



OUR LADY'S CATHOLIC COLLEGE PSHE EDUCATION: LONG TERM OVERVIEW 2020-21

	Autumn 1 Health & wellbeing (8 weeks)	Autumn 2 Living in the wider world (7 weeks)	Spring 1 Relationships (5 weeks)	Spring 2 Health & wellbeing (6 weeks)	Summer 1 Relationships (6 weeks)	Summer 2 Living in the wider world (6 weeks + 2 days)
Year 7	Transition and safety Transition to secondary school, managing change after COVID-19 and personal safety in and outside school, first aid.	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations, setting goals for the future.	Diversity Diversity, prejudice, and bullying.	Healthy lifestyle Diet, exercise, lifestyle balance, what are healthy routines, influences on health.	Building relationships Self-worth, romance and friendships (including online awareness), consent and relationship boundaries.	Financial decision making Saving, borrowing, budgeting and making financial choices.
Year 8	Drugs, smoking and alcohol Alcohol and drug misuse and pressures relating to drug use, peer influence.	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, transphobia, LGBTQ+.	Emotional wellbeing Mental health and emotional wellbeing, including body image, self-esteem, starting puberty and coping strategies	Respectful relationships Families and parenting, healthy relationships, an introduction to contraception, FGM.	Digital literacy Online safety, 'sexting', digital literacy, media reliability, and gambling hooks.

YEAR 7 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson titles/overviews
Autumn 1 Health & wellbeing	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid PoS refs: H1, H2, H30, H33, R13, L1, L2	<ul style="list-style-type: none"> • how to identify, express and manage their emotions in a constructive way • how to manage the challenges of moving to a new school • how to establish and manage friendships • how to improve study skills • how to identify personal strengths and areas for development • personal safety strategies and travel safety, e.g. road, rail and water • how to respond in an emergency • basic first aid 	<ol style="list-style-type: none"> 1. Into to PSHE (equipment, exercise books) PSHE pledge, Transition – Getting to know you and My New School 2. Managing Change COVID-19 3. How to stay safe inside and outside of school: Rail safety 4. How to stay safe inside and outside school: road, and water. 5. How to respond to an emergency/first aid 1
Autumn 2 Living in the wider world	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations PoS refs: R15, R39, L1, L4, L5, L9, L10, L12, L3	<ul style="list-style-type: none"> • how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices • to set realistic yet ambitious targets and goals 	<ol style="list-style-type: none"> 1. Looking into the future –potential careers opportunities and the qualifications needed 2. Target setting and values, characteristics and qualities 3. Stereotypes in the workplace and equality 4. Teamwork: problem-solving and communication skill development <p>NATIONAL CAREERS WEEK</p>

<p>Spring 1 Relationships</p>	<p>Diversity Diversity, prejudice, and bullying</p> <p>PoS refs: R3, R38, R39, R40, R41</p>	<ul style="list-style-type: none"> • about identity, rights and responsibilities • about living in a diverse society • how to challenge prejudice, stereotypes and discrimination • the signs and effects of all types of bullying, including online • how to respond to bullying of any kind, including online • how to support others 	<ol style="list-style-type: none"> 1. Diversity 2. Prejudice and challenging stereotypes 3. Discrimination 4. Bullying – what is it? And Responding to bullies (scenarios)
<p>Spring 2 Health & wellbeing</p>	<p>Healthy lifestyle</p> <p>Diet, exercise, lifestyle balance, what are healthy routines, influences on health.</p> <p>PoS refs: H3, H14, H15, H16, H17, H18, H19, H21</p>	<ul style="list-style-type: none"> • about the relationship between physical and mental health • about balancing work, leisure, exercise and sleep • how to make informed healthy eating choices • how to manage influences on body image • to make independent health choices • to take increased responsibility for physical health 	<ol style="list-style-type: none"> 1. What is health & wellbeing and the importance of routines – baseline assessment 2. Diet 3. Exercise/Rest, relaxation and sleep 4. Mental Health Impact - physically, mentally, emotionally and socially.
<p>Summer 1 Relationships</p>	<p>Building relationships</p> <p>Self-worth, romance and friendships (including online awareness) and relationship boundaries</p> <p>PoS refs: H1, R2, R9, R11, R13, R14, R16, R24, H30</p>	<ul style="list-style-type: none"> • how to develop self-worth and self-efficacy • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate consent 	<ol style="list-style-type: none"> 1. Self-worth and self-efficacy 2. Relationships – different types and Unhealthy/healthy relationships 3. Romantic relationships and media stereotypes 4. Online relationships 5. Boundaries
<p>Summer 2 Living in the wider world</p>	<p>Financial decision making</p> <p>Saving, borrowing, budgeting and making financial choices</p> <p>PoS refs: H32, L15, L16, L17, L18</p>	<ul style="list-style-type: none"> • how to make safe financial choices • about ethical and unethical business practices and consumerism • about saving, spending and budgeting • how to manage risk-taking behaviour 	<ol style="list-style-type: none"> 1. Saving money 2. Borrowing 3. Budgeting 4. Taking risks

YEAR 8 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson titles/overviews (See regularly-updated pdf. version for latest Quality Assured resources)
Health & wellbeing	<p>Drugs and Alcohol</p> <p>Alcohol and drug misuse and pressures relating to drug use, peer influence</p> <p>PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R43, R44</p>	<ul style="list-style-type: none"> • about medicinal and reactional drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes • how to support one another to resist the pressure and influence of others 	<ol style="list-style-type: none"> 1. Introduction to drugs and addiction 2. Alcohol 3. Peer pressure 4. Social norms and attitudes/Scenarios – what would you do?
Autumn 2 Living in the wider world	<p>Community and careers</p> <p>Equality of opportunity and careers and life choices, and different types and patterns of work</p> <p>PoS refs: R39, R41, L3, L8, L9, L10, L11, L12</p>	<ul style="list-style-type: none"> • about equality of opportunity in life and work • how to challenge stereotypes and discrimination in relation to work and pay • about employment, self-employment and voluntary work • how to set aspirational goals for future careers and challenge expectations that limit choices 	<ol style="list-style-type: none"> 1. Looking into the future – potential careers opportunities and the qualifications needed 2. Target setting and values, characteristics and qualities 3. Stereotypes in the workplace and equality 4. Teamwork: problem-solving and communication skill development 5. Leadership: developing confidence and creativity in

			small groups
Spring 1 Relationships	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia PoS refs: R39, R40, R41, R3, R4, R42, R43	<ul style="list-style-type: none"> • how to manage influences on beliefs and decisions • about group-think and persuasion • how to develop self-worth and confidence • about gender identity, transphobia and gender-based discrimination • how to recognise and challenge homophobia and biphobia • how to recognise and challenge racism and religious discrimination 	<ol style="list-style-type: none"> 1. What is discrimination? Thoughts and feelings. 2. Racism – managing influences on beliefs and decisions 3. Religion 4. Gender identity (different genders) 5. Recognising and challenging discrimination
Spring 2 Health & wellbeing	Emotional wellbeing Mental health and emotional wellbeing, including body image and self-esteem, starting puberty and coping strategies PoS refs: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24, H34	<ul style="list-style-type: none"> • about attitudes towards mental health • how to challenge myths and stigma • about daily wellbeing • how to manage emotions and self-esteem • how to develop digital resilience • how to manage physical and emotional changes during puberty • about unhealthy coping strategies (e.g. self-harm and eating disorders) 	<ol style="list-style-type: none"> 1. Mental health and emotional wellbeing 2. Body image and social media (SB SoW) 3. Starting puberty and managing emotions 4. Healthy/unhealthy coping strategies 1 5. Healthy/unhealthy coping strategies 2

		<ul style="list-style-type: none"> about healthy coping strategies 	
Summer 1 Relationships	Respectful relationships Families and parenting, healthy relationships, relationships changes, an introduction to contraception, FGM. PoS refs: H2, R1, R6, R10, R16, R18, R19, H22, R21, R22, R23, R32, H35, H36	<ul style="list-style-type: none"> about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering about positive relationships in the home. about conflict and its causes in different contexts, e.g. with family and friends how to manage relationship and family changes, including relationship breakdown, separation and divorce how to access support services about basic forms of contraception, e.g. condom and pill about FGM and how to access help and support 	<ol style="list-style-type: none"> Families and What is a positive relationship? Conflict Change, loss and bereavement Introduction to contraception FGM
Summer 2 Living in the wider world	Digital literacy Online safety, 'sexting', digital literacy, media reliability PoS refs: H3, H30, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27, R29, R30, R31.	<ul style="list-style-type: none"> about online communication and how to use social networking sites safely how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation how to effectively communicate about consent in relationships about the risks of 'sexting' and how to manage requests or pressure to send an image how to respond and seek support in cases of online grooming how to recognise biased or misleading information online how to critically assess different media sources how to distinguish between content which is publicly and privately shared about age restrictions when accessing different forms of media and how to make responsible decisions 	<ol style="list-style-type: none"> Being online – are you safe? Online Relationships (SB SoW) Online Reputation (SB SoW) Sexting and Grooming How reliable is the media? Private vs Public <p>Steph Bell SoW</p>