Holidays			Holidays		
14		'Honour' based violence						
15		Forced marriage and support						

