

## Personal Development - PSHE inc SRE Cross Phase model

This programme is designed to support the delivery and coverage of all three core themes (Health and Mental Wellbeing; Relationships; and Living in the Wider World) over six half terms across key stage phases.

This programme of study covers all aspects the new statutory RSE content for Key Stage 2 and lower Key Stage 3. Aspects of the Key Stage 3 curriculum more suitable for Year 9 pupils will be included in a bespoke Year 9 SOL (Scheme of Learning) that will build on the knowledge and skills acquired during the Year 5-8 cross phase model.

Opportunities to teach about fundamental British Values will be embedded into the personal development programme.

SRE	Health and Mental Wellbeing	Living in the Wider World
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### Long term plan

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<b>British Values:</b> Mutual respect; Sharing points of view. Stereotypes; Types of bullying and how to get help; Discrimination; Bullying; Disabilities; Diversity	<b>Mental wellbeing:</b> Taking care of mental health and emotional wellbeing; managing challenges; Seeking support for themselves and others	<b>Staying safe:</b> Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety	<b>British Values:</b> What is Democracy; How does democracy work in Britain; Benefits of living in a democratic country; Who can and can't vote?	<b>Substances:</b> Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws	<b>Keeping active:</b> Benefits of a balanced lifestyle; Balancing internet use; How physical activity affects wellbeing
Year 6	<b>Personal Identity:</b> What contributes to who we are; Personal Strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities; Careers	<b>Puberty and reproduction:</b> Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made (introductory lesson delivered at the end of Yr 5 by school health)	<b>Health and hygiene:</b> Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunisation	<b>Managing change:</b> Developing friendship skills; Changing and ending friendships; Managing change, loss and bereavement; Sources of support	<b>Media literacy:</b> How is data shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV games and online content; Influences relating to gambling	<b>Friendships and staying safe:</b> Opportunities to connect online; The nature of online- only friendships; Reporting harmful content and contact; Staying safe online
Year 7	<b>Economic wellbeing:</b> Evaluating value for money; Debt, fraud and personal values around	<b>Healthy lifestyles:</b> Physically and mentally healthy lifestyles; Healthy sleep habits; Dental	<b>Substances:</b> Facts, misconceptions and social norms regarding drugs, alcohol	<b>Careers:</b> Developing enterprise skills; The world of work and young people's	<b>Relationships:</b> Healthy and positive relationships, including intimate relationships;	<b>British Values:</b> Friendships and diversity; Respectful relationships and conflict resolution,

	finance; Financial exploitation	health; Managing stress; Accessing health services	and tobacco; Influence and risks relating to substance use	employment rights; Enterprise project	Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent	including online; Equality, diversity and tackling prejudice; LGBT; Bulling including online. Disabilities including hidden disabilities.
Year 8	<b>Careers:</b> Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence	<b>Friendships and managing influences:</b> Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance abuse; Social media and self esteem	<b>Relationships: Body image;</b> Stereotypes and expectations of gender roles, behaviour and intimacy; Consent in intimate situations; Introduction to contraception and sexual health; Domestic abuse and coercive behaviour	<b>First aid and keeping safe:</b> First aid including CPR and defibrillator use; Personal safety including travel safety	<b>Mental health and wellbeing:</b> Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others	<b>British Values:</b> The Rule of Law; Why are rules important in society; The consequences of breaking the law; Individual liberty; Freedom of speech