

BUCHS PSHE Lesson Overview

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|----------------|--|--|---|---|--|--|
| Year 7 | L1 What is PSHE? L2 Transition from primary school L3 Friendship L4 Study habits L5 Learning styles L6 Being part of a group Assessment: Transition from primary school | L1&2 Balanced diet L3 Mental health L4 Screen time L5 Enterprise skills L6 Developing enterprise skills Assessment: How to be physically and mentally healthy | L1 Bullying L2&3 Cyberbullying L4 Identity L5 Introduction to work L6 Stereotypes in the workplace Assessment: Bullying | L1 Alcohol L2 Smoking L3 Energy drinks L4 Puberty L5 Menstruation L6 Puberty & emotions Assessment: Smoking and cigarettes: making healthy choices | L1 FGM (parent consultation) L2 Self esteem L3 Friends L4 Family L5 Who am I? L6 Emotions Assessment: ways to boost self esteem | L1&2 Personal hygiene L3&4 Saving & budgeting L4&5 Influences on spending |
| Year 8 | L1 Safety L2&3 First Aid L4 Personal safety L5&6 Drugs Assessment: Illegal drugs and their effects | L1 Alcohol L2 Peer influence & alcohol L3 Option choices L4 Discrimination L5 British values L6 Stereotypes Assessment: Rights and responsibilities | L1 Human rights L2 Balancing human rights L3&4 Racism L5 Digital resilience L6 Sexting Assessment: Racism | L1,2&3 Mental health L4 Body image L5 Managing loss L6 Copying with change Assessment: Promoting emotional wellbeing | Staff consultation prior to delivery of this material L1&2 Contraception L3&3 HIV & AIDs L5&6 STIs Assessment: Contraception quiz | L1,2&3 Financial risk L4 Consumer rights L5&6 Consumer choice |
| Year 9 | L1 Transition to GCSE L2 Resilience L3 Study skills L4 Work life balance L5 Sleep L6 Success at GCSE Assessment: Transition to GCSE | L1&2 Healthy eating L3 Body image L4 Harmful coping strategies (eating disorders) L5 Strengths for employment L6 Ageism Assessment: Making healthy decisions | L1 Conflict at home L2 Domestic abuse L3 Toxic friends L4 Responsibility in the family L5 Roles on the family L6 Diversity Assessment: Managing conflict with friends and family | L1&2 Drugs L3&4 Alcohol L5&6 Managing risk Assessment: Managing risks of drugs and alcohol | L1&2 Coercion L3&4 British values L5&6 Human rights Assessment: coercion | L1,2&3 Enterprise project L4,5&6 Caring for the environment |
| Year 10 | L1&2 Peer pressure L3 Unsafe social groups L4 Risks and consequences (gangs) L5 Getting out (gangs) L6 Mental health stigma Assessment: Risks of unsafe social groups | L1 Mental health L2 Depression & anxiety L3 Economic wellbeing L4 Debt L5 Gambling L6 Help with gambling Assessment: Understanding debt | L1 Risks of alcohol L2 Alcohol & the media L3&4 Risks of drugs L5&6 Role models Assessment: Drugs and alcohol, managing risk and making healthy choices | L1 Family life L2 Parenting L3 Relationship breakdown L4 Relationships L5 Moving on L6 The future Assessment: Relationships | L1&2 Knife crime L3&4 Extremism L5&6 Exploring Prevent Assessment: Group presentation on extremism | L1 Pornography L2&3 Skills for employment L4 Employability L5&6 Rights in the workplace |
| Year 11 | L1 Setting targets L2 Career paths L3&4 Applying at 16 L5 Writing a CV L6 Interviews Assessment: Post 16 pathways | L1 Learning styles L2 Revision plan L3&4 Revision techniques L5 Exam stress L6 Resilience Assessment: Exam prep | L1 Self esteem L2 Security & fraud L3 Credit scoring L4 Saving L5&6 Life skills Assessment: security, fraud & credit scoring | L1 Online relationships L2 Helping a friend L3 Contraception L4,5&6 diet, lifestyle & consequences Assessment: Keeping healthy/PSHE takeover | L1 Relaxation L2 Communication L3 Coping with loss L4 Exam preparation L5 Plans for summer L6 Revision recap | |

