

PSHE Curriculum Map

The PSHE curriculum should create a spiral programme which embeds, revisits and deepens learning across the key themes.

The curriculum map demonstrates this approach below.

	Autumn Term	Spring Term	Summer Term
Year 7	<p><u>KS3 Be Healthy 1</u> Physical health and fitness Healthy eating Changing adolescent body H5, H7, H15, H16, H17</p> <p>(6 lessons)</p>	<p><u>KS3 Online Safety 1</u> Internet safety and harms Online and media H18, R28, L18, L19, L20, R35, R36, R38, R23, L17</p> <p>(6 lessons)</p>	<p><u>KS3 (RSE) Relationships 1</u> Families Respectful relationships, including friendships. Equality and Diversity inc. LGBT R8, R9, R11, R29, R1, R27, R28, L7, L3</p> <p>(6 lessons)</p>
Year 8	<p><u>Faith and Justice 1</u> Faith in Action</p> <p>(6 lessons)</p>	<p><u>KS3 (RSE) Relationships 2</u> Intimate and sexual relationships, including sexual health. Equality and Diversity inc. LGBT Being safe R19, R20, R5, R15, R30, R16, R17, R21</p> <p>(6 lessons)</p>	<p><u>KS3 Be Healthy 2</u> Drugs, alcohol & tobacco Health and prevention H25, H26, H28, H30, H29, H9, H10, H13, H16, H32</p> <p>(6 lessons)</p>
Year 9	<p><u>KS3 Mental Wellbeing 3</u> Spotting the signs, emotions, anxiety, depression, self- harm, self-esteem, eating disorders, how to manage, a range of healthy coping strategies H2, H4, H5, H6</p> <p>(6 lessons)</p>	<p><u>British Values</u> Democracy, the rule of law, individual liberty, mutual respect for and tolerance of others, combatting discrimination Equality and Diversity: Black Lives Matter, LGBT</p> <p>(6 lessons)</p>	<p><u>KS3 (RSE) Relationships 3</u> Families Respectful relationships, including friendships. Equality and Diversity inc. LGBT R4 R6 R7 R10 R11 R12 R29</p> <p>(6 lessons)</p>
Year 10	<p><u>KS4 (RSE) Relationships 4</u> Intimate and sexual relationships, including sexual health. Equality and Diversity inc. LGBT Being Safe R2, R3, R4, R21, R24, R25, R26, R27, R18, H6, R22, R8, H9, R15</p> <p>(6 lessons)</p>	<p><u>Faith and Justice 2</u> Great Generation</p> <p>(6 lessons)</p>	<p><u>KS4 Online Safety 2</u> Internet safety and harms Online and media Being Safe L2, L8, R14, R8, R5, R7, R9, R15, H10, R19, L7</p> <p>(6 lessons)</p>
Year 11	<p><u>Achieving Future Success</u> Planning for the next steps Career pathways Economic wellbeing L1, L10, L11, L12, L13, L14, L20</p> <p>(6 lessons)</p>	<p><u>KS4 Be Healthy 4</u> Mental wellbeing Physical health and fitness Health and prevention H2, H3, H4, H5, H7, H18</p> <p>(6 lessons)</p>	<p><u>KS4 (RSE) Relationships 5</u> Families Respectful Relationships Being Safe - FGM Equality and Diversity inc. LGBT L2 R3 R4 R5 R7 R20</p> <p>(6 lessons)</p>