

RSE & PSHE Long term plan 2022 - 2023

	Day 1: 3 rd November 2022 Thursday	Day 2: 6 th January 2023 Friday	Day 3: 1 st March 2023 Wednesday	Day 4 18 th April 2023 Tuesday	Day 5: 26 th May 2023 Friday	Day 6: 3 rd July 2023 Monday
YEAR 7	Health: <ul style="list-style-type: none"> Personal and dental hygiene Families and people that care for me. Healthy lifestyle – eating Health lifestyle - exercise Puberty Mental health 	Community: <ul style="list-style-type: none"> Politics – how did the UK get its Parliament? Radicalisation & PREVENT What is a good citizen in our community? Family structures British Values 	Personal safety: <ul style="list-style-type: none"> 'Heartstart' Recovery position Fire safety & burns Bleeding Emergency Services 	Well-being: <ul style="list-style-type: none"> Peer pressure Building self-esteem Talking about and controlling our emotions Determining whether someone is trustworthy Mental Health 	Life skills <ul style="list-style-type: none"> People skills/manners Road safety - booked How can I communicate clearly? How can I be a good friend? Caring friendships (RSE) How can I ensure I work well with others/show respect? 	Careers: <ul style="list-style-type: none"> Who am I? My bright future My employability skills Dream jobs 'Percy Pigs' project – careers in a product
YEAR 8	Community: <ul style="list-style-type: none"> Politics – what is the political spectrum of the UK? Housing/homelessness Identity and diversity Animal rights Disability and equality 	Personal safety: <ul style="list-style-type: none"> Online safety Railway safety BIKEABILITY - booked Smoking/vaping dangers Online world v physical world 	Well-being: <ul style="list-style-type: none"> Gender identity + equality LGBTQ+ community Bereavement FGM & family pressure Drugs & alcohol – not accepting drinks/following people 	Life skills: <ul style="list-style-type: none"> Dealing with problems Decision making Resilience Creativity BIKEABILITY - booked 	Careers: <ul style="list-style-type: none"> Apprenticeships University It's my choice Find me a job - LMI Amazon project – careers in a company 	Health: <ul style="list-style-type: none"> Sexting Fitness Bullying Healthy respectful relationships Effects of Smoking
YEAR 9	Well-being: <ul style="list-style-type: none"> FGM & breast ironing Criminal exploitation Consent & the law Coping mechanisms in difficult times Self-harm & suicide 	Life skills: <ul style="list-style-type: none"> Tolerance and acceptance Finance – bank accounts Managing a budget Cost of living Revision Techniques 	Careers: <ul style="list-style-type: none"> Understanding enterprise & business Help me GCSE options and post 16/career choices Career pathways Employer speed dating 	Community <ul style="list-style-type: none"> Politics – who makes laws in the UK/how are they passed? Ethical consumers & sustainable living How do charities work? (Link to college charities) Human trafficking Extremism & cults, & PREVENT 	Health: <ul style="list-style-type: none"> Contraceptive options Sexually transmitted infections Body positivity and image Eating Disorders Pregnancy choices & miscarriage 	Personal safety: <ul style="list-style-type: none"> Justice system Terrorism Anti-Social Behaviour Grooming and Child Sexual Exploitation Gangs and county lines
YEAR 10	Personal safety: <ul style="list-style-type: none"> Situations at risk and keeping yourself safe. Sexual assault and victim blaming. <i>BS1, BS22, FR7</i> Ways to identify risk in new situations – including online IS1, IS2, OM6,7,2,1 Road safety (external) - booked Risky behaviour 'Gambling' DAT4 	Health: <ul style="list-style-type: none"> Self-examination and screening Fertility Choices in sex & relationships Emotions at different stages of relationships Risky sexual behaviour – alcohol & drugs 	Community <ul style="list-style-type: none"> Organ, blood & stem cell donation Marriage & honour-based violence Legality & relationships Voting Hate crime 	Careers <ul style="list-style-type: none"> Which way now – Post-16 options 6th Form (speak with students) Gaining an apprenticeship or traineeship University Starting a business 	Well-being: <ul style="list-style-type: none"> How do I support others with mental health? Substance abuse -half day Link between physical activity and mental well being Healthy Eating Domestic abuse & controlling behaviour Immunisations and vaccines 	Life skills: <ul style="list-style-type: none"> First impressions Pride Leadership skills Self motivation Team Work
YEAR 11	Life skills <ul style="list-style-type: none"> Revision techniques Managing stress Well being hour 	Careers: <ul style="list-style-type: none"> Creating CVs Interview techniques Employability skills Career pathways Making an application 	Health: <ul style="list-style-type: none"> Parenting and the law STIs Common illness and medical conditions (cancers, fertility, etc) Impact of poor lifestyle choices Blood, organ and stem cell donation SEXUAL HEALTH - EXTERNAL 	Personal safety <ul style="list-style-type: none"> Targeted advertising First aid refresh Laws related to harassment/rape Self defence Rights and responsibilities online 	N/A	
YEAR 12	Careers: <ul style="list-style-type: none"> Post 18 options overview. Student Finance CV's/Supercurricular activities Employability skills Presentation skills 	Well Being <ul style="list-style-type: none"> First aid (practical) Mental Health (RC) Substance abuse and alcohol awareness Sexual Health ROAD SAFETY - booked 	Life skills: <ul style="list-style-type: none"> Cooking (2 hours) Car Maintenance or changing a plug Assertiveness Work Experience external - booked 	Health <ul style="list-style-type: none"> Professional Communication (phone and email) Interview techniques Covering letter/responding to job spec. Workplace behaviours and values. 	Year 12 Exams	
YEAR 13	Careers: Mock Interview Day	Well-being: <ul style="list-style-type: none"> Time management/prioritising Managing Stress Team Building/out of comfort zone Aiding memory (generation game) Gambling 	Life skills: <ul style="list-style-type: none"> Caring for a baby/parenting Independent living skills (ironing, polishing, making a bed, flat pack furniture) Stocks/ISAS/saving 	Health <ul style="list-style-type: none"> Body check Healthy lives (Sleep and diet, nutrition) Cooking on a budget (2 hours) Physical activity 1 hour 	N/A	

