

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
7	<p>For</p> <p>1 – Who am I?</p> <p>3 – Peer pressure and belonging</p> <p>5 – What are the consequences of what I say and do online?</p> <p>6 - Assessment</p> <p>PSHCE Lesson</p> <p>2 - My influences</p> <p>4 – My online identity</p> <p>Careers session - Unifrog</p>	<p>Form</p> <p>2 – Bubbles of influence</p> <p>5 – Bullying</p> <p>6 – Assessment</p> <p>PSHCE lesson</p> <p>1 – Prejudice and Discrimination</p> <p>4 – Human rights and protected characteristics</p> <p>3 -Challenging stereotypes</p>	<p>Form</p> <p>4 – How responsible or risky choices can affect a person's dreams or goals</p> <p>5 – How making risky or unsafe choices can affect someone's dreams and goals</p> <p>6 – Assessment</p> <p>PSHCE lesson</p> <p>1 – What are my dreams and goals?</p> <p>2 - Achieving my dreams and goals</p> <p>3 - Coping strategies</p>	<p>Form</p> <p>1 – Mindfulness</p> <p>2 - Nutrition and exercise</p> <p>6 - Assessment</p> <p>PSHCE lesson</p> <p>4 – Stress</p> <p>3 – Sleep</p> <p>5 - Choices</p>	<p>Form</p> <p>1 – Qualities of healthier relationships</p> <p>4 – Discerning external factors in relationships</p> <p>6 - Assessment</p> <p>PSHCE lesson</p> <p>2 – My changing supportive relationships</p> <p>3 – Getting on and falling out</p> <p>5 - Assertiveness in relationships</p>	<p>Form</p> <p>2 – Having a baby</p> <p>5 - My changing feelings</p> <p>6 - Assessment</p> <p>PSHCE</p> <p>1 – Puberty</p> <p>3 - Family relationships and choices</p> <p>4 - Image and self-esteem</p>
8	<p>Form</p> <p>2 – My 'family'</p> <p>4 - The power of first impressions</p> <p>5 - Faith and beliefs</p> <p>6 - Assessment</p> <p>PSHCE Lesson</p> <p>1 – Who am I?</p> <p>3 – Family Factors</p> <p>Careers Session - Unifrog</p>	<p>Form</p> <p>2 – Injustice</p> <p>3 – When things go right</p> <p>6 - Assessment</p> <p>PSHCE lesson</p> <p>1 – Prejudice and Discrimination</p> <p>4 – Bullying</p> <p>5 - How I can make a difference</p>	<p>Form</p> <p>1 – Your goals - long-term</p> <p>2 – What money can't buy</p> <p>6 - Assessment</p> <p>PSHCE lesson</p> <p>3 –Online Safety</p> <p>4 - Money and earnings</p> <p>5 - The price of life</p>	<p>Form</p> <p>3 – Protecting my physical health</p> <p>4 - Vaccination</p> <p>6 - Assessment</p> <p>PSHCE lesson</p> <p>1 - Supporting myself and my health</p> <p>2 - Risks and substances</p> <p>5 - Health choices and peer pressure</p>	<p>Form</p> <p>1 – Being in control of myself</p> <p>3 – Being in control of personal space</p> <p>6 - Assessment</p> <p>PSHCE lesson</p> <p>2 - Being in control of my relationships</p> <p>4 – Staying safe in the physical world</p> <p>5 - Staying safe in the online world</p>	<p>Form</p> <p>4 – Pornography and understanding relationships</p> <p>5 – Alcohol</p> <p>6 - Assessment</p> <p>PSHCE</p> <p>1 - Different types of relationship</p> <p>2 – What's in a relationship?</p> <p>3 - Looks and smiles</p>

9	<p>Form 3 – Peer approval</p> <p>4 - Risks</p> <p>5 Consent</p> <p>PSHCE Lesson 1 – Being ‘Me’ in a group</p> <p>2 – Expectations and perceptions of relationships</p> <p>Careers session</p> <p>6 - Assessment</p>	<p>Form 2 – Understanding difference</p> <p>3 – The power of positive language</p> <p>6 - Assessment</p> <p>PSHCE lesson 1 – Equality</p> <p>4 – Bullying</p> <p>5 - Discrimination</p>	<p>Form 2 – The power of planning</p> <p>3 – My dreams for my life</p> <p>6 - Assessment</p> <p>PSHCE lesson 1 - My personal strengths</p> <p>4 – Mental health and illness</p> <p>5 - Media manipulation and mental health</p>	<p>Form 2 – Protecting the teenage brain</p> <p>3 - Risk taking and group behaviour</p> <p>6 - Assessment</p> <p>PSHCE lesson 1 - The amazing teenage brain</p> <p>4 - Life saving skills (supported by RCUK)</p> <p>5 - Mental health first aid</p>	<p>Form 2 – Assertiveness and saying no</p> <p>3 - Pornography and its impact</p> <p>6 - Assessment</p> <p>PSHCE lesson 1 - Equality in relationships</p> <p>4 – Contraception</p> <p>5 Consequences of unprotected sex</p>	<p>Form 3 - Better sleep</p> <p>5 - Changing and Growing</p> <p>6 - Assessment</p> <p>PSHCE 1 - Mental health and addiction</p> <p>2 - Change and our emotions</p> <p>4 - Resilience</p>

Being Me in My World

Puzzle Being Me in My World	Piece 1 – Form Time Who am I?	PSHE Learning Intentions I can recognise that identity is affected by a range of factors
		Social and Emotional Skills Learning Intentions I know that I am a unique individual, and I can think about myself on many different levels (e.g. physical characteristics, personality, attainments, attitudes, values, etc.)
Puzzle Being Me in My World	Piece 2 My influences	PSHE Learning Intentions I can understand that identity is affected by a range of factors
		Social and Emotional Skills Learning Intentions I can identify what or who influences my life
Puzzle Being Me in My World	Piece 6 Assessment	PSHE Learning Intentions I can maintain positive on and offline relationships
		Social and Emotional Skills Learning Intentions I understand that what I say and do online can have consequences for myself and others
Puzzle Being Me in My World	Piece 4 – PSHCE LESSON My online identity	PSHE Learning Intentions I can recognise how I present myself online
		Social and Emotional Skills Learning Intentions I understand how my online identity can affect what others think and feel about me
Puzzle Being Me in My World	Piece 5 What are the consequences of what I say and do online?	PSHE Learning Intentions I understand what can influence my behaviour online
		Social and Emotional Skills Learning Intentions I understand that what I say and do online can have consequences for myself and others

Puzzle Being Me in My World	Piece 3	PSHE Learning Intentions
	Peer pressure and belonging	I understand how peer pressure operates within groups
		Social and Emotional Skills Learning Intentions I can achieve an appropriate level of independence from others while maintaining positive relationships with them