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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 AwarenessRules, 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 StrangersSharing information onlineProtecting 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 schoolMy 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 FoodsImportance 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 ServicesWhat 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 ManagementDental Health Myth busting Emotional Wellbeing as a Teenager Positive body image / self-image  | **Physical Dangers** Fireworks (Bonfire Night)Fire/ Water/ RoadsRailwaysRisky 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/ RoadsRailwaysRoad SafetyWhy 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 DangersUnhealthy 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 ManagementMyth 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 ConceptionHow 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
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| **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 RelationshipsDifferent Types of relationships & familiesHealthy & 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
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| **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
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| **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 |  |  |