

KING’S PSHE EDUCATION: LONG TERM OVERVIEW

Our PSHE curriculum covers topics within Healthy Living, Living in the Wider World and Relationships. The Scheme of Work groups competencies (including skills and attributes) under three headings: Independence and Aspirations; Autonomy and Advocacy; and Choices and Influences.

Term 1		Term 2		Term 3		PSHE Off-timetable days
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Autumn 1
<div>Year 7</div> <div><p><u>Choices and influences</u></p><p>Developing agency, decision making skills and how to look after one-self:</p><ul style="list-style-type: none">Transition to Y7MindfulnessSleep</div>	<div><p><u>Autonomy and advocacy</u></p><p>Developing empathy, compassion and communication:</p><ul style="list-style-type: none">Making and maintaining friendshipsIdentifying and challenging bullyingCommunicating online</div>	<div><p><u>Autonomy and advocacy</u></p><p>Developing respect for beliefs, values and opinions and awareness of outside influence:</p><ul style="list-style-type: none">Diversity & PrejudiceGovernment and democracyCareer Stereotypes</div>	<div><p><u>Independence and Aspirations</u></p><p>Developing self-confidence and self-worth:</p><ul style="list-style-type: none">Puberty and managing changeBody satisfaction and self-ConceptSelf-esteem</div>	<div><p><u>Autonomy and advocacy</u></p><p>Developing assertive communication, risk management and support-seeking skills:</p><ul style="list-style-type: none">Relationship boundariesUnwanted contactFGM and forced marriage</div>	<div><p><u>Choices and influences</u></p><p>Developing agency and decision making skills:</p><ul style="list-style-type: none">Library SessionSafety and first aidHygiene and dental health</div>	<div><p><u>Choices and influences</u></p><p><i>Healthy Living Day</i></p><p>Developing agency, strategies to manage influence and decision making:</p><ul style="list-style-type: none">Regulating emotions (Resilience)Diet and exerciseDrugs, alcohol and tobacco</div>
<div>Year 8</div> <div><p><u>Autonomy and advocacy</u></p><p>Developing respect for beliefs, values and opinions and advocacy skills:</p><ul style="list-style-type: none">Stereotypes, prejudice and discriminationPromoting diversity and equalityHuman rights</div>	<div><p><u>Autonomy and advocacy</u></p><p>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</p><ul style="list-style-type: none">Healthy relationshipsBoundaries and consent‘Sexting’Disagreeing respectfully</div>	<div><p><u>Choices and influences</u></p><p>Developing agency and strategies to manage influence and access support:</p><ul style="list-style-type: none">Maintaining positive mental HealthLoss and changeHealthy coping strategies</div>	<div><p><u>Choices and influences</u></p><p>Developing agency and strategies to manage influence and access support:</p><ul style="list-style-type: none">Pressure/peer influenceOnline choices and influencesImportance of a healthy lifestyle</div>	<div><p><u>Independence and Aspirations</u></p><p>Developing risk management skills, analytical skills and strategies to identify bias:</p><ul style="list-style-type: none">Managing online presenceDigital and media literacy (Fake news)Financial decisions</div>	<div><p><u>Independence and Aspirations</u></p><p>Developing goal setting, motivation and self-awareness:</p><ul style="list-style-type: none">Aspirations for the futureCareer choicesRole of government and elections</div>	
<div>Year 9</div> <div><p><u>Autonomy and advocacy</u></p><p>Developing empathy, compassion and communication:</p><ul style="list-style-type: none">Generosity and charityGratitudeEnvironment/ethical</div>	<div><p><u>Choices and influences</u></p><p>Developing empathy, compassion, self-confidence, and strategies to access support:</p><ul style="list-style-type: none">Mental health (including self- harm and eating disorders)</div>	<div><p><u>Independence and Aspirations</u></p><p>Developing self-awareness, goal-setting, adaptability and organisation skills:</p><ul style="list-style-type: none">Aspire project<ul style="list-style-type: none">Researching and being resourcefulPlanning an essayWriting an essay</div>		<div><p><u>Autonomy and advocacy</u></p><p>Developing assertive communication, analytical skills and strategies to identify bias and manage influence:</p><ul style="list-style-type: none">Relationships and sex in the</div>	<div><p><u>Choices and influences</u></p><p>Developing decision making, risk management and support-seeking skills:</p><ul style="list-style-type: none">Cancer awarenessFirst aid</div>	<div><p><u>Autumn 2 – Independence and Aspirations</u></p><p>Developing goal-setting, analytical skills and decision making:</p><ul style="list-style-type: none">Sources of careers adviceEmployabilityTeam building</div>

	consumption	<ul style="list-style-type: none"> Change, loss and bereavement Friendship challenges 	- How to reflect well		Media <ul style="list-style-type: none"> Saving and borrowing Gambling, financial choices and debt 		<ul style="list-style-type: none"> Entrepreneurship
							<u>Spring 2 – Autonomy and advocacy</u> Developing respect for beliefs, values and opinions and advocacy skills: <ul style="list-style-type: none"> LGBT+ inclusivity Disability Awareness Sexism Homophobia/Transphobia Discrimination
							<u>Summer 2 – Choices and influences</u> Developing decision making, risk management and support-seeking skills: <ul style="list-style-type: none"> Sexually transmitted infections (STIs) Contraception Healthy/unhealthy relationships Consent Drugs and alcohol
Year 10	<u>Independence and Aspirations</u> Developing self-awareness, goal-setting, adaptability and organisation skills: <ul style="list-style-type: none"> Managing transition to key stage 4 including learning skills Exam Stress Managing mental health concerns 	<u>Autonomy and advocacy</u> Developing empathy and compassion, strategies to manage influence and assertive communication: <ul style="list-style-type: none"> Understanding differences Impact of pornography Identifying and responding to abuse and harassment 	<u>Choices and influences</u> Developing agency and decision making, strategies to manage influence and access support: <ul style="list-style-type: none"> Personal safety Online relationships (digital romance) Managing relationship challenges and endings 	<u>Independence and Aspirations</u> Developing empathy goal setting, leadership and presentation skills: <ul style="list-style-type: none"> Skills for employment Online presence and Reputation Social issues - poverty 	<u>Autonomy and advocacy</u> Developing respect for diversity, risk management and support-seeking skills: <ul style="list-style-type: none"> Gangs and violent crime Forced marriage Diversity and discrimination Extremism/ British values and radicalisation 	<u>Choices and influences</u> Developing motivation, organisation, leadership and presentation skills: <ul style="list-style-type: none"> Preparation for, and reflection on, work experience 	

Year 11	<p><u>Independence and Aspirations</u></p> <p>Developing resilience and risk management skills:</p> <ul style="list-style-type: none"> • Stress • Money management • Fraud and cybercrime • Preparing for adult life 	<p><u>Autonomy and advocacy</u></p> <p>Developing communication and negotiation skills, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> • Relationship values (long term commitments) • Maintaining sexual health • Sexual health services 	<p><u>Choices and influences</u></p> <p>Developing confidence, agency and support-seeking skills:</p> <ul style="list-style-type: none"> • Making safe and healthy lifestyle choices • Health promotion and self-examination • Blood, organ, stem cell donation 	<p><u>Independence and Aspirations</u></p> <p>Developing empathy and compassion, clarifying values and support-seeking skills:</p> <ul style="list-style-type: none"> • Families and parenting • Fertility, adoption, abortion • Pregnancy and miscarriage • Managing grief and loss 	<p><u>Autonomy and advocacy</u></p> <p>Developing confidence, self-worth, adaptability and decision-making skills:</p> <ul style="list-style-type: none"> • Recognising and celebrating successes • Transition and new opportunities • Aligning actions with goals 		
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