PSHE
Curriculum Map: Provision KS3

AUTUMN TERM

BLACK HISTORY MONTH

MANAGING FEELINGS

- Zones of Regulation
- Self-esteem & Kindness
- Managing strong feelings

SELF-CARE, SUPPORT AND SAFETY

- Personal Care
- Feeling Unwell
- Feeling frightened/ worried
- Accidents & Risk
- Emergency Situations
- Boundaries & Consent

SPRING TERM

CHANGING AND GROWING

- Puberty
- Friendship
- Healthy/ Unhealthy relationships
- Types of relationship
- Boundaries & Consent

HEALTHY LIFESTYLES

- Elements of a healthy lifestyle
- Physical Activity
- Mental Wellbeing
- Healthy Eating
- Body Image
- Medicine, Drugs, Alcohol and Nicotine

CHILDREN'S MENTAL HEALTH WEEK / INTERNATIONAL WOMEN'S DAY

SUMMER TERM

NEURODIVERSITY AWARENESS MONTH

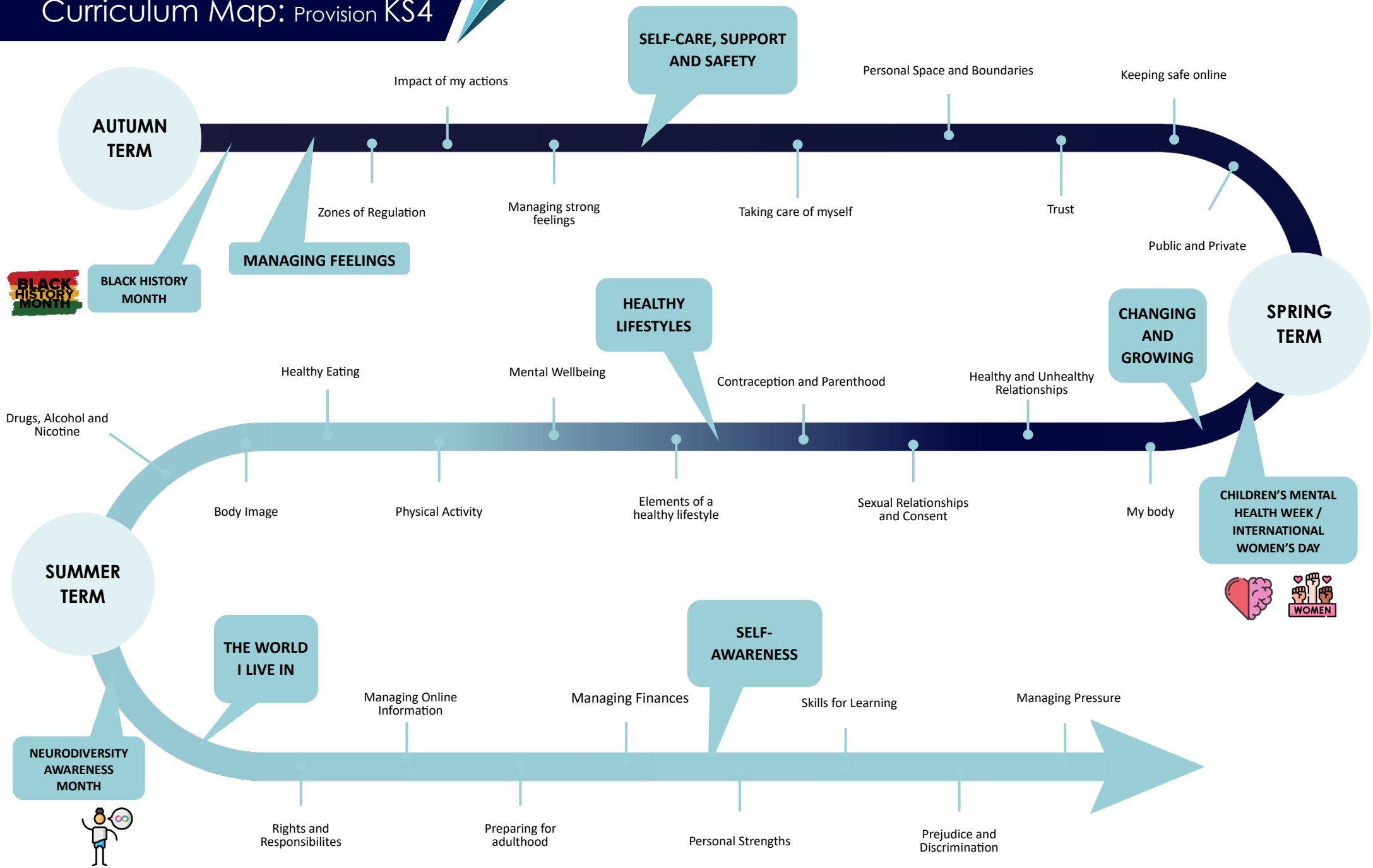
THE WORLD I LIVE IN

- Diversity
- Managing Independence
- Rules and Laws
- Social Media

SELF-AWARENESS

- Personal Strengths
- Prejudice & Discrimination
- Skills for Learning
- Managing Pressure

PSHE
Curriculum Map: Provision KS4



PSHE
Curriculum Map: Provision KS5

AUTUMN TERM

BLACK HISTORY MONTH

SELF-CARE, SUPPORT AND SAFETY

- First Aid / CPR
- Epilepsy
- Wellbeing & Resilience

CHANGING AND GROWING

- Body changes
- Menstrual Wellbeing
- Consent
- Breakups
- Contraception
- Self Examination

SPRING TERM

THE WORLD I LIVE IN

CHILDREN'S MENTAL HEALTH WEEK / INTERNATIONAL WOMEN'S DAY

- Money and Finance
- Peer Pressure
- Gambling
- Social Media and Online Relationships

HEALTHY LIFESTYLES

- Resources for advice
- Drugs & Alcohol
- Illegal Drugs
- Gangs
- Knife Crime

NEURODIVERSITY AWARENESS MONTH

SUMMER TERM

SELF-AWARENESS

- Work Life Balance
- Employment Rights
- Behaviour in the workplace
- Managing Finances
- Prejudice and Discrimination
- CVs & Interview Skills
- Next Steps
- Managing Pressure
- Skills for Learning
- Transition

PREPARING FOR NEXT STEPS