

PSHE, RSE and Health Curriculum 2020 – 2021

Our curriculum is designed to strengthen students' independence and resilience, and develop understanding and care for being a positive citizen in Manchester and the world beyond.

	Term 1	Resources	Term 2	Resources	Term 3	Resources
Y7	<p><u>Mental Health & Friendships</u></p> <p>1) How can I manage the transition to secondary school? 2) Why is self-esteem important? 3) What are the benefits and challenges of online relationships?</p> <p><u>Relationships & Sex Education</u></p> <p>1) What is puberty and reproduction? 2) What do we mean by family? 4) What is forced marriage and honour-based violence?</p>	<p>Rise Above Transition</p> <p>Self-Esteem x3</p> <p>Healthy Relationships x3</p> <p>Cyberbullying</p> <p>Puberty and Reproduction x 2</p> <p>Different Families</p> <p>Forced Marriage</p>	<p><u>Healthy Lifestyles</u></p> <p>1) What does it mean to be 'healthy'? 2) What is oral hygiene? 3) Why is personal hygiene important</p> <p><u>Keeping Safe</u></p> <p>1) What are basic treatments for common injuries? 2) What are basic life-saving skills and CPR? 3) How do I stay safe and responsible out and about?</p>	<p>Smoking</p> <p>Sleep</p> <p>Dental Hygiene</p> <p>Personal Hygiene</p> <p>Intro to First Aid</p> <p>Healthy Schools</p> <p>Keeping Safe x3</p>	<p><u>Burnage and Beyond</u></p> <p>1) What does it mean to be part of a community? 2) How can I contribute to my community 3) What does it mean to be a positive citizen?</p> <p><u>Living in the Wider World</u></p> <p>1) What are British Values? 2) How do people manage their money? 3) What are enterprise skills?</p>	<p>UK Identity and Burnage History</p> <p>UK Voting and Government</p> <p>Y7 British Values</p> <p>Y7 Finance & Budgeting</p> <p>Y7 Enterprising Skills</p> <p>Y7 Personal Branding</p>

<p>Y9</p>	<p><u>Mental and Emotional Health</u> 1) How do I look after my emotional health? 2) How do I form positive friendships? 3) What is online stress and FOMO? 4) How can social media influence wellbeing?</p> <p><u>Relationships & Sex Education</u> 1) How can we give and recognise consent? 2) What are different types of contraception? What are the risks of not using contraception? 3) What are the facts surrounding pregnancy? What are the options when someone gets pregnant?</p>	<p>Emotional Health</p> <p>Positive friendships x2</p> <p>Online Stress x2</p> <p>Social Media</p> <p>Consent</p> <p>Pregnancy and STIs</p> <p>Where Can I get Help?</p> <p>Pregnancy Options</p>	<p><u>Living in the Wider World</u> 1) How can I manage financial risks in future? 2) What are my strengths, interests, skills and qualities? Considering GCSE options 3) What are my career aspirations?</p> <p><u>Community: Politics</u> 1) How is our country governed? 2) What is the role of an MP? 3) What is propaganda?</p>	<p>Finance x3</p> <p>Careers x4</p> <p>People and Parliament</p> <p>MPs</p> <p>How is our country governed?</p> <p>Propaganda and Extremism</p>	<p><u>Keeping Safe - Drug and Alcohol Education</u> 1) What are the effects and risks of drugs and alcohol use? 2) How do thoughts and feelings lead us to making decisions? 3) What are the risks associated with gambling?</p> <p><u>Healthy Lifestyles</u> 1) Why do people donate blood and organs? 2) What is cancer prevention</p>	<p>Drugs and Alcohol x3</p> <p>Giving Blood</p> <p>Organ Donation</p> <p>Cancer Awareness</p>
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<p>Y10</p>	<p><u>Mental and Emotional Health</u> 1) What is mental health and how can I look after my mental wellbeing? 2) How do I manage online relationships and avoid negative influences? 3) How can I be a 'discerning consumer of online information'?</p> <p><u>Keeping Safe: Negative Influences</u> 1) How does alcohol affect people who use and the people around them? 2) What are gangs and how do I stay safe? 3) What are the responsibilities of increased independence?</p>	<p>Mental Health x2</p> <p>Online Safety - Trust Me x3</p> <p>Fake news</p> <p>Alcohol</p> <p>Gangs</p> <p>Extremists (x2 lessons recommended)</p>	<p><u>Relationships & Sex Education</u> 1) How can we form positive relationships? 2) What are the reasons for sex? 3) What is relationship abuse? 4) What is grooming? 5) What are HIV & AIDS?</p> <p><u>Living in the Wider World</u> 1) What is the connection between personal finance, public spending and economic citizenship? 2) What are my employee rights? 3) When I work, what will my income and deductions look like?</p>	<p>Positive relationships</p> <p>My Values</p> <p>Peer on Peer abuse</p> <p>Vulnerabilities and Grooming</p> <p>HIV Awareness</p> <p>Ethics of Spending</p> <p>Opening a bank account</p> <p>Bank accounts and fraud</p>	<p><u>Healthy Lifestyles</u> 1) Why is it important to self-examine for cancer and other illnesses? 2) How does exercise improve my mental wellbeing? Strategies for balancing work, leisure and exercise 3) What is stem-cell donation? 4) What happens to my skin during puberty?</p> <p><u>Careers</u> 1) How can I develop my employability skills? 2) What are the connections between the world of work and my future economic well-being?</p>	<p>Self-examination x2</p> <p>Work/life balance</p> <p>Stem Cells</p> <p>Skincare, spots, puberty</p> <p>Employability</p> <p>The World of Work</p> <p>Applications</p> <p>Personal Statement x2</p>
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<p>Y11</p>	<p><u>Living in the Wider World</u></p> <p>1) How do I apply for my post-16 option?</p> <p><u>Keeping Safe</u></p> <p>1) How can I manage influences to gamble? 2) What is CPR and how can I use defibrillators? 3) How should I respond in dangerous situations?</p> <p><u>Mental & Emotional Health – Exam Stress</u></p> <p>1) How do I maintain a my health (sleep, diet, mind) during exam time? 2) How do identify and cope with stress?</p>	<p>Post-16 Options x4</p> <p>Gambling x3</p> <p>Basic Life Support</p> <p>Knife Free</p> <p>Exam Stress x2</p> <p>Healthy Schools Stress</p>	<p><u>Relationships & Sex Education</u></p> <p>1) What is the law surrounding sexual consent? 2) What are the responsibilities of parenthood? What are key parenting skills? 3) What is reproductive health?</p> <p><u>Healthy Lifestyles</u></p> <p>1) How can we challenge extremism and recognise radicalisation? 2) What are the effects of the media and pornography on young people? 3) What is gender stereotyping?</p>	<p>Consent and Law</p> <p>Family Life x3</p> <p>Testicular Cancer</p> <p>Understanding and Preventing Extremism x4</p> <p>Y11 Pornography x2</p> <p>Gender Stereotyping</p>	<p><u>Healthy Lifestyles</u></p> <p>1) What are food fads? 2) What are strategies for sleep? 3) What is CPR?</p>	<p>Food Fads Strategies for Sleep</p> <p>CPR</p>
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