



## 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 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. Planning for PSHE in Years 10 and 11 will take a spiraled approach and build upon prior knowledge whilst introducing new age related themes.

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

- Key Vocabulary
- ★ Recall and Retain

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  PRAISE: INCLUSION & EMPATHY	<b>Mental wellbeing:</b> Taking care of mental health and emotional wellbeing; managing challenges; Seeking support for themselves and others  PRAISE: POSITIVITY, RESILIENCE, INCLUSION & EMPATHY	<b>Staying safe:</b> Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety  PRAISE: EMPATHY	<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?  PRAISE: ASPIRATION	<b>Substances:</b> Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws  PRAISE: EMPATHY	<b>Keeping active:</b> Benefits of a balanced lifestyle; Balancing internet use; How physical activity affects wellbeing  PRAISE: ASPIRATION & SUCCESS
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 finance; Financial exploitation	<b>Healthy lifestyles:</b> Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services	<b>Substances:</b> Facts, misconceptions and social norms regarding drugs, alcohol and tobacco; Influence and risks relating to substance use	<b>Careers:</b> Developing enterprise skills; The world of work and young people's employment rights; Enterprise project	<b>Relationships:</b> Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent	<b>British Values:</b> Friendships and diversity; Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice; LGBT; Bullying including online. Disabilities including hidden disabilities.
Year 8	<b>Careers:</b>	<b>Friendships and managing influences:</b>	<b>Relationships: Body image;</b>	<b>First aid and keeping safe:</b>	<b>Mental health and wellbeing:</b>	<b>British Values:</b>

	Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence	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	Stereotypes and expectations of gender roles, behaviour and intimacy; <b>Consent in intimate situations; Introduction to contraception and sexual health</b> ; Domestic abuse and coercive behaviour	First aid including CPR and defibrillator use; Personal safety including travel safety	Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others	The Rule of Law; Why are rules important in society; The consequences of breaking the law; Individual liberty; Freedom of speech
Year 9	<b>Peer influence, substance use and gangs:</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<b>Setting goals:</b>  Learning strengths, career options and goal setting as part of the GCSE options process	<b>Respectful relationships:</b>  Families and parenting, healthy relationships, conflict resolution, and relationship changes	<b>Healthy lifestyle:</b>  Diet, exercise, lifestyle balance and healthy choices, and first aid	<b>Intimate relationships:</b>  Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	<b>Employability skills:</b>  Employability and online presence
Year 10	<b>Mental health:</b>  Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>Financial decision making:</b>  The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<b>Healthy relationships:</b>  Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography	<b>Exploring influence:</b>  The influence and impact of drugs, gangs, role models and the media	<b>Addressing extremism and radicalisation:</b>  Communities, belonging and challenging extremism	<b>Work experience:</b>  Preparation for and evaluation of work experience and readiness for work
Year 11	<b>Building for the future:</b>  Self-efficacy, stress management, and future opportunities	<b>Next steps:</b>  Application processes, and skills for further education, employment and career progression	<b>Communication in relationships:</b>  Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<b>Independence:</b>  Responsible health choices, and safety in independent contexts	<b>Families:</b>  Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	



