

PSHCE- Long term plans

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Year 7

Term	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Half term						
Unit Titles lengths:	Friends, Respect and Relationships	Celebrating Diversity and Equality	Physical Health and Mental Well-being	Careers and Financial Education	Staying Safe (Online and Offline)	Rights, Responsibilities and British Values
Learning objectives Substantive and procedural knowledge covered in the unit	To know; <ul style="list-style-type: none"> What makes a good friend? Ourselves and each other Friendships and online relationships Community risks Respect, relationships and dealing with bereavement Consent and boundaries 	To know; <ul style="list-style-type: none"> Our identity Multiculturalism in Britain and at Grange Breaking down stereotypes Prejudice and discrimination Learning disabilities Challenging racism 	To know; <ul style="list-style-type: none"> Growing up/ Introduction to Puberty Menstruation Personal hygiene incl. Dental care The importance of diet for health Inhaled substances and their dangers Self-esteem and managing emotions Sleep, relaxation and self-regulation 	To know; <ul style="list-style-type: none"> Ambition and aspiration Career sectors Employability skills Gender stereotyping Introduction to LMI Saving and budgeting 	To know; <ul style="list-style-type: none"> Staying safe online Online gaming, grooming and addiction Avoiding gangs and criminal behaviour Knife crime and safety Alcohol and risk 	To know; <ul style="list-style-type: none"> Why is politics important? The role of the Prime Minister, the monarchy and King Charles III Political debates and parliament Elections and campaigning Safety in the community (roads, rails and water) Going missing
Key ideas/ Themes:	Boundaries, friendship, self-esteem, positivity, mutual respect, individual liberty	Identity, discrimination, prejudice, bullying, tolerance, mutual respect	Puberty, hygiene, self-care, individual liberty, mutual respect	Future planning and ambition, skills for work, equality and fairness, financial awareness	Safety, criminality, risk assessment, rule of law	Democracy, rule of law, individual liberty, safety, risk assessment
Prerequisite knowledge:	Respect, kindness, tolerance	Individuality, cultural backgrounds, tolerance, understanding, empathy	Puberty - will depend on primary school attended Diet, hygiene, basic emotions	Aspirations, self awareness, motivation and mindset, communication and teamwork skills, problem solving, equality and fairness.	Online safety including passwords and security settings, risk assessment, role of the police and courts	Student parliament - will depend on primary school attended Roles and responsibilities, personal safety
Outcomes (Stickable-output that the student produces to demonstrate their knowledge)	Students transition well into high school and have few issues within friendship groups. Students feel happy and safe in their new school. Students are able to demonstrate their new skills and knowledge in PSHE lessons.	There are few reported incidents of these behaviours within the year group. Students can explain the long-term and short-term impacts of prejudicial behaviours and bullying.	Students have few days absent due to menstrual issues or problems caused by tooth decay. Students can state different ways to improve and maintain good health.	Able to articulate own aspirations and goal setting. Self awareness - knowledge of your own strengths, interests and areas of development. Able to identify different employability skills and how these can be developed over time. Recognises stereotypes in careers and has the confidence to challenge them. Simple financial awareness - managing money.	There are few reported incidents of children feeling unsafe online. Or, children ask for help if there has been an incident. Few children are involved in criminality outside of school. Students know a range of ways to keep themselves safe online, including through passwords and settings.	Students volunteer to join the school parliament, or take up opportunities to become form representatives. Students have a stronger understanding of how laws are made and what it takes to change them.

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Year 8

Term	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Half term						
Unit Titles lengths:	Physical Health and Well-being	Identity, Relationships and Sex Education	Celebrating Diversity and Equality	Careers and Financial Education	Staying Safe (Online and Offline)	Rights, Responsibilities and British Values
Learning objectives Substantive and procedural knowledge covered in the unit	To know; <ul style="list-style-type: none"> Healthy habits Inhaled substances (smoking, vaping etc) Types of bullying Impact of bullying Positive body image Mental health (incl. Emotions and self-harm) Stress management 	To know; <ul style="list-style-type: none"> Being yourself and sexual orientation Healthy, respectful relationships Child abuse (incl. early warning signs and support) Respecting boundaries Periods and the Menstrual Cycle Introduction to contraception 	To know; <ul style="list-style-type: none"> Equality and diversity explored (incl. Protected characteristics) LGBTQIA+ Inclusion Faith discrimination Gender equality Disability discrimination Racism & discrimination in society 	To know; <ul style="list-style-type: none"> Different career sectors Public sector careers Private sector careers Enterprise skills Saving and budgeting 	To know; <ul style="list-style-type: none"> Staying safe online Cyberbullying Social media and online stress Online grooming Tracking apps and coercive control Child exploitation and online protection County Lines 	To know; <ul style="list-style-type: none"> Politics How laws are made Law, crime and society Prison, reform and punishment Safety in the community (incl. Rail, road, water and vulnerability linked to substance abuse)
Key ideas/ Themes:	Boundaries, friendship, coping strategies, seeking support	Consent, boundaries, health, making informed decisions, rule of law, tolerance	Inclusion, diversity, understanding, empathy, mutual respect, tolerance, rule of law	Careers awareness, types of sector and employment, entrepreneurship and self employment, financial literacy and money management	Consent, mutual respect, tolerance, rule of law, empathy, personal safety	Democracy, government, rule of law, citizenship
Prerequisite knowledge:	Bullying, kindness, friendship	Kindness, boundaries, puberty, consent	Respect, difference	Understanding of work and different kinds of jobs. Money awareness - needs vs. wants. Simple employability and transferable skills.	Respect, boundaries, friendship, safety	Personal safety
Outcomes (Stickable-output that the student produces to demonstrate their knowledge)	Lower instances of bullying in school.. Fewer instances of children seeking support with mental health needs. Children can empathise and understand how their negative behaviours could impact others.	Students can define consent and understand that this applies in a range of situations. Students are respectful of each other. Students understand why abusive relationships can be difficult to leave.	Fewer incidents relating to the protected characteristics. Students can show tolerance for those who are different to them. Students understand the laws around discrimination and potential penalties for breaking them.	Understanding of different types of jobs in different sectors and the skills required. Explain the difference between public and private sector employment. Know how to plan a simple budget and why saving is important.	Students use password protection and can safeguard themselves online. Students know how to report online issues. Students can explain the push and pull factors of county lines gangs.	Students have a clear understanding of how laws are made and why they are necessary. Students can make a safety plan for the summer break. Students understand that actions have consequences and how they can minimise risk.

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Year 9

Term	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Half term	HT1	HT2	HT3	HT4	HT5	HT6
Unit Titles lengths:	Rights, Responsibilities and British Values	Physical Health and Mental Well-being	Relationships and Sex Education	Careers and Financial Education	Staying Safe (Online & Offline)	Celebrating Diversity and Equality & Rights, Responsibilities and British Values
Learning objectives Substantive and procedural knowledge covered in the unit	To know; <ul style="list-style-type: none"> Mutual respect and tolerance Conspiracy theories and critical thinking The grooming line Terrorism and extremism Radicalisation Joint enterprise The role of Prevent 	To know; <ul style="list-style-type: none"> Body confidence and self-esteem Bullying in all its forms Group chat safety Dealing with grief and loss Cancer prevention and healthy lifestyles Suicide awareness 	To know; <ul style="list-style-type: none"> Relationships and partners Delaying sexual activity Sexual consent and the law Unhealthy sexual encounters STIs and treatment Contraception explored FGM and the law 	To know; <ul style="list-style-type: none"> Post-16 options Explore apprenticeships Explore T Levels Principles of borrowing Managing money - debt. 	To know; <ul style="list-style-type: none"> Drugs and addiction Legal and illegal drugs THC Cannabis linked to exploitation Street crime Interactions with the police 	To know; <ul style="list-style-type: none"> Gender equality Disability discrimination Hate crime Positive Social Action
Key ideas/ Themes:	Mutual respect, tolerance, rule of law, extremism and radicalisation, personal safety, online safety	Mental health coping strategies, personal safety, prevention, treatment, empathy	Consent, delay, intimacy, sexual health, preventing unwanted pregnancy, abuse	Future education and training options, vocational pathways, financial literacy and responsible borrowing, money management avoiding debt.	Substances and their impact, rule of law, personal safety, support services	Tolerance, mutual respect, rule of law, positive contributions, society
Prerequisite knowledge:	Gangs and their tactics, online safety, criminality and rule of law	Bullying and its impact, healthy lifestyles, mental health strategies	Consent, resilience, assertiveness, self-advocacy	Understanding of compulsory age of education and simple understanding of different routes post-16. Understanding of money and banking, wants vs. needs and consequences of overspending.	Legal vs illegal, rule of law, respect, tolerance, personal safety, weapons awareness	Stereotypes, mutual respect, tolerance, rule of law, community safety
Outcomes (Stickable-output that the student produces to demonstrate their knowledge)	Clear explanations of the role of conspiracy theories in assisting false news. Applying grooming and radicalisation processes in other situations. Transferring skills and knowledge into understanding current events.	Reduction of instances of bullying and body shaming. Considerations of the mental health impact of these behaviours. Clear and concise explanations of early screening and its importance.	Able to articulate sexual consent and the situations that it applies to. Knowledge and understanding of key support services. Ability to explain the numerous laws that protect us in these areas.	Able to describe the different routes and pathways available post-16. Articulate the difference between an apprenticeship and T Levels. Understand principles of borrowing and interest. Ability to manage a simple budget and how to avoid getting into debt.	Greater confidence in identifying dangers in the local community. Explanations of the differing forms of exploitation linked to the drugs trade. An early understanding of modern slavery.	Identify different types of discrimination and the impact they have. Know the difference between hate crime and mate crime. Contribute positively to the local or school environment.

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Year 10

Term	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Half term	HT1	HT2	HT3	HT4	HT5	HT6
Unit Titles lengths:	Physical Health and Mental Well-being	Staying Safe (Online and Offline)	Relationships and Sex Education	Careers and Financial Education	Rights, Responsibilities and British Values	Celebrating Diversity and Equality
Learning objectives Substantive and procedural knowledge covered in the unit	To know; <ul style="list-style-type: none"> Screen time and it's impact Promoting emotional well-being (including diet, exercise and sleep) Mental Health illnesses Self-harm Suicide awareness Child-on-Child Abuse 	To know; <ul style="list-style-type: none"> Online risks - Gaming & gambling (incl. In app purchases and crypto) Social media validation Violence, crimes and seeking safety Causes of knife crime Modern slavery (incl. Organised crime) Forced marriage Honour based abuse and breast ironing 	To know; <ul style="list-style-type: none"> Pleasure and delaying sexual activity Sexual harassment and stalking Unhealthy relationships, sexual assault and rape Domestic abuse and violence Warning signs and victim support Pornography/ sexualisation in the media 	To know; <ul style="list-style-type: none"> Post-16 options including entry requirements Strengths skills qualities Preparing for work experience Exploring a paycheck Financial awareness - risk online security and fraud 	To know; <ul style="list-style-type: none"> Exploring world issues *incl. War & conflict, climate change and human rights) Critical thinking and fake news Hate crime in the UK Social action (incl. Using your voice for positive change, petition rights, the role of local and national politicians) 	To know; <ul style="list-style-type: none"> Gender stereotypes and equality Media portrayal of gender Positive role models Challenging misogyny Highlighting the safety of women and girls (incl. Local campaigns)
Key ideas/ Themes:	Mental health, resilience, overcoming challenges, abuse	Algorithms, personal safety, community tensions, gangs, violence, crime	Consent, abuse, healthy relationships, real life vs curated versions, rule of law, mutual respect	Education and training pathways, self awareness and personal development, workplace readiness, understanding income, financial safety and fraud awareness	Democracy, rule of law, conflict, climate, rights, critical thinking	Equality, tolerance, mutual respect, SoWG, misogyny, misandry, rule of law
Prerequisite knowledge:	Positive strategies for managing mental health, digital detox, types of abuse	CSE, CCE, push and pull factors for gangs, FGM	Consent, abusive behaviours in relationships, conflict management, ending relationships	Basic difference between different pathways, awareness of grades and entry requirements, understanding of the workplace and behaviour expectations, concept of money; saving, borrowing and debt, internet safety, awareness of scams and fraud	Criminal behaviours and punishments, media bias	Gender roles (traditional or stereotypes), media bias, misogyny, misandry
Outcomes (Stickable-output that the student produces to demonstrate their knowledge)	Reduction in children seeking mental health support in school. Clear definitions of the types of abuse. Understanding of support services available to children and young people. Knowledge of a range of self-care strategies.	Clear explanations of the risks associated with online gaming and its link to gambling and grooming. Understanding of the push & pull factors for modern slavery. Knowledge of appropriate safeguards against forced marriage.	Clear explanations of why people choose to delay intimacy. Understanding of the impact of crimes such as sexual harassment and stalking. An awareness of the many different types of abuse and where/ how to seek support. Empathy for the victims of these crimes.	Explain the difference between different pathways including sectors and entry requirements. Know how to prepare for work experience and what employers expect. Understanding of a paycheck including tax and national insurance. Identify risky financial situations, how to protect personal and banking information from fraud.	Wider understanding of the world around us and how incidents can affect our politics and government. Ability to think critically when presented with media coverage. Positive communication with local elected members.	An understanding of the risks facing both men & women. Knowledge of local campaigns that promote personal safety. Ability to challenge sexist thinking and ideas.

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Year 11

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	HT1	HT2	HT3	HT4	HT5	HT6
Half term	HT1	HT2	HT3	HT4	HT5	HT6
Unit Titles lengths:	Careers and Financial Education	Relationships and Sex Education	Physical Health & Mental Well-being	Staying Safe (Online and Offline)	Revision	
Learning objectives Substantive and procedural knowledge covered in the unit	To know; <ul style="list-style-type: none"> High Ambition/Aspiration. Post 16 Options. Building Relationships. Meeting Employers Preparing for a Careers Interview. Applying for a Job Recruitment Process. Professional Conduct. 	To know; <ul style="list-style-type: none"> Substance use and risks Child-on-Child Abuse (incl. Coercive behaviour) Importance of Sexual Health (revisiting STIs and contraception) Teenage Pregnancy Choices (incl. Abortion laws, morals and ethics) Parenthood for teenagers (characteristics of good parenting) Fertility and what impacts it Understanding menopause 	To know; <ul style="list-style-type: none"> Adult health (incl. Available services, blood and organ donation) Cancer screening Cosmetic and aesthetic procedures Navigating change and managing emotion Self-care (linked to exams) 	To know; <ul style="list-style-type: none"> Online reputation Online vs offline (actions having consequences) Substance misuse and addiction Driving related risks Traveling safely and social etiquette 	All students will revise, using materials provided by English, Maths and Science.	
Key ideas/ Themes:	Goal setting and personal motivation, education and training pathways, importance of networking and making a good first impression, completing applications, preparing for interviews, the recruitment process, workplace expectations	Consent, abuse, rule of law, mutual respect, tolerance, adulthood, parenting, fertility, change	Health, assistance, well-being, testing, the NHS, stress, responsibility	Personal safety, risk assessment, consequences, actions, addiction, repercussions, impact		
Prerequisite knowledge:	Goal setting, communication skills and respect for others. Awareness of different sectors, willingness to engage, ask questions and show curiosity. Understanding of self presentation, own skills and qualities. Literacy and digital skills. Understanding of rules and expectations in the workplace.	Relationship abuse, substance misuse, families (PSHCE and RS), reproduction, menstrual cycle	Basic first aid, NHS services, body autonomy, emotional regulation	Passwords, consequences, legal vs illegal drugs, peer pressure, local road safety		
Outcomes (Stickable-output that the student produces to	Understand how good relationships help in learning and work. Understand what employers look for in young people. Know how to dress and act professionally. Know how to complete an application and understand the different steps and requirements of a recruitment process.	Few instances of students seeking support for sexual health or pregnancy related issues. Clear explanations of how fertility changes over time and why people can find it difficult. Students show tolerance around individual choices even when they don't agree with them.	Students express confidence and understanding of self-examination and its benefits. Students have a range of techniques to support them in managing pressure during exam season.	Students have a clear understanding of the impact of their current posts on their future lives. Few instances of online issues logged in school. Students can assess situations that drivers may face.		



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