

Burlington House Prep School PSHE & RSE Overview 2022-2023 [Core ThemesSub-Topics*SEND criteria(H,R,L)-Learning

opportunities]

Date: May 2022

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 3 (LKS2)	<p>Relationships Team</p> <p>L1. A New Start about everyday things that affect feelings and the importance of expressing feelings (H18). a varied vocabulary to use when talking about feelings; about how to express feelings in different ways; (H19) problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools (H24) strategies to manage transitions between classes and key stages (H36)</p> <p>L2. Together Everyone Achieves More. that personal behaviour can affect other people; to recognise and model respectful behaviour online (R30). about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation (L30)</p> <p>3. Working Together.</p>	<p>Health & Wellbeing Think Positive</p> <p>L1. Happy Minds, Happy People about choices that support a healthy lifestyle, and recognise what might influence these (H3). how to recognise that habits can have both positive and negative effects on a healthy lifestyle (H4) that mental health, just like physical health, is part of daily life; the importance of taking care of mental health (H15). about strategies and behaviours that support mental health (H16) a varied vocabulary to use when talking about feelings (H19). to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support (H22)</p> <p>L2. Thoughts and Feelings about choices that support a healthy lifestyle, and recognise what might influence these (H3). how to recognise that habits can</p>	<p>Living in the Wider World Diverse Britain</p> <p>L1. Living in the British Isles. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes H25). to listen and respond respectfully to a wide range of people (R33) about the relationship between rights and responsibilities (L3). about the different groups that make up their community; what living in a community means (L6). about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities (L8)</p> <p>L2. Democracy to recognise there are human rights that are there to protect everyone (L2). the importance of having compassion towards others (L4). to value the different contributions that people and groups make to the community (L7)</p>	<p>Relationships Be Yourself</p> <p>L1. Pride about everyday things that affect feelings and the importance of expressing feelings (H18) about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes) (H20). that for some people gender identity does not correspond with their biological sex (H26). to recognise their individuality and personal qualities (H27). to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self worth (H28). to recognise the importance of self-respect that everyone, including them, should expect to be treated politely and with respect by others (including online) in school and in wider society; strategies to improve or support</p>	<p>Health & Wellbeing It's my body</p> <p>L1. My Body, My Choice that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk (H45) to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support (R18). recognise different types of physical contact; what is acceptable and not strategies to respond to unwanted physical contact (R25). about seeking and giving permission (consent) in different situations (R26). about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or when it's alright to share a secret (R27)</p> <p>L2. Fit as a Fiddle.</p>	<p>Living in the Wider World Aiming High</p> <p>L1. Achievements . to recognise positive things about themselves and their achievements; set goals (L25). to recognise their individuality and personal qualities (H27). to identify personal strengths, skills, achievements and interests for self esteem (H28)</p> <p>L2. Goals. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth (H28). to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes (L25)</p> <p>L3. Always Learning to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth (H28). about how to manage setbacks/perceived failures, including how to re-frame unhelpful</p>

	<p>that personal behaviour can affect other people; to recognise and model respectful behaviour online (R30). about some of the skills that will help them in their future careers (L30)</p> <p>L4. Being Considerate what constitutes a positive healthy friendship difficulties (R11) that friendships have ups and downs; strategies to resolve (R17)</p> <p>L5. When Things Go Wrong the importance of seeking support if feeling lonely or excluded (R13). that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely (R17) that personal behaviour can affect other people (R30)</p> <p>L6. Responsibilities that personal behaviour can affect other people; to recognise and model respectful behaviour online (R30). the importance of having compassion towards others (L4) about the different groups that make up their community; what living in a community means (L6). about some of the skills that will help them in their future careers (L30)</p>	<p>have both positive and negative effects on a healthy lifestyle (H4). that mental health, just like physical health, is part of daily life; the importance of taking care of mental health (H15). about strategies and behaviours that support mental health — (H16). about everyday things that affect feelings (H18)</p> <p>L3. Changes to recognise that feelings can change over time and range in intensity (H17). about everyday things that affect feelings and the importance of expressing feelings (H18). about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement (H23). problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools (H24). strategies to manage transitions between classes and key stages (H36). the importance of seeking support if feeling lonely or excluded (R13)</p> <p>L4. Keep Calm and Relax H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental</p>	<p>3. Rules, Laws and Responsibilities to recognise reasons for rules and laws; consequences of not adhering to rules and laws (L1). about the relationship between rights and responsibilities (L3)</p> <p>L4. Liberty about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes H25) . to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves (R31. to recognise there are human rights that are there to protect everyone (L2). about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes (L9)</p> <p>L5. Tolerance and Respect. about discrimination: what it means and how to challenge it (R21). about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background (R32). about diversity: what it means; the benefits of living in a diverse</p>	<p>courteous, respectful relationships (R31)</p> <p>L2. Feelings to recognise that feelings can change over time and range in intensity (H17). about everyday things that affect feelings and the importance of expressing feelings (H18). a varied vocabulary to use when talking about feelings; about how to express feelings in different ways; (H219) about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement (H23). the importance of seeking support if feeling lonely or excluded (R13)</p> <p>L3. Express Yourself about everyday things that affect feelings and the importance of expressing feelings (H18). a varied vocabulary to use when talking about feelings; about how to express feelings in different ways; (H19). strategies to respond to feelings, including intense or conflicting feelings (H20)</p> <p>L4. Know Your Mind strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others</p>	<p>about the elements of a balanced, healthy lifestyle (H2). about choices that support a healthy lifestyle, and recognise what might influence these (H3). how to recognise that habits can have both positive and negative effects on a healthy lifestyle (H4). about what constitutes a healthy diet; how to plan healthy meals;risks associated with not eating a healthy diet including obesity and tooth decay. (H6). how regular (daily/weekly) exercise benefits mental and physical health recognise opportunities to be physically active (H7). how to maintain good oral hygiene why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (H11)</p> <p>L3. Good Night, Good Day how to make informed decisions about health (H1). about the elements of a balanced, healthy lifestyle (H2). about choices that support a healthy lifestyle, and recognise what might influence these (H3). how to recognise that habits can have both positive and negative effects on a healthy lifestyle (H4). about how</p>	<p>thinking (H29) to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes (L25)</p> <p>L4. Jobs and Skills that there is a broad range of different jobs/careers that people can have (L26). about what might influence people's decisions about a job or career (L28) that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid (L29). about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation (L30)</p> <p>L5. No Limit about stereotypes; how they can negatively influence behaviours and attitudes towards others strategies for challenging stereotypes (L9). that there is a broad range of different jobs/careers that people can have; (L26) about stereotypes in the workplace and that a person's career aspirations should not be limited by them (L27). about what might influence people's decisions about a job or career (L28)</p>
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		<p>health H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and in different situations</p> <p>5. You're the Boss about choices that support a healthy lifestyle, and recognise what might influence these (H3). that mental health, just like physical health, is part of daily life; the importance of taking care of mental health (H15). about strategies and behaviours that support mental health (H16) strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations (H20). to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others (H21)</p> <p>6. Always Learning how to recognise that habits can have both positive and negative effects on a healthy lifestyle (H4). to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth (H28). about how to manage</p>	<p>community (L8) about prejudice; how to recognise behaviours/ actions which discriminate against others (L10)</p> <p>6. What Does It Mean to Be British? how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with (R34). the importance of having compassion towards others (L4) about diversity: what it means; the benefits of living in a diverse community (L8)</p> <p>BLACK HISTORY MONTH February 2023</p>	<p>(R15). how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this (R28). where to get advice and report concerns if worried about their own or someone else's personal safety (including online R29)</p> <p>L5. Media-Wise. the importance of having compassion towards others; shared responsibilities (L4) . recognise ways in which the internet and social media can be used both positively and negatively (L11). about how text and images in the media and on social media can be manipulated or invented (L16)</p> <p>L6. Making It Right problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools (H24). to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth (H28). about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking (H29) that personal behaviour can affect other people; to</p>	<p>sleep contributes to a healthy lifestyle; routines that support good quality sleep (H8)</p> <p>L4 Cough, Splutter, Sneeze! how to recognise that habits can have both positive and negative effects on a healthy lifestyle (H4). about what good physical health means; how to recognise early signs of physical illness (H5). that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it (H9). how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed (H10). how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health (H14)</p> <p>L5. Drugs: Healing or Harmful? how to predict, assess and manage risk in different situations (H38). about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping,</p>	<p>L6. When I Grow Up. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth (28). that there is a broad range of different jobs/careers that people can have; (L26) to recognise a variety of routes into careers (e.g. college, apprenticeship, university (L32)</p>
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		setbacks/perceived failures, including how to re-frame unhelpful thinking (H29)		recognise and model respectful behaviour online (R30)	alcohol and medicines) recognise that drug use can become a habit which can be difficult to break (H46). about why people choose to use drugs or not (H48) L6 Choices Everywhere how to make informed decisions about health (H1). about the elements of a balanced, healthy lifestyle (H2) about choices that support a healthy lifestyle, and recognise what might influence these (H3). how to recognise that habits can have both positive and negative effects on a healthy lifestyle(H4). how to maintain good oral hygiene (including correct brushing and flossing (H11). about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer (H12)	
YEAR 4 (LKS2)	Relationships VIPs L1 Family and Friends to recognise that there are different types of relationships (R1). that a feature of positive family life is caring relationships; about the different ways in which people care for one	Health & Wellbeing Safety First L1 how to recognise their growing independence; the responsibilities that come along with more independence; L2 how to avoid risks, hazards and danger, both at home and when	Living in the Wider World One World L1.. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background (R32).	Relationships Digital Wellbeing L1 about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online (H13). recognise ways in which the internet and social media can be	Living in the Wider World Money Matters L1. Where Does Money Come From? That there is a broad range of different jobs/careers that people can have (L26, L29) To identify the kind of job that they might like to do	Health & Wellbeing Growing Up L1. Human Reproduction about the processes of reproduction and birth as part of the human life cycle (H33) L2. Changes in Boys to identify the external genitalia and internal

	<p>another (R6). to recognise other shared characteristics of healthy family life, spending time together; being there for each other in times of difficulty (R8). how to recognise if family relationships are making them feel unhappy or unsafe and how to seek help (R9) about the importance of friendships; strategies for building positive friendships & wellbeing (R10) what constitutes a positive healthy friendship (R11) experiences, support that personal behaviour can affect other people; to recognise and model respectful behaviour online (R30)</p> <p>L2. Fabulous Friends about the importance of friendships; strategies for building positive friendships (R10) what constitutes a positive healthy friendship (R11). that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them (R14). how friendships can change over time, about making new friends and the benefits of having different types of friends (R16). that personal behaviour can affect other people; to</p>	<p>out and about near roads, water and railways</p> <p>L3 the risk of being put under pressure to do things that might make them unsafe;</p> <p>L4 how to avoid this pressure by saying no to dares and other types of pressure;</p> <p>L5 all about dangerous substances, including drugs (medicines), alcohol and cigarettes;</p> <p>L6 how to get help when needed in responding to emergency situations where they might need to know how to administer first aid or dial 999 to contact emergency services to get the help of health care professionals, such as doctors, nurses or paramedics.</p>	<p>about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities (L8), about stereotypes; how they can negatively influence behaviours and attitudes (L9)</p> <p>L2. how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with (R34) about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes (L9)</p> <p>L3 how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with (R34) to recognise there are human rights that are there to protect everyone (L2). about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities (L8)</p> <p>L4 to recognise there are human rights, that are there to protect everyone (L2). the importance of having compassion towards others; (L4) about diversity: what it means; the benefits of living in a diverse community;</p>	<p>used positively & negatively (L11)</p> <p>L2. Digital Kindness about the impact of bullying, including offline and online, and the consequences of hurtful behaviour (R19). strategies to respond to hurtful behaviour experienced or witnessed, offline and online -including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others. how to report concerns and get support (R20) about discrimination (R21)</p> <p>L3 Do I Know You?. to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face (R12) ; about why someone may behave differently online, strategies for recognising risks, how to report concerns (R23). how to respond safely and appropriately to adults they may encounter (R24)</p> <p>L4 how to assess the reliability of sources (L12) about how information on the internet is ranked, selected and targeted at specific individuals (L14) about how text and images in the media and on social media can be manipulated or invented</p>	<p>when they are older (L31) To recognise a variety of routes into careers (e.g. apprenticeship, University, L32)</p> <p>L2 Ways to Pay The different ways to pay for things and the choices people have about this (L17). The risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe L22</p> <p>L3. Lending and Borrowing To recognise that people make spending decisions based on priorities, needs and wants (L20). about the risks involved in gambling (L23).to identify the ways that money can impact on people's feelings and emotions (L24)</p> <p>L4. Priorities. That people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity L19) To recognise that people make spending decisions based on priorities, needs and wants (L20). Different ways to keep track of money (L21)</p> <p>L5. Advertising. to recognise that people have different attitudes</p>	<p>reproductive organs in males and females and how the process of puberty relates to human reproduction (H30) about the physical and emotional changes that happen when approaching and during puberty (H31) about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene (H32). about where to get more information, help and advice about growing and changing, especially about puberty (H34)</p> <p>L3. Changes in Girls to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction (H30). about the physical and emotional changes that happen when approaching and during puberty (H31) about how hygiene routines change during the time of puberty (H32) where to get more information, help and advice about growing and changing, especially about puberty (H34)</p> <p>L4. Changing Emotions to recognise that feelings can change over time and range in intensity (H17). about everyday</p>
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	<p>recognise and model respectful behaviour online (R30)</p> <p>L3. Is This a Good Relationship? to recognise that there are different types of relationships (R1) how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice (R9) strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others (R15) to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary (R18). about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online R22)); recognise different types of physical contact; what is acceptable & not; strategies to respond to unwanted physical contact (R25). about seeking and giving permission (consent) in different situations (R26). about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out</p>		<p>about valuing diversity within communities (L8). that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics giving to charity (L19)</p> <p>L5 relationships between rights & responsibilities (L3) the importance of having compassion towards others; shared responsibilities (L4) ways of carrying out shared responsibilities for protecting the environment in school and at home (I5) that people's spending decisions can affect others and the environment (L19)</p> <p>L6 about the relationship between rights and responsibilities (L3). the importance of having compassion towards others (L4) ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (L5) to value the different contributions that people and groups make to the community (L7)</p> <p>BLACK HISTORY MONTH February 2023</p>	<p>(L16)</p> <p>L5 Keep It Private about the importance of keeping personal information private (L42) about privacy and personal boundaries; what is appropriate in friendships and wider relationships (R22) how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable (R28) about some of the different ways information and data is shared (L13)</p> <p>L6 My Digital Wellness reasons for following and complying with regulations and restrictions (including age restrictions) (H37) strategies for recognising and managing peer influence (R15) . recognise things appropriate to share and things that should not be shared on social media (L15)</p>	<p>towards saving and spending money; what influences people, what makes something 'good value for money' (L18) to recognise that people make spending decisions based on priorities, needs and wants (L20)</p> <p>L6. Keeping Track to recognise that people make spending decisions based on priorities, needs and wants (L20). different ways to keep track of money (L21)</p>	<p>things that affect feelings and the importance of expressing feelings (H18) a varied vocabulary to use when talking about feelings (H19). strategies to respond to feelings (H20) about the physical and emotional changes that happen when approaching and during puberty (H31)about where to get more information, help and advice about puberty (H34)</p> <p>L5. Relationships and Families that for some people gender identity does not correspond with their biologicalsex (H26) . to recognise that there are different types of relationships (R1) that people may be attracted to someone emotionally, romantically and sexually (R2) about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other (R3) that forcing anyone to marry against their will is a crime (R4) that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart (R5). to recognise and respect that there are different types of family structure (R7) to recognise other</p>
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	<p>about) or should not be agreed to, and when it is right to break a confidence or share a secret (R27)</p> <p>L4. Falling Out. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely (R17)</p> <p>L5. What Is Bullying? that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them (R14) about the impact of bullying, including offline and online, and the consequences of hurtful behaviour (R19). strategies to respond to hurtful behaviour experienced or witnessed, offline and online (R20). about discrimination: what it means and how to challenge it (R21) about prejudice; how to recognise behaviours/actions which discriminate against others (L10)</p> <p>L6. Stand up to Bullying. that healthy friendships make people feel included;; strategies for how to include others (R14). about the impact of bullying, including offline and online, and the consequences of</p>					<p>shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty (R8)</p> <p>L6. Where Do I Come From? about the processes of reproduction and birth as part of the human life cycle (H33)</p>
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	<p>hurtful behaviour (R19). strategies to respond to hurtful behaviour experienced or witnessed, how to report concerns and get support (R20) about discrimination: what it means and how to challenge it (R21) about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced (L10)</p>					
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<p>Y5 and Y6 (UKS2)</p>	<p>Relationships Families & Friendships L1. Coping with change L2. Recognising different types of relationship; Emotional, romantic and sexual attraction; The difference between sexual orientation and gender identity (R1,2) L3. Marriage, civil partnerships and committed relationships; Forced marriage (R3,4,5) Recognising & respecting different types of family structure; Characteristics of healthy family life (R6,7,8,9) Safe Relationships Recognising acceptable and unacceptable physical contact (R25) Consent (R26) BLACK HISTORY MONTH L4. Why teach Black History Month? Significant people of colour and their contributions to the world. L5. The Windrush * Changing & Growing,</p>	<p>Relationships Safe Relationships L1. Healthy and unhealthy friendship (R27) L2. Shared responsibility when someone is put under pressure and things go wrong (R28) L3. How to get advice and report safety concerns incl. online (R29) Respecting ourselves and others L4. How Personal behaviour affects others & how to be a positive role model (R30) L5. Expressing opinions and respecting other points of view, including discussing topical issues and constructively challenging points (R31) L6. Participate in discussions online and manage conflict or disagreements (R34) Assessment quiz. *Changing & Growing, Managing Feelings, Self-Awareness</p>	<p>Media Literacy and Digital Resilience Evaluating media sources; sharing things online L1. The benefits of safe internet use including learning, connecting and communicating L2. How to recognise when images have been altered and why images are manipulated or altered L3. Why people choose to communicate through social media. Age restrictions and regulations for use of social media sites L4. How online content can be designed to manipulate people's emotions and encourage them to read or share things L5. Sharing things online. What's appropriate and the rules and laws around sharing things online.</p>	<p>Living In The Wider World Belonging To A Community L1. Prejudice. How to differentiate between prejudice and discrimination... L2. Recognising acts of discrimination and safely responding to and challenging discrimination. L3. Embracing Diversity (Year5) Inclusion & belonging: Addressing stereotypes (L8) L4. Inclusion & belonging: Addressing extremism(L10) Linked to Online Safety online Money & Work L5. The role that money plays in people's lives. (L17,18,19,20) & Managing Finances. (L21) *Self-Awareness;The World I Live In</p>	<p>Health & Wellbeing Physical Health & Mental Health L1. Your Body Is Your Own (H45, R18,25,26,27) L2. Healthy Choices (H1,3,5,6,14) L3. How we think and feel about our bodies. (H3,26,27,L9,19)) L4. Taking Care Of Our Bodies (H4,6,9,10,11,12) L5. Coping with Change (H17,18, 23,24, 36 R13) . L6. New Responsibilities and Staying Safe (H35,37,38) Assessment quiz. *Managing Feelings; The World I Live In; Self-Care; Support and Safety</p>	<p>Health & Wellbeing Changing & Growing L1. Increased Independence and how to cope with it; Transitions and change (H24,27) L2. Human Reproduction. How pregnancy occurs and how it can be prevented (H33) L3. Physical & emotional changes at puberty and help and advice; Changes in Boys (H30,31,32,34) RSE Workshop L3. Physical & emotional changes at puberty and help and advice; Changes in Girls (H30,31,32,34) RSE Workshop L4. TRIPS WEEK L5. Physical & emotional changes at puberty and help and advice; Changes in Boys (H30,31,32,34)</p>
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	Self-Care, Support and Safety					Assessment quiz. *Changing and Growing, Self-Care, Support and Safety
YEAR 7 (KS3)	<p>Living In The Wider World Developing Skills & Aspirations L1. From failure comes success L2. How to be enterprising(problem solving/teamwork/ leadership(L1,R15) Careers -abilities and qualities required(L4,5) L3. Equality of opportunity (R39) Challenging stereotypes, broadening horizons & identifying future career aspirations (L9,10) The link between values and career choices. BLACK HISTORY MONTH L4. Being Black. Understanding why we have Black History Month. L5.Influential Black Musicians. *Self-Awareness;The World I Live In, Self-Care, Support & Safety</p>	<p>Health & Wellbeing Transition and safety L1. How to identify, express & manage emotions in a constructive way (H1) L2. Managing the challenge of moving schools/change and Establishing new friends (H2, R13) L3. How to improve study skills and Identifying personal strengths/areas for development (L1, L2) L4. Personal safety strategies and travel safety (H30) L5. Emergency situations and emergency first aid (H33) *Changing and Growing; Self-Care, Support and Safety;Managing feelings; The world I live in</p>	<p>Relationships Diversity, prejudice & bullying L1. Identity, rights and responsibilities L2. Living in a diverse society L3. Signs and effects of all types of bullying including online L4. How to respond to bullying of all kinds including online L5. How to support others</p>	<p>Health & wellbeing Health and Puberty L1.Making healthy lifestyle choices including diet, dental health and physical activity. L2. Managing influences relating to caffeine, smoking and alcohol. L3. The relationship between physical and mental health (H14) L4. Importance of sleep and sleep strategies and Recognising and managing influences over your choices about physical exercise (H15,16) L5. Managing the physical and mental changes of growing up & puberty and Personal hygiene (H20,34) *Self-Care, Support & Safety;Healthy Lifestyles;Changing Or Growing</p>	<p>Relationships Building Relationships L1. Your unique self; strengths, confidence and self esteem (H1, 20,28, R15,31) L2. Relationships and Families(R2,9) L3. Evaluate expectations about roles, behaviour, trust and intimacy in relationships (R9,10,11) L4. Forming & maintaining positive relationships (R13,14) L5. Active listening, clear communication, negotiation & compromise (R16) L6. The nature of consent (R24) *Changing and Growing; Self-Care, Support and Safety;Managing feelings.</p>	<p>Living In The Wider World Financial Decision Making L1. How to make safe financial choices (L15) L2. Ethical and unethical business practices and consumerism (L18) L3.Risks associated with gambling & strategies for managing influences related to gambling (H32) L4. TRIPS WEEK L5. Look After It! - Money Matters. *Self-Awareness;The World I Live In, Self-Care, Support & Safety</p>