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| **Y7 RSHE** | | | | | | |
| **Phase / Subject**  **RSHE Y7** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | **Relationships**  **All Change**  **Families & Friendships**  **My New Community** | | **Health**  **Understanding my feelings**  **Staying Healthy**  **Growing Up** | | **Living in the wider world**  **Keeping Safe**  **Our Community** | |
| **Pathway 1**  **Academic** | **All About Me** (Pupil Profile) Who am I?  My New School & Autism Awareness  Rules, Routines and Responsibilities.  Why do we have rules?  Keeping Safe – who can I talk to? | **Peer Relationships**  What makes a good friend?  How to be a good friend?  What is bullying behaviour?  Equality focus on Disability and Autism | **Understanding My Feelings** – what is anxiety? 5 Point Scale  Teenage Pressures – links to social media Does the internet make us happy?  How are our bodies changing during puberty? | **Healthy Lifestyles**  What are healthy choices / unhealthy choices?  Explore Balance Diet and Exercise  Dangers of smoking.  Importance of sleep. | **Keeping Safe**  Online Strangers  Sharing information online  Protecting our identity.  Online Behaviour – does it matter?  How can I keep safe online? How do I make positive connections online? | **What is Community?** Which communities do I belong to?  How can I help my community?  How can help our local environment?  What is Climate Change? |
| **Pathway 2**  **Nurture** | **All About Me (Profile)**  Why do we need to come to school?  My new school  My new timetable  School Rules  Keeping Safe - who can I talk to? | **Making new friends**  How to make a new friend?  What is a good friend?  Can I be friends on the internet?  Am I kind? | **Name that feeling**  Can I name my feelings?  Can I describe what happens to my body?  What makes me angry/ worried?  Missing my old school. | **What is Healthy?**  What are Healthy Foods  Importance of exercise.  Am I healthy?  Why do I need to sleep? | **Keeping Safe**  What can hurt us?  Dangers in the home. Emergency Services.  Dangers outside / road awareness.  Safe and unsafe behaviours. | **Caring Community**  How can I keep school a nice place to learn/be?  Who needs help?  How can we help others? |
| **Pathway 3**  **Sensory** | **All About Me**  What I like? Don’t like?  My New School?  How are we the same how are we different?  Who can help me and keep me safe? | **What is family?**  Who is in my family?  Who is my friend?  Am I a good friend?  How do we play together? | **What makes me happy?** What makes me sad?  How do I communicate my feelings and wishes?  Social Stories  5 Point Scale?  Feeling Relaxed – sensory focus | **Healthy Bodies**  Do I know my body parts?  What is private?  NSPCC Pants Rule.  Touching OK or not OK?  If I get injured or ill – who can help me?  Healthy foods / unhealthy foods. | **Keeping Safe**  Emergency Services  What is safe and unsafe?  Who are strangers?  Who can we say hello to?  Road Safety? | **Our School Community**  Who cares about me?  How do we make our school a happy place?  School environment and litter.  Why are trees important? |
| **RSHE Phase 3 Y8** | | | | | | |
| **Phase / Subject** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | **Health**  **Growing Up**  **Healthy Lifestyles**  **Emotional Wellbeing** | | **Relationships**  **Respectful Relationships** | | **Living in the wider world**  **Difference & Diversity**  **Fairness and Equality**  **Role of the Media** | |
| **Pathway 1**  **Academic** | **Changes during Puberty**  Personal Hygiene  Menstrual Management  Dental Health  Myth busting  Emotional Wellbeing as a Teenager  Positive body image / self-image | **Physical Dangers**  Fireworks (Bonfire Night)  Fire/ Water/ Roads  Railways  Risky Behaviours  Dangers of Alcohol –Why do people drink? | **Healthy and Unhealthy Relationships**  Who are our role models? Who are the adults we can trust?  What is peer pressure?  When friendships fail.  Anti-Bullying focus on language.  Equality focus on Disability and Autism | **Respectful Relationships**  Citizenship - Rights and Responsibilities.  Respectful behaviour – how to behave in public places, on public transport, parks etc.  What is a crime?  Knife Crime and Gangs | **How are we the same / different?**  British Society – What is diversity?  What is Racism?  Examples from History – Civil Rights, Anti-Semitism, Refugees & Asylum Seekers. | **Media & Growing Up**  **What is media?**  Body Image and the media.  Eating Disorders.  Social Media and Online behaviour – whose responsibility is it? |
| **Pathway 2**  **Nurture** | **Understanding My Feelings** – what is anxiety? 5 Point Scale  Teenage Pressures – links to social media Does the internet make us happy?  How are our bodies changing during puberty? | **Physical Dangers**  Fireworks (Bonfire Night)  Fire/ Water/ Roads  Railways  Road Safety  Why do people smoke? | **Friendships and Family**  Different Types of families. Why do families argue?  Is my friend really a friend? Online friendships.  Can I spot a bully? | **Respectful Relationships**  Rules and Laws – why do we need them?  What behaviour OK not OK?  Focus on graffiti, litter, anti-social behaviour, noisy neighbours. | **How are we the same / different?**  What do we need / want? Human Rights activity – (basic) When some people are treated unfairly.  Introduce idea of sexism and racism.  Word that Hurt. | **Does the Internet make me happy?**  My online activity.  Positives and Negatives.  Can the internet be dangerous?  Online Bullying Behaviour. |
| **Pathway 3**  **Sensory** | **Changing Bodies**  Keeping clean, staying healthy. (Personal Hygiene, dental etc)  Private and Public  Periods and Erections.  NSPCC Pants Rule | **Physical Dangers in the home.**  Road Safety.  Bonfire Night Safety.  Stranger Dangers  Unhealthy Choices – Smoking. | **What is a friend?**  How to make a new friend?  What is a good friend?  Can I be friends on the internet?  Am I kind?  Is my teacher a friend? | **Respectful Relationships**  Helping and Caring for other people at home.  Different Families.  Me and my brother / sister.  How to care for an pet. | **Same and Different**  How are boys and girls the same and how are they different?  Why do people look different?  Words that hurt. What is OK not OK to say to others? | **Understanding my world**  What games do I like to play? What stories do I like to read? What TV do I like to watch?  Online Strangers? |

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| **RSHE Phase 4 Y9** | | | | | | |
| **Phase / Subject**  **RSHE Phase 3**  **Cycle 2** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | **Relationships**  **ASDAN**  **Managing Social Relationships**  **Entry 3 & 2** | | **Health**  **ASDAN**  **Healthy Living**  **Entry 3,2,1** | | **Living in the wider world**  **ASDAN**  **Individual Rights &Responsibilities**  **Entry 3 & 2** | **Relationships**  **Intimate Relationships** |
| **Pathway 1**  **Academic** | * Identify situations in which they may need to interact with others * Identify positive behaviours which can be used   when interacting with others   * Take part in an exchange with one or more people   about a topic in which they have an interest   * Use appropriate positive behaviours when participating in the exchange * Make appropriate contributions * Express opinions and respect the views of others | | * Entry 3:1 Describe what they can do to contribute to a healthy lifestyle * 1:2 Choose appropriate activities that can make an improvement to their lifestyle * 2:1Carry out activities to contribute to a healthy lifestyle * 2.2 Describe how the activities have improved their lifestyle | | * Describe an individual right which is relevant to them * Identify sources of support or information about rights and responsibilities * Describe a responsibility that they have for themselves * Describe a responsibility that they have to others | **Changes during Puberty Recap**  Personal Hygiene / Menstrual Management  Myth busting  Erections and Masturbation Private and Public  What’s Ok Not Ok?  **Where do babies come from?**  **(Science National Curriculum**  ***Not optional*)**  Sexual Reproduction, Pregnancy and Birth. |
| **Pathway 2**  **Nurture** | * Take part in an exchange with a familiar person   about an everyday topic   * Use appropriate behaviours during the exchange * Ask and respond to questions appropriately * Express opinions simply and show respect for   those of the other person | | * E1.2 Demonstrate how they can contribute to a healthy lifestyle * E2.2 Demonstrate how they contribute to * their own healthy lifestyle | | * Identify an individual right which is relevant to them * Identify a responsibility that they have for themselves * Say who could help if they have problems with their rights or responsibilities |
| **Pathway 3**  **Sensory**  **Non accredited?** |  |  | * E1.1 Recognise what is needed to lead a   healthy lifestyle   * E1.2 Demonstrate how they can   contribute to a healthy lifestyle | |  | **How has my body changed?**  Physical changes during puberty.  Private and Public Periods and Erections.  NSPCC Pants Rule **Where do babies come from?**  Male and Female sex organs Conception  How do babies grow? |

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| **RSHE Phase 4 Y10** | | | | | | |
| **Phase / Subject**  **RSHE Phase 3**  **Cycle 2** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | **Relationships**  **ASDAN**  **Developing Self**  **Entry 2,3** | **Relationships** | **Health**  **Making the most of Leisure Time**  **Entry 3,2,1** | **Health** | **Living in the Wider World**  **ASDAN**  **Community Action**  **Entry 1,2,3**  **((Current y10 – 2020/21 will do Intimate Relationships(this is not accredited) and PAE))** | |
| **Pathway 1**  **Academic** | * E3.1 Understand how to identify areas for self-development * E3.2 Understand how to take responsibility for their own self development * E3.3 Be able to demonstrate how they   have developed personal skills |  | * E3.1 Understand how to make use of their leisure time * E3.2 Be able to participate in a range of * activities * E3.3 Carry out a review of the activities they have tried |  | * Identify community groups in their local area and what they do * Participate in activities within a local community   group   * Identify how these activity benefits others * Identify a benefit for themselves from participating   in the activities | |
| **Pathway 2**  **Nurture** | * E2.1 Be able to recognise their strengths and areas they need to develop * E2.2 Recognise how to develop themselves * E2.3 Review their development |  | * E2.1 Demonstrate an awareness of how they make use of their own leisure time * E2.2 Be able to take part in leisure activities E2.3 Demonstrate an awareness of their likes and dislikes about different activities |  | * E2.1 Demonstrate an awareness of how   to recognise straightforward problems   * E2.2 Tackle straightforward problems 2.1 Tackle the problem using a given procedure | |
| **Pathway 3**  **Sensory**  **Non accredited?** |  |  | * E1.1 Recognise local leisure facilities * E1.2 Be able to take part in leisure activities * E2.3 Demonstrate an awareness of their likes and dislikes about different activities |  | * Identify who can give them help/advice in their centre or in their local community * Identify a situation where they might need help * Demonstrate how to get help in their centre or in their local community | |

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| **RSHE Phase 4 Y11** | | | | | | |
| **Phase / Subject**  **RSHE Phase 3**  **Cycle 2** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | **Preparation for Work**  **ASDAN** |  | **Relationships**  **Intimate Relationships & Family Life**  **Parenting Awareness ASDAN**  ***Not optional***  **(y11 – 2021 will do Community action)** | |  | |
| **Pathway 1**  **Academic** | * E3.1 Understand the skills and qualities   needed for working life   * E3.2 Investigate personal career   opportunities |  | Sexual Health and Relationships  Different Types of relationships & families  Healthy & Unhealthy relationships  Contraception,  Sex and Identity  LGBTQ+ | * E3.1 Demonstrate an understanding of the demands of having a baby * E3.2 Demonstrate an understanding of the sources of help and support available for parents * E3.3 Demonstrate an understanding of a parent’s responsibility for keeping a baby safe and healthy |  | |
| **Pathway 2**  **Nurture** | * E2.1 Recognise the skills and qualities   needed for working life   * E2.2 Recognise personal career   opportunities |  |  | * E2.1 Demonstrate an awareness of the   demands of having a baby   * E2.2 Demonstrate an awareness of the   sources of help and support available for parents   * E2.3 Demonstrate an awareness of a parent’s responsibility for keeping a baby safe and healthy |  | |
| **Pathway 3**  **Sensory**  **Non accredited?** | * E1.1 Recognise personal skills and   qualities   * E1.2 Identify what kind of work they would like to try |  |  | * E1.1 Demonstrate an awareness of the   demands of having a baby   * E1.2 Demonstrate an awareness of the   sources of help and support available for parents |  |  |