

Chislehurst School PSHE and RSHE Overview Yrs 7-13, 2020-2021

Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	Additional e.g. Enhancement
7	Transition L1 Introduction to PSD L2 Transition to secondary 1,2,7	Being Healthy L1 Healthy me L2 Puberty 1, 2, 3, 4, 5, 7	Being Healthy L3 Puberty- periods L4 Personal hygiene 1, 2, 3, 4, 5, 6, 7	Being Healthy L5 Body image and obesity L6 Energy drinks 1, 2, 3, 4, 5, 6	Global Citizenship L1 Global Citizenship L2 Plastic pollution L3 Ethical finance 1, 2, 3, 4, 5, 6, 8	Global Citizenship L4 Sending aid L5 Carbon footprint 1,3, 6,8	Team Building 1,2,5,6,8
8	Future success L1 Confidence & achievement L2 Communication 1, 2, 3, 4,5, 6	Future success L3 SMART targets (COMP ROOM NEEDED) L4 Enterprise & entrepreneur 1, 2, 3, 4,5, 6	Crime and Society L1 Criminal responsibility L2 Cyber Crime 1, 2, 4,5, 6, 8	Crime and Society L3 County Lines L4 Consent 1, 2, 4,5, 6, 8	Crossing the line L1 Cyberbullying L2 Sexting 1, 2, 4,5, 6, 8	Crossing the line L3 Peer Pressure L4 Self Esteem 1, 2, 4,5, 6, 8	Team Building Camp 1, 2, 4,5, 6, 8
9	Keeping healthy L1 Smoking & vaping L2 Alcohol 1, 2, 3, 4,5, 6	Keeping healthy L3 Drug awareness L4 Cannabis, spice and shisha 1, 2, 3, 4,5, 6	Mental Health L1 Stress L2 Anxiety L3 Mental health 1, 2, 3, 4,5, 6	Mental Health L4 body image L5 Self esteem 1, 2, 3, 4,5, 6	Risky Behaviour L1 Personal Safety L2 Risk Taking 1, 2, 3, 4,5, 6, 7, 8	Human rights and respect L1 Human rights L2 Respect 1, 2, 3, 4,5, 6, 8	Your Choice Your Voice (Keep Safe) Relationships and sex 1, 2, 3, 4,5, 6, 8
10	The British Political System and Democracy L1 – House of Commons and Lords L2- Voting 6, 7, 8	The British Political System and Democracy L1 –New Laws L2 – Accountability of government and getting involved 6, 7, 8	Drugs L1 – Drugs overview L2- Drugs and the Law L3 – Why people take drugs L4 – Risks of drug taking	Relationships and sex L1What is a healthy relationship? L2 How to recognise abuse 1, 2, 3, 4,5, 6, 8	Relationships and sex L3 Media representations of sex L4 Healthy online relationships 1, 2, 3, 4,5, 6, 8	Exams L1. Motivation L2.Exam preparation and wellbeing L3. Techniques into practice 1, 2, 3	MP visit Sue Graham Drugs speaker Police Assemblies – Knife Crime and Consent/ Sexual Violence

			3, 4, 5, 6, 7, 8				Diversity Enhancement Day (LGBT, women, disability) 1, 2, 3, 4,5, 6, 8
11	Careers and Curriculum Vitae L1 – Careers Intro L2 – CVs 1, 2, 3,5, 6,7, 9	Careers and Curriculum Vitae L2 – Interview skills L3 – Whats in a job 1, 2, 3,5, 6,7, 9	Wellbeing L1 – Revision Techniques 1, 2, 3, 9	Exam Season Preparation L1- Revision techniques L2 – Building a revision timetable 1, 2, 3, 9			Careers speaker – Aspirations, Universities and Apprenticeships Careers fair (Enhancement Day) Police Assembly - Radicalisation 1, 2, 3, 4, 5, 6, 8, 9
12	Advanced Study Skills L1 - How to Study L2 - Time Management and Prioritisation L3 – Dealing with Study Problems 1, 2, 3, 9	Healthy Relationships L1 - Healthy relationships 1, 2, 3,5, 6,7,8	Managing Money L1 - Money Skills: Saving for the future L2 - Managing Skills: Renting and buying 1,2,3,5,9	Leadership L1 - Leadership (Student Head Team) 1,2, 5,7, 8, 9	Politics L1 -Political Parties L2 – Community Politics 5,6,8,9	UCAS/Employment L1 – University Vs Apprentices L2 – How to apply to University L3 – Writing your personal statement 7,9	Employability and apprenticeship conference University and apprenticeship fair Careers speaker – Aspirations, Apprenticeships University speakers –

13	Advanced Study Skills L1 - How to Study L2 - Time Management and Prioritisation L3 – Dealing with Study Problems 1, 2, 3, 9	Healthy Relationships L1 - Healthy relationships 1, 2, 3,5, 6,7,8	Managing Money L1 - Money Skills: Saving for the future L2 - Managing Skills: Renting and buying 1,2,3,5,9	Exam Season L1- Revision techniques L2 – Building a revision timetable 1, 2, 3, 9			university and student finance Sexual Health Talk from Bromley Health Care Driver Safety Police Assembly Rewards trips 1, 2, 3,4,5, 6,7,8
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Over-reaching concepts developed through the curriculum.

1. Identity (their personal qualities, attitudes, skills, attributes and achievements and what influences these; understanding and maintaining boundaries around their personal privacy, including online)
2. Relationships (including different types and in different settings, including online)
3. A healthy (including physically, emotionally and socially), balanced lifestyle (including within relationships, work-life, exercise and rest, spending and saving and lifestyle choices)
4. Risk (identification, assessment and how to manage risk, rather than simply the avoidance of risk for self and others) and safety (including behaviour and strategies to employ in different settings, including online in an increasingly connected world)
5. Diversity and equality (in all its forms, with due regard to the protected characteristics set out in the Equality Act 2010)
6. Rights (including the notion of universal human rights), responsibilities (including fairness and justice) and consent (in different contexts)
7. Change (as something to be managed) and resilience (the skills, strategies and ‘inner resources’ we can draw on when faced with challenging change or circumstance)

8. Power (how it is used and encountered in a variety of contexts including online; how it manifests through behaviours including bullying, persuasion, coercion and how it can be challenged or managed through negotiation and 'win-win' outcomes)

9. Career (including enterprise, employability and economic understanding)

Lesson contains content that covers at least 1 of the 9 protected characteristics

The Nine Protected Characteristics are as follows: Race, Disability, Sex and Sexual Orientation, Marriage, Civil Partnership, Gender Reassignment, Pregnancy and Religion,