

Holbrook Academy : PSHE Curriculum Map

PSHE curriculum plan incorporating Relationships and Sex Education (RSE)

YEAR GROUP	TERM	TOPIC/THEME DETAILS
7	Autumn 1	Transition to secondary school Healthy eating Physical health and fitness
7	Autumn 2	Health and prevention: dental health Managing friendships both on-and off-line
7	Spring 1	Respectful relationships Challenging stereotypes
7	Spring 2	Drug awareness: caffeine and nicotine Financial Education: the risks associated with gaming and gambling (YGAM)
7	Summer 1	Changes in the adolescent body in puberty Menstrual wellbeing
7	Summer 2	Self-esteem and body image FGM
8	Autumn 1	Physical health and mental wellbeing: Attitudes to mental health Digital resilience
8	Autumn 2	Diversity and equality Tackling discrimination & promoting human rights.

8	Spring 1	Drug awareness: alcohol Online and media: risks of sharing compromising images
8	Spring 2	Financial education: financial planning (YGAM) Careers education: Introduction to Kudos
8	Summer 1	St John's ambulance basic first aid course Introduction to consent.
8	Summer 2	Introduction to contraception and choices about intimate relationships Personal safety – roads & rivers.

9	Autumn 1	Physical health and mental wellbeing: exploring healthy and unhealthy coping strategies including the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness. Health and prevention: sleep
9	Autumn 2	Risk of gang culture and county lines
9	Spring 1	Understanding careers and future aspirations. Looking at strengths and goal setting – linked to option choices. Managing conflict & tackling homophobia, transphobia and sexism.
9	Spring 2	Drug awareness: class A, B and C drugs
9	Summer 1	Being safe: avoiding assumptions in sexual relationships, freedom and capacity to consent
9	Summer 2	Financial education: Barclays life skills money management Respectful relationships, including friendships: The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010)

10	Autumn 1	Mental wellbeing: responding to the change to key stage 4, thinking patterns, common mental health conditions Physical health: lifestyles and wellbeing
10	Autumn 2	Physical health: managing influences of lifestyle decisions Financial education: Barclays life skills money management
10	Spring 1	Health and prevention: the benefits of regular self-examination and screening - testicular cancer, breast cancer Preparation for work experience
10	Spring 2	Families: understanding different families and parenting skills Role models (through the lens of knife crime)
10	Summer 1	Online and Media, Intimate and sexual relationships: Pornography, pressure, persuasion and coercion
10	Summer 2	Intimate and sexual relationships: Contraception, fertility and parenthood
11	Autumn 1	Coping with change, loss, bereavement and grief Promoting self-esteem and coping with stress Revision skills

11	Autumn 2	<p>Post-16 choices: what is out there and how to apply</p> <p>Basic first aid: recap life-saving skills, basic treatment for common injuries</p>
11	Spring 1	<p>Skills for employment & career progression, including CV writing and interview skills</p> <p>Record of Achievement preparation</p> <p>Personal values and assertive communication in relationships</p>
11	Spring 2	<p>Blood, organ and stem cell donation</p> <p>How to be safe and make positive choices when living independently including post 16 finances</p>
11	Summer 1 + June	<p>Personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics</p> <p>The facts and science relating to immunisation and vaccination</p> <p>Record of Achievement completion</p>