

PSHE



[Curriculum Overview](#)

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Curriculum Overview

Health & wellbeing
Living in the wider world
Relationships

	Term 1 (4 lessons)	Term 2 (4 lessons)	Term 3 (3 lessons)	Term 4 (3 lessons)	Term 5 (3 lessons)	Term 6 (3 lessons)
7	Transition Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health.	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks

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9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	First Give Understanding the needs of the community and the role charities play Developing skills around team work and presentation	First Give Understanding the needs of the community and the role charities play Developing skills around team work and presentation	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography
10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism, FGM	Online Presence Thinking about the long term impact of how you develop your online presence
11	Building for the future Self-efficacy, stress management, and future opportunities	Revision techniques / Next steps Study skills, application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Independence Responsible health choices, and safety in independent contexts	

Links To The National Curriculum

Pupils should be taught to:

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The National Curriculum (including statutory RSE guidance)	KTC reference to the National Curriculum
Mental Wellbeing	
How to talk about their emotions accurately and sensitively, using appropriate vocabulary	Yr7, T5; Yr8, T5; Yr9, T4; Yr11, T3
That happiness is linked to being connected to others	Yr7, T5; Yr9, T4; Yr11, T4
How to recognise the early signs of mental wellbeing concerns	Yr7, T5; Yr8, T4; Yr10, T1; Yr11, T1
Common types of mental ill health (e.g. anxiety and depression)	Yr8, T4; Yr10, T1; Yr11, T1
How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health	Yr8, T4; Yr10, T1; Yr11, T1
The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness	Yr7, T4; Yr8, T2; Yr9, T5
Internet Safety and Harms	
The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships (including social media), the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online	Yr8, T5; Yr8, T6; Yr9, T6; Yr10, T3
How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours	Yr8, T5; Yr8, T6; Yr9, T6; Yr10, T3
Physical Health and Fitness	
The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress	Yr9, T5; Yr11, T1

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The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.	Yr9, T5; Yr11, T1
as about the science relating to blood, organ and stem cell donation**	Covered in Science
Healthy Eating	
how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer	Yr9, T5; Yr11, T1
Drugs Alcohol and Tobacco	
The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions	Yr8, T1; Yr9, T1; Yr10, T4
The law relating to the supply and possession of illegal substances	Yr8, T1; Yr9, T1; Yr10, T4
The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood	Yr8, T1; Yr9, T1; Yr10, T4
The physical and psychological consequences of addiction, including alcohol dependency	Yr8, T1; Yr9, T1; Yr10, T4
Awareness of the dangers of drugs which are prescribed but still present serious health risks	Yr8, T1; Yr9, T1; Yr10, T4
The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so	Yr8, T1; Yr9, T1; Yr10, T4
Health and Prevention	
About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics	Yr7, T4; Yr9, T5; Yr11, T5
About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist**	Yr7, T4; Yr9, T5

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The benefits of regular self-examination and screening	Yr11, T5
The facts and science relating to immunisation and vaccination	Covered in science
The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	Yr7, T4; Yr9, T5; Yr11, T1
Basic First Aid	
Basic treatment for common injuries	Yr7, T1
Life-saving skills, including how to administer CPR	Yr7, T1
The purpose of defibrillators and when one might be needed	Yr7, T1
Changing Adolescent Body	
Key facts about puberty, the changing adolescent body and menstrual wellbeing	Yr7, T4
The main changes which take place in males and females, and the implications for emotional and physical health	Yr7, T4
Relationships and Sex Education	
Families	
That there are different types of committed, stable relationships.	Yr9, T4; Yr11, T4
How these relationships might contribute to human happiness and their importance for bringing up children	Yr9, T4; Yr11, T4
What marriage is*, including its legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony	Yr9, T4; Yr11, T4
Why marriage is an important relationship choice for many couples and why it must be freely entered into	Yr9, T4; Yr 9, T6; Yr11, T4

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The characteristics and legal status of other types of long-term relationships	Yr9, T4; Yr11, T4
The roles and responsibilities of parents with respect to the raising of children, including the characteristics of successful parenting	Yr9, T4; Yr11, T4
How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed	Yr9, T4; Yr11, T4
Respectful Relationships, Including Friendships	
The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship	Yr7, T5; Yr11, T3
Practical steps they can take in a range of different contexts to improve or support respectful relationships	Yr7, T5; Yr11, T3
How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)	Yr7, T3; Yr8, T3; Yr10, T5
That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs	Yr7, T3; Yr8, T3; Yr10, T5
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	Yr7, T3; Yr8, T3; Yr8, T6; Yr10, T1
That some types of behaviour within relationships are criminal, including violent behaviour and coercive control	Yr10, T3; Yr11, T3
What constitutes sexual harassment and sexual violence and why these are always unacceptable	Yr9, T6; Yr10, T3; Yr11, T3
The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal	Yr7, T3; Yr8, T3; Yr10, T5

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Online and Media	
Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	Yr7, T5; Yr8, T6; Yr9, T6; Yr10, T3
About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online	Yr7, T5; Yr8, T6; Yr9, T6; Yr10, T3
Not to provide material to others that they would not want shared further and not to share personal material which is sent to them	Yr7, T5; Yr8, T6; Yr9, T6; Yr10, T3
What to do and where to get support to report material or manage issues online	Yr7, T5; Yr8, T6; Yr9, T6; Yr10, T3
The impact of viewing harmful content	Yr7, T5; Yr8, T6; Yr9, T6; Yr10, T3
That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partner	Yr7, T5; Yr8, T6; Yr9, T6; Yr10, T3
That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail	Yr9, T6; Yr10, T3
how information and data is generated, collected, shared and used online	Yr7, T5; Yr8, T6; Yr9, T6; Yr10, T3
Being Safe	
The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships	Yr8, T5; Yr9, T6; Yr10, T5; Yr11, T3
How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)	Yr8, T5; Yr9, T6; Yr10, T5; Yr11, T3

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Intimate and Sexual Relationships, Including Sexual Health

How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship	Yr8, T5; Yr9, T6; Yr10, T3; Yr11, T3
That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing	Yr8, T5; Yr9, T6; Yr10, T3; Yr11, T3
the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women - including menopause	Yr10, T3; Yr11, T3
That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	Yr8, T5; Yr9, T6; Yr10, T3; Yr11, T3
That they have a choice to delay sex or to enjoy intimacy without sex	Yr9, T6; Yr10, T3; Yr11, T3
The facts about the full range of contraceptive choices, efficacy and options available	Yr8, T5; Yr9, T6; Yr10, T3; Yr11, T3
The facts around pregnancy including miscarriage	Yr11, T4
That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)	Yr11, T4
How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing	Yr9, T6; Yr10, T3; Yr11, T3
About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment	Yr9, T6; Yr10, T3; Yr11, T3
How the use of alcohol and drugs can lead to risky sexual behaviour	Yr10, T3; Yr11, T3
How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	Yr9, T6; Yr10, T3; Yr11, T3

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