

PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Self Care, Support and safety Transition to Secondary school Personal hygiene/ keeping clean/ preventing spread of germs	Healthy Lifestyles Importance of a healthy diet. Eat well What should be classed as a treat	Self – Awareness What makes us special?	The World I Live In Diversity How are we different?	Relationships – Managing feelings Feelings and how to manage these	Relationships- changing and growing Identify ways in which we change as we grow older
Year 8	Self Care, Support and safety People who can help us in school and at home	Healthy Lifestyles Roles of different health professionals (doctors, dentists, nurses) and how they take care of us.	Self- Awareness The different jobs adults do in school. Careers Aspirations	The World I Live In Rules and routines in school. Rules at home. Rights and responsibilities	Relationships – Managing feelings Positive relationships- developing friendships	Relationships- changing and growing Other positive relationships in our lives
Year 9	Self Care, Support and safety Ways of keeping safe	Healthy Lifestyles Keeping our body healthy Substance abuse Drugs and alcohol Chemicals	Self Awareness Understanding of kindness/unkindness. Peer pressure/bullying/cyber bullying	The World I Live In What is money? Using money	Relationships – Managing feelings Body language/appropriate behaviour	Relationships- changing and growing Relationships in and out of school