

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

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