



|    | Autumn 1                                                                                                                                                                                                                                                    | Autumn 2                                                                                                                                                                                                                                     | Spring 1                                                                                                                                                                                                                     | Spring 2                                                                                                                                                                                                                                                        | Summer 1                                                                                                                                                                                                                    | Summer 2                                                                                                                                                                                                                                                                           |
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|    | Being Me in My World                                                                                                                                                                                                                                        | Celebrating Difference                                                                                                                                                                                                                       | Dreams and Goals                                                                                                                                                                                                             | Healthy Me                                                                                                                                                                                                                                                      | Relationships                                                                                                                                                                                                               | Changing Me                                                                                                                                                                                                                                                                        |
| 10 | <b>Tutor Time</b><br>1 – Liberty and Safety in my World<br>3 – How social media affects me, my identity and my culture<br>5 - Risk<br><br><b>PSHCE Lesson</b><br>2 – How I feel when things end<br>4 – Rated<br>Careers Session – Unifrog<br>6 - Assessment | <b>Tutor Time</b><br>1 – Equality: what does it mean to me in the UK?<br>2 – Equality in the workplace<br>3 – Multicultural society<br><br><b>PSHCE lesson</b><br>4 – Power in relationships<br>5 – Challenging inequality<br>6 - Assessment | <b>Tutor Time</b><br>1 – Relationships and goals<br>3 – Work/life balance<br>5 – Health goals and other people<br><br><b>PSHCE lesson</b><br>2 – Me, my goals and my health<br>4 – Relationships and goals<br>6 - Assessment | <b>Tutor Time</b><br>1 – My health MOT<br>4 - STIs<br>6 - Assessment<br><br><b>PSHCE lesson</b><br>2 – Extraordinary bodies<br>3 – Extraordinary minds<br>5 – Safer sex                                                                                         | <b>Tutor Time</b><br>1 – Healthier, long term relationships<br>2 – Love and loss<br>3 – Healthy connections<br><br><b>PSHCE lesson</b><br>4 - Can you always believe what you see?<br>5 – Better together<br>6 - Assessment | <b>Tutor Time</b><br>1 – Changing society and me<br>2 – Managing change and decision-making<br>6 - Assessment<br><br><b>PSHCE lesson</b><br>3 – Identifying risk and managing personal safety<br>4 – Stereotypes and exploring relationships<br>5 – Physical and emotional changes |
| 11 | Being Me in My World                                                                                                                                                                                                                                        | Dreams and Goals                                                                                                                                                                                                                             | Healthy Me                                                                                                                                                                                                                   | Relationships                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                    |
|    | <b>Tutor Time</b><br>1 – Becoming an adult<br>3 – The law and you<br>5 – Emergency situation<br><br><b>PSHCE Lesson</b><br>2 – Relationships and the Law<br>4 – Me, the internet and the law<br>Careers Session - Unifrog<br>6 - Assessment                 | <b>Tutor Time</b><br>2 – Money and debt<br>3 – Dream Jobs and skill set<br>6 – Assessment<br><br><b>PSHCE Lesson</b><br>1 – Managing anxiety and overwhelm<br>4 – My future relationships<br>5 – What to do when things go wrong             | <b>Tutor Time</b><br>3 – Hormonal health<br>5 - Pregnancy and choice<br>6 - Assessment<br><br><b>PSHCE Lesson</b><br>1 – Self worth<br>2 – staying safe in sexual relationships<br>4 – contraception and sexual health       | <b>Tutor Time</b><br>2 – Gender diversity and sexuality<br>5 – Illegal and harmful cultural and social practices<br>6 - Assessment<br><br><b>PSHCE Lesson</b><br>1 – Intimate romantic relationships<br>3 – Coming out as LGBT+<br>4 – Who holds all the cards? |                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                    |

KS4 (Year 10) – Being Me in My World (Autumn 1)

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| <b>Puzzle</b><br>Being Me in My World | <b>Piece 1 - Form time lesson</b><br><br>Liberty and safety in my world                    | <b>PSHE Learning Intentions</b><br>I can list the freedoms I enjoy in society<br>I can describe what personal freedom means to me<br>I can describe my understanding of safety<br>I can identify potential risks to my safety                                                                                           |
|                                       | <b>Link to PPT</b>                                                                         | <b>Social and Emotional Skills Learning Intentions</b><br>I understand that this can differ in other parts of the world<br>I can compare my freedom and safety to that of teenagers in different parts of the world                                                                                                     |
| <b>Puzzle</b><br>Being Me in My World | <b>Piece 2</b><br>How I feel when things end<br><br><b>Resources – See Jigsaw Platform</b> | <b>PSHE Learning Intentions</b><br>I can describe the stages of grief<br>I know where to appropriately get help and support with loss and bereavement issues<br>I can discern which online sources or support in regards to loss/grief are helpful or not                                                               |
|                                       |                                                                                            | <b>Social and Emotional Skills Learning Intentions</b><br>I understand the range of emotions associated with relationships ending<br>I understand the behaviours that some people experience as a result of grief, this can be on or off-line<br>I can identify some of the ways some individuals manage grief and loss |
| <b>Puzzle</b><br>Being Me in My World | <b>Piece 3</b><br>How social media affects me, my identity and culture                     | <b>PSHE Learning Intentions</b><br>I recognise the positive and negative role of social media<br>I understand the impact social media has on culture and identity<br>I recognise how online data is used both positively and negatively                                                                                 |
|                                       |                                                                                            | <b>Social and Emotional Skills Learning Intentions</b><br>I can reflect on how social media can impact on safety                                                                                                                                                                                                        |
| <b>Puzzle</b><br>Being Me in My World | <b>Piece 4</b><br>Rated!                                                                   | <b>PSHE Learning Intentions</b><br>I can identify potential threats to online safety<br>I understand “netiquette” and legislation relating to online safety                                                                                                                                                             |

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|                                           |                                  | I can state decision-making process regarding what you post online                                                                                                                                                                                               |
|                                           |                                  | <b>Social and Emotional Skills Learning Intentions</b><br>I can critically assess own online identity                                                                                                                                                            |
| <b>Puzzle</b><br><br>Being Me in My World | <b>Piece 5</b><br><br>Risk       | <b>PSHE Learning Intentions</b><br><br>I can identify potential threats to safety in a range of situations on and offline<br><br>I can describe actions to mitigate risk in a range of situations<br><br>I know how to get help if personal safety is threatened |
|                                           |                                  | <b>Social and Emotional Skills Learning Intentions</b><br>I know some strategies for managing my feelings about how my world is changing                                                                                                                         |
| <b>Puzzle</b><br><br>Being Me in My World | <b>Piece 6</b><br><br>Assessment | <b>PSHE Learning Intentions</b><br><br>I understand how to stay safe in my online and offline relationships                                                                                                                                                      |
|                                           |                                  | <b>Social and Emotional Skills Learning Intentions</b><br>I know some strategies for managing on and offline relationships, positively                                                                                                                           |

**KS4 (Year 11) – Being Me in My World (Autumn 1)**

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| <b><u>Puzzle</u></b><br><br>Being Me in My World | <b>Piece 1</b><br><br>Becoming an adult            | <b>PSHE Learning Intentions</b><br><br>I can state what ‘being an adult’ means to me<br><br>I can give some examples of legislation that affects me at 16                                                                                                                                                                                                                               |
|                                                  |                                                    | <b>Social and Emotional Skills Learning Intentions</b><br><br>I can identify things I am looking forward to in adulthood, and things that concern me<br><br>I know where to access help and information if I am worried or concerned about anything                                                                                                                                     |
| <b><u>Puzzle</u></b><br><br>Being Me in My World | <b>Piece 2</b><br><br>Relationships and the law    | <b>PSHE Learning Intentions</b><br><br>I can give examples of legislation that relates to sex and relationships<br><br>I know about the legal status of different relationships e.g. marriage, civil partnership, co-habitation<br><br>I can explain why coercive control, sexual harassment and sexual violence in relationships is unacceptable, illegal and the consequences of this |
|                                                  |                                                    | <b>Social and Emotional Skills Learning Intentions</b><br><br>I can suggest ways to keep myself and others safe in regard to healthy and positive relationships<br><br>I know how and where to access advice and support if I am concerned about a sex or relationship matter                                                                                                           |
| <b><u>Puzzle</u></b><br><br>Being Me in My World | <b>Piece 3</b><br><br>The law and you              | <b>PSHE Learning Intentions</b><br><br>I can give examples of legislation around the possession and supply of drugs, tobacco and other substances<br><br>I can assess the impact of substance supply and misuse on the range of people involved in a scenario including coercive control                                                                                                |
|                                                  |                                                    | <b>Social and Emotional Skills Learning Intentions</b><br><br>I can suggest ways to keep myself and others safe in regard to alcohol and substances<br><br>I know how and where to access advice and support if I am concerned about the misuse of power or coercive control                                                                                                            |
| <b><u>Puzzle</u></b><br><br>Being Me in My World | <b>Piece 4</b><br><br>Me, the internet and the law | <b>PSHE Learning Intentions</b><br><br>I can give examples of legislation in reference to online activity<br><br>I can assess the impact of illegal online activity and misuse of technology on a range of people                                                                                                                                                                       |

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|                                                  |                                           | I can explain why pornography is legislated against and the potential consequences of viewing pornography                                                                                                                                                                               |
|                                                  |                                           | <b>Social and Emotional Skills Learning Intentions</b><br><br>I know how and where to access advice and support if I am concerned about the misuse of technology                                                                                                                        |
| <b><u>Puzzle</u></b><br><br>Being Me in My World | <b>Piece 5</b><br><br>Emergency situation | <b>PSHE Learning Intentions</b><br><br>I know the steps to take in an emergency situation including assessment of the situation, making the area safe, giving emergency aid, accessing help<br><br>I can apply this knowledge to a range of scenarios where emergency aid may be needed |
|                                                  |                                           | <b>Social and Emotional Skills Learning Intentions</b><br><br>I am aware of the feelings I might encounter when faced with an emergency situation and how those requiring my help might feel                                                                                            |
| <b><u>Puzzle</u></b><br><br>Being Me in My World | <b>Piece 6</b><br><br>Assessment          | <b>PSHE Learning Intentions</b><br><br>I know some of the rights, responsibilities and laws that affect me                                                                                                                                                                              |
|                                                  |                                           | <b>Social and Emotional Skills Learning Intentions</b><br><br>I acknowledge that I can accept or reject influences in my life to be a responsible citizen                                                                                                                               |