



# GATEWAYS

SCHOOL

## Personal, Social, Health and Economic Education (PSHE)

2022

### **Personal, Social, Health and Economic Education at Gateways School**

Every Child Matters focuses on five outcomes which are crucial for wellbeing.

They are:

- Be healthy

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- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

The ethos, activities, roles of responsibility, mentoring and reward systems of Gateways, together with cross curricular links and careful planning of schemes of learning, ensure the wellbeing of all its individuals. The above outcomes are at the core of our beliefs and practices.

Personal, Social, Health and Economic Education (PSHE) includes all those opportunities and experiences made available by the school to its pupils to develop themselves in a well-balanced way; this includes spiritual, moral, social, cultural, mental and physical development. Children are taught how to keep themselves safe; how to adjust their behaviour to reduce risks and build resilience. It should enable pupils to make well-informed, positive choices for themselves.

At Gateways we aim to use these experiences collectively so that each pupil can:

- move from childhood through adolescence to young adulthood with flexible support and guidance
- develop the skills to approach adulthood with confidence
- develop responsible independence
- develop individual talents
- be respectful of others, particularly in relation to any protected characteristics listed in section 4 of the **Equality Act 2010** –
  - o age
  - o disability
  - o gender reassignment
  - o marriage and civil partnership
  - o pregnancy and maternity
  - o race
  - o religion or belief
  - o sex
  - o sexual orientation

PSHE embraces all aspects of school life and therefore every member of staff has a contribution to make to its successful provision. Governors and parents also have an important role to play in actively supporting the ethos of the school.

As well as being the entitlement of each pupil, it is worthwhile considering another benefit of a successful PSHE programme; that of raising standards. Gateways is a school which has always promoted the individual needs of each of its pupils, concentrating its efforts on building confidence, self-esteem and good relationships both with peers and teaching staff. This involves the acknowledgement of each individual's achievements, both academically and in extracurricular activities. Hence

the foundations from which a pupil can establish themselves as a successful, informed, and thoughtful adult, capable of reaching their own real potential, are firm.

In light of these aims the emphasis of PSHE provision runs through EYFS through to Sixth Form in accordance with the needs of a particular age group.

Section 1 of this document outlines the opportunities/experiences available to:

- \* The Whole School - Full Participation
- \* The Whole School - Opportunities to Participate
- \* EYFS pupils
- \* Prep pupils
- \* High School pupils
- \* Sixth Form students

Section 2 refers to the taught curricula for each section of the school. Relevant school policies and procedures may be read on the school management drive.

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**Gateways School**

**Whole School Events: Full Participation**

| <b>Event</b>  | <b>Timing</b>                         |
|---|---------------------------------------|
| Celebration of Harvest  | October                               |
| House Music Competition   | October                               |
| Book Week/World Book Day  | March                                 |
| Carol Services  | December                              |
| House Drama Competition   | March/April                           |
| Sports Day  | July                                  |
| Prize Giving  | July                                  |
| House point Awards  | House Assemblies<br>Awards Assemblies |
| School Assemblies, including Remembrance and Holocaust Memorial, External speakers as appropriate | Assemblies                            |
| Song, hymn, music practice  | Assemblies                            |

**Whole School Events: Opportunities to Participate**

Reviewed Spring 2022  
Next review Spring 2023

| Event  | Timing  |
|--|---|
| Environment/Horticulture Club  | All year; weekly  |
| Lit Soc  | All year; weekly  |
| House Challenge Events   | Throughout the year   |
| House competitions   | Throughout the year   |
| Sports clubs   | Throughout the year   |
| Amnesty International: raising awareness, fund raising, letter writing   | Flexible throughout the year  |
| House Events: form fundraisers events; House Charity Comic Relief, Sports Relief   | Throughout the year   |
| Musical Concerts; internal and external<br>National and Local Music Competition<br>Drama workshops with professional practitioners<br>Professional and School Performances in the Performing Arts Centre<br>Theatre Visits | Throughout the year   |
| Senior, Intermediate, Junior and Senior Team Maths Challenge   | Throughout the year   |
| Enterprise Challenge   | November/December   |
| Annual School Productions  | High School - November<br>KS2 - May/July<br>KS1 - December<br>EYFS - December |

|                              |                            |
|------------------------------|----------------------------|
| Individual Music Competition | March                      |
| Cycling Club                 | Summer Term                |
| Cycle Tour                   | July                       |
| Debating Club                | Weekly throughout the year |

**Gateways School – EYFS and Prep: Opportunities/Experiences Available**

|                         |  |
|-------------------------|--|
| <b>Responsibilities</b> | <p>All Lower 3 pupils have a responsibility. These are on a rotational basis and include responsibilities such as:</p> <ul style="list-style-type: none"> <li>House Captains</li> <li>Early Years Prefects</li> <li>Community Outreach Prefects</li> <li>Duty Prefects</li> <li>Games Captains</li> <li>Librarians</li> </ul> <p>Other responsibilities include:</p> <ul style="list-style-type: none"> <li>School Council Representative</li> <li>Form Assemblies</li> <li>School 'Tours' with Open Day Visitors</li> </ul> |
|-------------------------|--|

|   |  |
|---|--|
| <b>Educational Activities</b>                       | Residential (Lower 3)<br>Outdoor pursuits residential (Upper 2, Lower 2, Upper 1)<br>Topic related day visits (Reception, Transition, Lower 1)<br>Skiing Trip (U2 – U6)<br>Visiting speakers; e.g. poet, authors, writing workshops<br>Subject related visits as appropriate<br>Skipping Day<br>Primary Maths Challenge<br>Poetry Competition<br>Writing competitions<br>Word Book Day<br>Prep Science Week<br>Enrichment programme<br>L3 Careers Day (Summer Term)<br>Theatre Trip<br>Forest School |
| <b>Extra Curricular Clubs, Teams and Activities</b> | Junior Choir<br>Prep Band<br>Instrument and singing lessons<br>House Ensemble<br>Drama Lessons<br>Hockey, cross country, athletics, netball and rounders teams<br>Football, rugby, tennis and cricket clubs (KS2)<br>Team games, multisport and tennis club (Reception – Lower 1)<br>Enrichment clubs<br>Spanish club (Pre-reception - Reception – Lower 1)<br>Dance lessons (optional for whole Prep School)<br>Karate<br>Rugbytots (Pre-Reception and Reception)                                   |
| <b>House and Social Occasions</b>                   | Fund raising events<br>Many House challenges<br>Inter house competitions inc House Cross Country   |

**Gateways School – High School: U3, L4 and U4: Opportunities/Experiences Available**

|                               |   |
|-------------------------------|---|
| <b>Responsibilities</b>       | <p>School &amp; Food Council Representatives<br/>         Form Assemblies<br/>         Team Captains<br/>         School 'Tours' with Visitors<br/>         House helpers<br/>         House siblings</p>   |
| <b>Educational Activities</b> | <p>High School induction activity weekend (U3)<br/>         Liverpool Residential (L4)<br/>         Skiing Trip (U2 – U6)<br/>         Visiting speakers; e.g. poet, authors, writing workshops<br/>         Subject related visits as appropriate<br/>         Salters' chemistry festival<br/>         Biology Challenge<br/>         Top of the Bench Chemistry competition<br/>         Physics olympics<br/>         Maths team Challenges<br/>         Poetry Competition; Short Story Competition<br/>         Spoken English Examination<br/>         Big Bang science exhibition</p> |
| <b>Careers</b>                | <p>Lessons<br/>         Careers week activities<br/>         U4 Moving up day prior to option choices<br/>         Careers Drop-In Service</p>  |

|   |  |
|---|--|
| <b>Extra Curricular Clubs, Teams and Activities</b> | Choir, Orchestra, Band, Instrument and singing lessons, House Ensemble, Art Club<br>Environment/Horticulture Club<br>Debating Society<br>Cycling Club, including 200+ mile annual for charity<br>Athletics, Netball, Tennis, Rugby, Basketball, Football, Hockey, frisbee & cricket teams<br>Rounders Club & Badminton Club<br>Drama Lessons and Drama Club<br>Stella Science Club<br>Social Enterprise Challenge<br>Bronze D of E (U4)<br>Maths clinics<br>Running club<br>Dance club |
| <b>House and Social Occasions</b>                   | Fund raising events<br>Many House Challenges & competitions<br>Christmas Activities  |

### Gateways School – High School: L5 and U5: Opportunities/Experiences Available

|                               |   |
|-------------------------------|---|
| <b>Responsibilities</b>       | School & Food Council Representatives<br>U5 House Assistant<br>Team Captains<br>Lunch Duties during sixth form study leave<br>Form Assemblies<br>Common Room Committee<br>School 'Tours' with Visitors<br>Participation in Head Girl selection (U5)<br>Subject prefects |
| <b>Educational Activities</b> | L5 cross curricular residential visit to London<br>Subject related visits as appropriate<br>Visiting speakers<br>European visits<br>Maths Challenge<br>Biology challenge  |

|   |  |
|---|--|
| <b>Careers</b>                                      | Lessons<br>Careers Fair<br>Careers week activities<br>Careers talks and visits<br>One-to-one guidance interviews<br>Access to interviews with external career professional<br>Meetings with Head of Pastoral Care & Careers Co-ordinator (U5)<br>Study Skills Training Sessions<br>Overseas Universities Fair<br>L5 Careers stepping up day<br>L5 Sixth Form Experience Day<br>Sixth Form Information Evening<br>Careers Drop-In Service |
| <b>Extra Curricular Clubs, Teams and Activities</b> | Debating Society<br>Duke of Edinburgh Silver Awards (L5)<br>Social Enterprise Challenge<br>Athletics, Netball, Rounders, Hockey Teams<br>Running club & Frisby<br>Senior Netball Tour<br>Cycling Club, including 200+ mile annual tour for charity<br>Environment/Horticulture Club<br>Amnesty International<br>Drama Lessons<br>Art Club<br>Choir, Orchestra, House Ensemble, Musical Instrument Lessons; Singing Lessons<br>Dance club |
| <b>House Activities</b>                             | Community projects and fundraising<br>House Challenges<br>Competitions   |
| <b>Social Occasions</b>                             | U5 Social Activities organised by Common Room Committee<br>Christmas activities  |

**Gateways School - Sixth Form: Opportunities/Experiences Available**

|                               |  |
|-------------------------------|--|
| <b>Responsibilities</b>       | <p>Head Girl &amp; School Prefects – various roles of responsibility</p> <p>House Captains</p> <p>Team Captains</p> <p>Enterprise events</p> <p>L6 L3 Mental Health Support Scheme- 2021</p> <p>L6 U5 Tutoring scheme</p> <p>L6 Mentors to U3</p> <p>School tours with visitors</p> <p>Assist at major school events: Open Events, Carol Service, Option Evenings, Prize Giving, Entrance Examination Day, parents’ evenings</p> <p>Leading a club for younger members of the school; e.g. sporting activities, art, drama, maths, science, Amnesty, debating etc.</p>                                 |
| <b>Educational Activities</b> | <p>Residential cultural visits which embrace several subjects; e.g. Art, Religious Studies, History</p> <p>Biology field trip</p> <p>Business Studies visits to local businesses</p> <p>Chemistry Practical Day at Leeds University</p> <p>English; theatre, museums, conferences, visiting authors, writing workshops</p> <p>Visit to Poland; Auschwitz</p> <p>Theatre Studies; WY Playhouse, London, York</p> <p>Geography field trip</p> <p>Maths Challenge</p> <p>Economist of the year competition</p> <p>RS lectures at York Minster</p> <p>University essay Competitions – various subjects</p> |

|  |   |
|--|---|
| <p><b>Higher Education/Careers</b></p>                     | <p>One-to-one guidance interviews<br/> Careers lessons &amp; workshops<br/> Morrisby Psychometric Profiling<br/> Information of taster courses; Medilink<br/> Information/presentations from various professions and institutions<br/> Careers Week activities<br/> Nuffield Science Bursary and opportunity of placement at Leeds University<br/> University/College Open days<br/> UCAS Fair<br/> UCAS Parents' Information Evening<br/> Admission Officer visits<br/> Mock Interviews for University<br/> Oxbridge application schedule &amp; conference<br/> Global Young Leaders Conference<br/> Biology placement in SJUH research laboratory<br/> Careers Fair<br/> Careers talks and visits Careers Drop-In Service</p> |
| <p><b>Houses, embracing Community Outreach</b></p>         | <p>Organising fundraising days<br/> Preparatory school liaison<br/> Amnesty International<br/> Co-coordinating House Challenges and Competitions</p>  |
| <p><b>Extra-Curricular Clubs, Teams and Activities</b></p> | <p>Sixth Form Think-tank<br/> English Speaking Board Advanced Certificate of Speech Business Club<br/> Fitness Suite<br/> Netball Team<br/> Outlook Expeditions<br/> Duke of Edinburgh Award; Gold<br/> Leavers' Assembly<br/> Produce the Leavers' Yearbook/organise hoodies<br/> Choirs and band<br/> House Ensemble<br/> Marketing Team</p>  |

|                         |  |
|-------------------------|--|
| <b>Social Occasions</b> | Social events as organised e.g , escape rooms, go-karting Leavers' Dinner, Hallowe'en sleepover. |
|-------------------------|--|

### **Aims of the Personal, Social, Health and Economic Education Curriculum**

PSHE lessons at Gateways School seek to encourage the positive growth of all pupils so that they may take their place in society as educated, independent, caring and thoughtful citizens. To this end each of the following schemes of learning offers opportunities to explore issues which will encourage this growth.

The curriculum brings together personal, social, and health education with economic wellbeing which includes work related learning, careers, enterprise and financial capability.

Personal wellbeing concentrates on the personal development of pupils and covers relationships & sex education (RSE) and drugs education. Learning is enhanced by cross curricular reference; science and health schemes of learning, for instance. Physical Education, and the Duke of Edinburgh programme contribute to leading a healthy lifestyle. In developing schemes of learning, the Heads of Pastoral Care in the High School audits/reviews the PSHE schemes in relation to personal and financial well-being, citizenship and RSE.

It is the intention of this PSHE course to promote the following outcomes for each pupil:

- Development of self-awareness, positive self-esteem and self confidence
- Development of a healthy lifestyle; physical, nutritional and emotional health.
- Learning to keep themselves and others safe
- Development of effective and satisfying relationships
- Learning to respect themselves and others
- Development of independence and responsibility
- Playing an active role as members of society
- Making the most of their abilities and talents

At various stages throughout their school life and in various contexts, pupils will be faced with difficult choices. These may be presented at school, at home or socially. It is the particular aim of this course, together with careers, health, citizenship and enterprise projects, to equip our pupils to make responsible, informed and healthy decisions which enhance their physical, mental and spiritual growth and do not endanger it.

### **Overview of Personal, Social, Health and Economic Education (PSHE) Provision**

PSHE provision emphasises the broad role of pastoral care; it is an essential support for pupils' learning.

The schemes of learning refer to organisation of self, time and belongings, relationships and promotion of systems to encourage positive academic achievement and self-image. The curriculum addresses self-esteem, emotional literacy, assertiveness, power, sex and relationship education and bullying. Consequently, we encourage development of the whole person and aim to both prevent and protect our pupils from child abuse. Activities are planned to encourage pupils to value both themselves and others.

The Prep School follows the Jigsaw Scheme of Learning which focusses on qualities and skills which promote positive behaviour and effective learning. These include mindfulness, self-awareness, managing feelings, motivation, empathy and social skills amongst others.

Communication between Prep and High Schools ensures the progress and continued development of its pupils.

Registration happens twice daily. In the High School, 'Form Time' every Tuesday, is for the checking of homework completion, hearing from the school Council representative and giving relevant messages. These may involve reminding pupils of the school's practices and expectations. In High School, most Thursdays are dedicated to a specific form activity chosen by the tutor. In the Prep School, most Tuesdays are dedicated to class assemblies to which parents are invited. Thursday assemblies are dedicated to Merit Assembly where individual and group achievements are celebrated.

### **EYFS including the Gatehouse Nursery**

Personal, emotional and social development is continuously threaded throughout the curriculum, routines, and daily experiences of the school. In addition, there is a focused session each week using the PSHE curriculum programme Jigsaw. Consideration is given to the needs of everyone, the environment, and the development of independent and active learning.

Key attachments with practitioners are prioritised to foster a feeling of belonging and emotional well-being. Practitioners work closely with parents and carers to fully appreciate the needs of each child.

### **Content**

Key themes from the curriculum programme Jigsaw, are used to support children's knowledge, understanding and skills in empathy, self-awareness, social skills, and motivation. Plans are adapted as necessary to accommodate the needs of the children and any issues/interests which arise and need addressing promptly.

### **Prep School**

- PSHE lessons incorporate the full Jigsaw programme.
- Assemblies
- Religious Studies lessons
- Science lessons
- Computing lessons

### **Content**

The Prep School predominantly follows a PSHE programme called Jigsaw. Jigsaw combines PSHE, mindfulness, emotional literacy, social skills and spiritual development. It is a whole school approach with all year groups working on the same unit (puzzle) at the same time where the learning is deepened every year. A key stage assembly introduces each new topic which generates a whole school focus.

There are six units (puzzles) in Jigsaw which are designed to progress in sequence from the beginning of each academic year.

| <b>Term</b> | <b>Unit name</b>       |
|-------------|------------------------|
| Autumn 1    | Being Me in My World   |
| Autumn 2    | Celebrating Difference |
| Spring 1    | Dreams and Goals       |
| Spring 2    | Healthy Me             |
| Summer 1    | Relationships          |

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|          |             |
|----------|-------------|
| Summer 2 | Changing Me |
|----------|-------------|

The PSHE scheme also ensure all aspects of RSE are covered. RSE looks at how the body works and the changes that happen. Some of this learning, along with health and drugs education takes place within the science curriculum.

### **High School (KS3): U3, L4, U4**

- PSHE lessons
- Religious Studies lessons
- Computing lessons
- Biology lessons
- Drama lessons

### **Content**

Following the PSHE association guidance, each year group will be given a tailored scheme of work that fits the needs of their key stage. The PSHE lead will plan and deliver PSHE sessions to each class in key stage 3 & 4. Careers is taught within these schemes of learning and is delivered by the Careers Co-Ordinator and the PSHE lead together. Relationship & Sex Education (RSE) is delivered at this Key Stage. With age-appropriate lessons across each year group. PSHE and Biology schemes of work cover these topics and include healthy relationships, physical change & the emotions attached to this period of change.

### **High School (KS4): L5, U5**

- PSHE lessons

### **Content**

Following the PSHE association guidance, each year group will be given a tailored scheme of work that fits the needs of their key stage. PSHE includes sex and relationship education, drugs education, mental well-being and personal protection and safety. Personal protection and safety involve learning about looking after oneself; for example, knowing how to identify possible illness such as those which are transmitted sexually; being aware; breast and skin awareness for example and being drink and drug safe. The PSHE lead will plan and deliver PSHE sessions to each class in key stage 3 & 4.

The careers scheme of work includes looking at personal qualities and compiling a C.V. and personal statement. These are added to Personal Portfolios. 16+ options are explored. This programme includes meetings with an external careers professional, the school's Careers Co-Ordinator and Head of Pastoral Care. Reliable, up-to-date and impartial information, advice and guidance about learning and work options are given.

Citizenship lessons within PSHE provides knowledge and understanding of government and society so that our pupils become informed and responsible citizens. Pupils gain an awareness of their abilities to affect both local and global communities. They learn of the influence of the political, legal and economic systems on their lives.

Those student who choose RS will also benefit from learning about moral and ethical issues such as: suffering, forgiveness, prejudice, discrimination, crime and punishment, war and peace, marriage and divorce, abortion and euthanasia.

The Academic Monitoring programme in High School involves the Deputy Head Academic, Head of Pastoral Care and Form Tutors cascading assessment data to the pupils and helping them to set realistic targets in the light of the data and their ambitions.

The Head of Learning Support arranges a number of study skills sessions throughout the two years to ensure revision is effective.

## **Sixth Form**

- PE lessons
- Enrichment lessons including: personal finance, budgeting for university, the tax system, survival cooking, the Extended Project Qualification (EPQ), ESB Level 3 (Grade 8) Certificate of Speech.
- PSHE lead to provide weekly lessons in line with the KS5 section of the PSHE association curriculum.

The Form Tutor is also the student's Personal and Academic Tutor. Thus Form time, tutor sessions and the Academic Monitoring programme ensure nurturing of the individual student so that they aspires to achieve their highest potential in all areas of her life.

Academic Monitoring, which reviews ALIS predictions and test results in a formal and quantitative manner, involves specific meetings throughout the year between the student and her Tutor. Individual target grades are set by the student in the light of ALIS information and staff estimates. Achievement in mocks and unit tests is compared with the original target.

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Outside of Form contact, further meetings of every student with her Tutor occur twice per half term. These sessions are less formal in manner and involve discussion of academic progress and any issues which need addressing. The student's attention is drawn to formative comments made by staff when reporting. Short-term targets are set which are discussed at the following meeting.

Form Time allows for administrative tasks and for giving relevant, and perhaps individual, guidance.

A structured careers and higher education programme are followed. The Enrichment schedule includes university preparation, benefiting from the expertise of visiting speakers, advice from the external careers professional and the continued development of the sense of responsibility, independence and team building.

Enrichment in L6 focuses mainly on UCAS, Spoken English and the EPQ. The U6 programme focuses on UCAS and then more practical life skills such as personal finance, budgeting and cooking.

At the beginning of the year, L6 attend a development day which offers a variety of study and leadership skills training led by both staff and students. The L6 also have a bonding/teamwork session with their U3 mentees.

The school prefects attend a residential 'Leadership Training Course' run by the Head of Sixth Form during the May half-term holiday in preparation for them becoming Prefects immediately after.

The students become responsible citizens by taking part in Community Outreach activities within the House system and outside school, researching their articles for the English-Speaking Board's Level 3 (Grade 8) Certificate of Speech and by volunteering for many roles of responsibility within school.

### Schemes of Work - PSHE

#### EYFS:

| Term     | Unit name            | Content  |
|----------|----------------------|--|
| Autumn 1 | Being Me in My World | Self-identity<br>Understanding feelings<br>Being in a classroom<br>Being gentle<br>Rights and responsibilities |

|          |                        |   |
|----------|------------------------|---|
| Autumn 2 | Celebrating Difference | Identifying talents<br>Being special<br>Families<br>Where we live<br>Making friends<br>Standing up for yourself   |
| Spring 1 | Dreams and Goals       | Challenges<br>Perseverance<br>Goal-setting<br>Overcoming obstacles<br>Seeking help<br>Jobs and achieving goals    |
| Spring 2 | Healthy Me             | Exercising bodies<br>Physical activity<br>Healthy food<br>Sleep<br>Keeping clean<br>Safety                        |
| Summer 1 | Relationships          | Family life<br>Friendships<br>Breaking friendships<br>Falling out<br>Dealing with bullying<br>Being a good friend |
| Summer 2 | Changing Me            | Bodies<br>Respecting my body<br>Growing up<br>Growth and change<br>Fun and fears<br>Celebrations                  |

### Prep School

|             |                  |                |
|-------------|------------------|----------------|
| Year 1      |                  |                |
| <b>Term</b> | <b>Unit name</b> | <b>Content</b> |

|          |                        |  |
|----------|------------------------|--|
| Autumn 1 | Being Me in My World   | <ul style="list-style-type: none"> <li>Feeling special and safe</li> <li>Being part of a class</li> <li>Rights and responsibilities</li> <li>Rewards and feeling proud</li> <li>Consequences</li> <li>Owning the Learning Charter</li> </ul>   |
| Autumn 2 | Celebrating Difference | <ul style="list-style-type: none"> <li>Similarities and differences</li> <li>Understanding bullying and knowing how to deal with it</li> <li>Making new friends</li> <li>Celebrating the differences in everyone</li> </ul>  |
| Spring 1 | Dreams and Goals       | <ul style="list-style-type: none"> <li>Setting goals</li> <li>Identifying successes and achievements</li> <li>Learning styles</li> <li>Working well and celebrating achievement with a partner</li> <li>Tackling new challenges</li> <li>Identifying and overcoming obstacles</li> <li>Feelings of success</li> </ul>                                      |
| Spring 2 | Healthy Me             | <ul style="list-style-type: none"> <li>Keeping myself healthy</li> <li>Healthier lifestyle choices</li> <li>Keeping clean</li> <li>Being safe</li> <li>Medicine safety/safety with household items</li> <li>Road safety</li> <li>Linking health and happiness</li> </ul>   |
| Summer 1 | Relationships          | <ul style="list-style-type: none"> <li>Belonging to a family</li> <li>Making friends</li> <li>Being a good friend</li> <li>Physical contact preferences</li> <li>People who help us</li> <li>Qualities as a friend and a person</li> <li>Self-acknowledgement</li> <li>Being a good friend to myself</li> <li>Celebrating special relationships</li> </ul> |

|          |             |   |
|----------|-------------|---|
| Summer 2 | Changing Me | Life cycles – animal and human<br>Changes in me<br>Changes since being a baby<br>Differences between female and male bodies (correct terminology)<br>Linking growing and learning<br>Coping with change<br>Transition |
|----------|-------------|---|

| Year 2   |                        |  |
|----------|------------------------|--|
| Term     | Unit name              | Content  |
| Autumn 1 | Being Me in My World   | Hopes and fears for the year<br>Rights and responsibilities<br>Rewards and consequences<br>Safe and fair learning environment<br>Valuing contributions<br>Choices<br>Recognising feelings        |
| Autumn 2 | Celebrating Difference | Assumptions and stereotypes about gender<br>Understanding bullying<br>Standing up for self and others<br>Making new friends<br>Gender diversity<br>Celebrating differences and remaining friends |
| Spring 1 | Dreams and Goals       | Achieving realistic goals<br>Perseverance Learning strengths<br>Learning with others<br>Group co-operation<br>Contributing to and sharing success  |
| Spring 2 | Healthy Me             | Motivation<br>Healthier choices<br>Relaxation<br>Healthy eating and nutrition Healthier snacks and sharing food  |

|          |               |   |
|----------|---------------|---|
| Summer 1 | Relationships | Different types of family<br>Physical contact boundaries<br>Friendship and conflict<br>Secrets<br>Trust and appreciation<br>Expressing appreciation for special relationships             |
| Summer 2 | Changing Me   | Life cycles in nature<br>Growing from young to old<br>Increasing independence<br>Differences in female and male bodies (correct terminology)<br>Assertiveness<br>Preparing for transition |

| Year 3   |                        |   |
|----------|------------------------|---|
| Term     | Unit name              | Content   |
| Autumn 1 | Being Me in My World   | Setting personal goals<br>Self-identity and worth<br>Positivity in challenges<br>Rules, rights and responsibilities<br>Rewards and consequences<br>Responsible choices<br>Seeing things from others' perspectives |
| Autumn 2 | Celebrating Difference | Families and their differences<br>Family conflict and how to manage it (child-centered)<br>Witnessing bullying and how to solve it<br>Recognising how words can be hurtful<br>Giving and receiving compliments    |

|          |                  |  |
|----------|------------------|--|
| Spring 1 | Dreams and Goals | <p>Difficult challenges and achieving success</p> <p>Dreams and ambitions</p> <p>New challenges</p> <p>Motivation and enthusiasm</p> <p>Recognising and trying to overcome obstacles</p> <p>Evaluating learning processes</p> <p>Managing feelings</p> <p>Simple budgeting</p>   |
| Spring 2 | Healthy Me       | <p>Exercise</p> <p>Fitness challenges</p> <p>Food labelling and healthy swaps</p> <p>Attitudes towards drugs</p> <p>Keeping safe and why it's important online and offline scenarios</p> <p>Respect for myself and others</p> <p>Healthy and safe choices</p>  |
| Summer 1 | Relationships    | <p>Family roles and responsibilities</p> <p>Friendship and negotiation</p> <p>Keeping safe online and who to go to for help</p> <p>Being a global citizen</p> <p>Being aware of how my choices affect others</p> <p>Awareness of how other children have different lives</p> <p>Expressing appreciation for family and friends</p> |
| Summer 2 | Changing Me      | <p>How babies grow</p> <p>Understanding a baby's needs</p> <p>Outside body changes</p> <p>Inside body changes</p> <p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Preparing for transition</p>  |

|        |
|--------|
| Year 4 |
|--------|

| <b>Term</b> | <b>Unit name</b>       | <b>Content</b>  |
|-------------|------------------------|---|
| Autumn 1    | Being Me in My World   | Being part of a class team<br>Being a school citizen<br>Rights, responsibilities and democracy (school council)<br>Rewards and consequences<br>Group decision-making<br>Having a voice<br>What motivates behaviour            |
| Autumn 2    | Celebrating Difference | Challenging assumptions<br>Judging by appearance<br>Accepting self and others<br>Understanding influences<br>Understanding bullying<br>Problem-solving<br>Identifying how special and unique everyone is<br>First impressions |
| Spring 1    | Dreams and Goals       | Hopes and dreams<br>Overcoming disappointment<br>Creating new, realistic dreams<br>Achieving goals<br>Working in a group<br>Celebrating contributions<br>Resilience<br>Positive attitudes                                     |
| Spring 2    | Healthy Me             | Healthier friendships<br>Group dynamics<br>Smoking<br>Alcohol<br>Assertiveness<br>Peer pressure<br>Celebrating inner strength   |

|          |               |   |
|----------|---------------|---|
| Summer 1 | Relationships | Jealousy<br>Love and loss<br>Memories of loved ones<br>Getting on and Falling Out<br>Girlfriends and boyfriends<br>Showing appreciation to people and animals |
| Summer 2 | Changing Me   | Being unique<br>Having a baby<br>Girls and puberty<br>Confidence in change<br>Accepting change<br>Preparing for transition Environmental change               |

| Year 5   |                        |  |
|----------|------------------------|--|
| Term     | Unit name              | Content  |
| Autumn 1 | Being Me in My World   | Planning the forthcoming year<br>Being a citizen<br>Rights and responsibilities<br>Rewards and consequences<br>How behaviour affects groups Democracy, having a voice, participating       |
| Autumn 2 | Celebrating Difference | Cultural differences and how they can cause conflict<br>Racism<br>Rumours and name-calling<br>Types of bullying<br>Material wealth and happiness<br>Enjoying and respecting other cultures |

|          |                  |  |
|----------|------------------|--|
| Spring 1 | Dreams and Goals | <ul style="list-style-type: none"> <li>Future dreams</li> <li>The importance of money</li> <li>Jobs and careers</li> <li>Dream job and how to get there</li> <li>Goals in different cultures</li> <li>Supporting others (charity)</li> <li>Motivation</li> </ul>   |
| Spring 2 | Healthy Me       | <ul style="list-style-type: none"> <li>Smoking, including vaping</li> <li>Alcohol</li> <li>Alcohol and anti-social behaviour</li> <li>Emergency aid</li> <li>Body image</li> <li>Relationships with food</li> <li>Healthy choices</li> <li>Motivation and behaviour</li> </ul>   |
| Summer 1 | Relationships    | <ul style="list-style-type: none"> <li>Self-recognition and self-worth</li> <li>Building self-esteem</li> <li>Safer online communities</li> <li>Rights and responsibilities online</li> <li>Online gaming and gambling</li> <li>Reducing screen time</li> <li>Dangers of online grooming SMARRT internet safety rules</li> </ul> |
| Summer 2 | Changing Me      | <ul style="list-style-type: none"> <li>Self- and body image</li> <li>Influence of online and media on body image</li> <li>Puberty for girls</li> <li>Puberty for boys</li> <li>Conception (including IVF)</li> <li>Growing responsibility</li> <li>Coping with change</li> <li>Preparing for transition</li> </ul>               |

|             |                  |                |
|-------------|------------------|----------------|
| Year 6      |                  |                |
| <b>Term</b> | <b>Unit name</b> | <b>Content</b> |

|          |                        |  |
|----------|------------------------|--|
| Autumn 1 | Being Me in My World   | Identifying goals for the year<br>Global citizenship<br>Children's universal rights<br>Feeling welcome and valued<br>Choices, consequences and rewards<br>Group dynamics<br>Democracy, having a voice<br>Anti-social behaviour<br>Role-modelling |
| Autumn 2 | Celebrating Difference | Perceptions of normality<br>Understanding disability<br>Power struggles<br>Understanding bullying Inclusion/exclusion<br>Differences as conflict, difference as celebration<br>Empathy   |
| Spring 1 | Dreams and Goals       | Personal learning goals, in and out of school<br>Success criteria<br>Emotions in success<br>Making a difference in the world<br>Motivation<br>Recognising achievements<br>Compliments  |
| Spring 2 | Healthy Me             | Taking personal responsibility<br>How substances affect the body Exploitation, including 'county lines' and gang culture<br>Emotional and mental health<br>Managing stress   |

|          |               |  |
|----------|---------------|--|
| Summer 1 | Relationships | Mental health<br>Identifying mental health worries and sources of support<br>Love and loss<br>Managing feelings<br>Power and control Assertiveness<br>Technology safety<br>Take responsibility with technology use |
| Summer 2 | Changing Me   | Self-image<br>Body image<br>Puberty and feelings<br>Conception to birth<br>Reflections about change<br>Physical attraction<br>Respect and consent Boyfriends/girl-friends<br>Sexting Transition                    |

### High School

At Key Stage 3 & 4, each year will follow a tailored scheme of work which closely follows the PSHE association curriculum. Each year group's scheme of work covers 3 mains areas: Health and Wellbeing, Relationships, & Living in The Wider world. In addition to this, RSE is covered in line with the PSHE curriculum, delivering age-appropriate education to each year.

### Resources

Resources are created by the lead of PSHE, who also delivers the lesson at KS3 & KS4.

### Upper 3

| Topic                               | Lesson   |
|-------------------------------------|--|
| Health and Wellbeing - Self-Concept |  |
| 7th September                       | Health and Wellbeing - Transitioning to high school. Your hopes & fears. |

|  |   |
|--|---|
| 12th September   | Health and Wellbeing - Strategies for success during transition and strategies to cope. |
| Health and Wellbeing - Physical health                 |   |
| 19th September   | Physical health - What are the core components of a successful life?                    |
| 26th September   | Physical health - Nutrition.  |
| 3rd October  | Physical health – Sleep.  |
| Health and Wellbeing - Puberty                         |   |
| 10th October   | Puberty – Changes.  |
| Health and Wellbeing - Mental health                   |   |
| 31st October   | Mental Health - What is mental health?  |
| 7th November   | Mental Health- Dealing with Disappointment and setback.                                 |
| 14th November  | Mental Health - Recognising when you and others need help & Accessing support.          |
| Health and Wellbeing - Substance Misuse                |   |
| 21st November  | Substance Misuse - Tobacco.   |
| 28th November  | Substance Misuse - Peer pressure.   |
| Health and Wellbeing - Managing risk & Personal safety |   |
| 5th December   | Managing risk & Personal safety - Being safe online.                                    |
| Assessment   |   |
| 12th December  | End of term portfolio review and assessment.  |
| Relationship   |   |
| Positive relationships                                 |   |
| 9th January  | Positive Relationships - Different types of relationships.                              |
| 16th January   | Positive Relationships - Friendships and reconciliation.                                |
| Relationship values                                    |   |
| 23rd January   | Relationship Values – Choice.   |

Reviewed Spring 2022  
Next review Spring 2023

|                                       |  |
|---------------------------------------|--|
| Forming and maintaining relationships |  |
| 30th January                          | Forming and Maintaining relationships - Stranger danger. |
| 6th February                          | Forming and maintaining relationships - Loss.            |
| Bullying, Abuse & Discrimination      |  |
| 20th February                         | Abuse and Discrimination – Stereotypes.                  |
| 27th February                         | Abuse and Discrimination- - Combating discrimination.    |
| Social influences                     |  |
| 6th March                             | Social influences - Being there for each other.          |
| Consent                               |  |
| 13th March                            | Consent – boundaries.                                    |
| Contraception and parenthood          |  |
| 20th March                            | Contraception and parenthood - Menstruation.             |
| Assessment                            |  |
| 27th March                            | End of term portfolio review and assessment.             |
| 1st May (bank holiday)                |  |
| Learning skills                       |  |
| 18th April                            | Learning skills - Study skills.                          |
| 24th April                            | Learning skills - Being a life-long learner.             |
| Financial choices                     |  |
| 2nd May                               | Finance - Emotions and responsibility.                   |
| Media literacy and digital resilience |  |
| 8th May                               | Media literacy - News, views and disinformation.         |
| British Values & government           |  |
| 15th May                              | British Values & Government - What are British Values?   |
| 22nd May                              | British Values & Government - The Government.            |

|  |  |
|--|--|
| Employment rights and responsibilities |  |
| 5th June                               | Employment and Rights - An introduction.               |
| 12th June                              | Employment and rights - My first job and CV.           |
| 19th June                              | Employment and rights - What are rights and contracts? |
| Choices and pathways                   |  |
| 26th June                              | Choices and pathways - My path.                        |
| Assessment                             |  |
| 3rd July                               | End of term portfolio review and assessment.           |

#### Lower 4

| Topic  | Lesson  |
|--|---|
| Health and Wellbeing - Introduction & Self concept |   |
| 7th September                                      | Health and Wellbeing - Managing emotions and building confidence.       |
| 12th September                                     | Health and Wellbeing - Taking care of yourself and building resilience. |
| Health and Wellbeing - Physical health             |   |
| 19th September                                     | Physical health – Exercise.   |
| 26th September                                     | Physical health - Vaccinations and preventative care.                   |
| 3rd October  | Physical health - Personal hygiene.                                     |
| Health and Wellbeing - Puberty                     |   |
| 10th October                                       | Puberty - The Mental consequences of puberty.                           |
| Health and Wellbeing - Mental health               |   |
| 31st October                                       | Mental health - Anger management.                                       |
| 7th November                                       | Mental health – Empathy.  |
| 14th November                                      | Mental health - Dealing with loss & bereavement.                        |

|  |  |
|--|--|
| Health and Wellbeing – Substance Misuse                |  |
| 21st November  | Substance Misuse - Alcohol.  |
| 28th November  | Substance Misuse - Addiction.  |
| Health and Wellbeing - Managing risk & Personal safety |  |
| 5th December   | Managing risk & Personal safety - Emergency services.                                  |
| Assessment   |  |
| 12th December  | End of term portfolio review and assessment.   |
| Relationship   |  |
| Positive relationships                                 |  |
| 9th January  | Positive Relationships – Diversity.  |
| 16th January   | Positive Relationships - Sex, sexuality & gender.                                      |
| Relationship values                                    |  |
| 23rd January   | Values - Trust & consent.  |
| Forming and maintaining relationships                  |  |
| 30th January   | Forming and maintaining relationships - Communication and active listening & Teamwork. |
| 6th February   | Forming and maintaining relationships – Breakups.                                      |
| Bullying, Abuse & Discrimination                       |  |
| 20th February  | Abuse and Discrimination - Abuse & controlling Behaviours.                             |
| 27th February  | Abuse and Discrimination - Gangs & weapons.  |
| Social influences                                      |  |
| 6th March  | Social influences - Social pressure.   |
| Consent  |  |
| 13th March   | Consent - The law.   |
| Contraception and parenthood                           |  |

Reviewed Spring 2022  
Next review Spring 2023

|   |   |
|---|---|
| 20th March                              | Contraception and parenthood - Long term relationships.                         |
| Assessment                              |   |
| 27th March                              | End of term portfolio review and assessment.                                    |
| Living in the wider world               |   |
| Learning Skills                         |   |
| 18th April                              | Learning - Advanced study & organisation.                                       |
| 24th April                              | Learning - Skills needed for enterprise.  |
| Financial choices                       |   |
| 2nd May                                 | Finance – Debt.   |
| Media literacy                          |   |
| 8th May                                 | Media literacy - Appropriate, well rounded media UK.                            |
| British Values & government             |   |
| 15th May                                | British Values & Government – Voting.   |
| 22nd May                                | British Values & Government - Keeping up with current affairs to inform voting. |
| Employment, rights and responsibilities |   |
| 5th June                                | Employment and rights - UK Privacy Law.   |
| 12th June                               | Employment and rights - Women's rights & tackling misogyny.                     |
| 19th June                               | Employment and rights - Human rights.   |
| Choices and pathways                    |   |
| 26th June                               | Choices and pathways - Targets and goals.                                       |
| Assessment                              |   |
| 3rd July                                | End of term portfolio review and assessment.                                    |

### Upper 4

| Date | Lesson |
|------|--------|
|------|--------|

|  |   |
|--|---|
| Health and Wellbeing - Introduction & Self concept     |   |
| 7th September  | Health and Wellbeing- Taking care of yourself and online persona. |
| 12th September   | Health and Wellbeing - Managing decision making.                  |
| Health and Wellbeing - Physical health                 |   |
| 19th September   | Physical health - Taking responsibility for our health.           |
| 26th September   | Physical health – Beauty standards and cosmetics.                 |
| 3rd October  | Physical health - Can nature improve physical health?             |
| Health and Wellbeing - Puberty                         |   |
| 10th October   | Puberty - Fertility & foetal development.                         |
| Health and Wellbeing - Mental health                   |   |
| 31st October   | Careers.  |
| 7th November   | Careers.  |
| 14th November  | Careers.  |
| Health and Wellbeing – Mental Health                   |   |
| 21st November  | Mental health - Unhealthy coping mechanisms and alternatives.     |
| 28th November  | Mental health - Bullying.   |
| Health and Wellbeing - Managing risk & Personal safety |   |
| 5th December   | Managing risk & Personal safety – Gambling.                       |
| Assessment   |   |
| 12th December  | End of term portfolio review and assessment.                      |
| Relationship   |   |
| Positive relationships                                 |   |
| 9th January  | Positive Relationships - Marriage and legal unions.               |
| 16th January   | Positive Relationships - Healthy and unhealthy relationships.     |

Reviewed Spring 2022  
Next review Spring 2023

|                                       |   |
|---------------------------------------|---|
| Relationship values                   |   |
| 23rd January                          | Values - Gender roles.  |
| Forming and maintaining relationships |   |
| 30th January                          | Forming and maintaining relationships - Managing strong emotions. |
| 6th February                          | Forming and maintaining relationships - Conflict resolution.      |
| Bullying, Abuse & Discrimination      |   |
| 20th February                         | Abuse and Discrimination - Preventing child exploitation.         |
| 27th February                         | Abuse and Discrimination - Racism and black history.              |
| Social influences                     |   |
| 6th March                             | Social influences - Extremism and PREVENT                         |
| Consent                               |   |
| 13th March                            | Consent - Seeking approval.                                       |
| Contraception and parenthood          |   |
| 20th March                            | Parenthood - Contraception & Family planning.                     |
| Assessment                            |   |
| 27th March                            | End of term portfolio review and assessment.                      |
| Living in the wider world             |   |
| Learning Skills                       |   |
| 18th April                            | Learning - Skills for higher Education Success.                   |
| 24th April                            | Learning - Targets and goals.                                     |
| Financial choices                     |   |
| 2nd May                               | Finance – Exploitation.   |
| Media literacy                        |   |
| 8th May                               | Media literacy - Managing social media responsibly.               |
| British Values & government           |   |
| 15th May                              | British Values & Government - British values in depth.            |

Reviewed Spring 2022  
Next review Spring 2023

|   |   |
|---|---|
| 22nd May                                | British Values & Government - Crime and the law.          |
| Employment, rights and responsibilities |   |
| 5th June                                | Employment and rights - skills employers look for.        |
| 12th June                               | Employment and rights - Different types of work.          |
| 19th June                               | Employment and rights - Public speaking and confidence.   |
| Choices and pathways                    |   |
| 26th June                               | Choices and pathways - My options and progression routes. |
| Assessment                              |   |
| 3rd July                                | End of term portfolio review and assessment.              |

### Lower 5

| Topic  | Lesson  |
|--|---|
| Health and Wellbeing - Introduction & Self concept |   |
| 7th September                                      | Health and Wellbeing- Confidence and self-Image.          |
| 12th September                                     | Wellbeing - Body image & body Dysmorphia.                 |
| Health and Wellbeing - Physical health             |   |
| 19th September                                     | Health and Wellbeing - Finding balance online.            |
| 26th September                                     | Health and Wellbeing - My NHS.                            |
| 3rd October  | Health and Wellbeing – FGM.                               |
| Health and Wellbeing - Puberty                     |   |
| 10th October                                       | Puberty - Contraception & STIs.                           |
| Health and Wellbeing - Mental health               |   |
| 31st October                                       | Mental health - Feeling low.                              |
| 7th November                                       | Mental health - Avoiding negative thinking & anxiety.     |
| 14th November                                      | Mental health - Mental health services and access points. |

|  |   |
|--|---|
| Health and Wellbeing – Substance misuse                |   |
| 21st November  | Substance Misuse - Individual drugs and their risks.                    |
| 28th November  | Substance Misuse - The consequences of misuse and addiction.            |
| Health and Wellbeing - Managing risk & Personal safety |   |
| 5th December   | Managing risk & Personal safety - CPR and basic first aid.              |
| Assessment   |   |
| 12th December  | End of term portfolio review and assessment.                            |
| Relationship   |   |
| Positive relationships                                 |   |
| 9th January  | Positive relationships - Romance and the brain.                         |
| 16th January   | Positive relationships - Diversity in Relationships - LGBT+ Acceptance. |
| Relationship values                                    |   |
| 23rd January   | Values - Culture, faith and relationships.                              |
| Forming and maintaining relationships                  |   |
| 30th January   | Forming and maintaining relationships - Dealing with loss and change.   |
| 6th February   | Forming and maintaining relationships - Online safety and Grooming.     |
| Bullying, Abuse & Discrimination                       |   |
| 20th February  | Abuse and discrimination - Domestic Violence.                           |
| 27th February  | Abuse and discrimination - When and how to get help in relationships.   |
| Social influences                                      |   |
| 6th March  | Social influences - Sexuality in the media.                             |
| Consent  |   |
| 13th March   | Consent - legal and moral implications of adult relationships.          |

|   |   |
|---|---|
| Contraception and parenthood            |   |
| 20th March                              | Contraception and parenthood - What it takes to be a parent. Different ways individuals can become parents. |
| Assessment                              |   |
| 27th March                              | End of term portfolio review and assessment   |
| Living in the wider world               |   |
| Learning Skills                         |   |
| 18th April                              | Learning skills - Who I am and how it links to careers.   |
| 24th April                              | Learning skills - Getting advice and guidance about future careers.   |
| Financial choices                       |   |
| 2nd May                                 | Finance - The basics of financial independence.   |
| Media literacy                          |   |
| 8th May                                 | Media literacy - Separating fact and fiction.   |
| British Values & government             |   |
| 15th May                                | British Values & Government - NATO, The EU and other international bodies.                                  |
| 22nd May                                | Exam week / British Values & Government - NATO, The EU and other international bodies continued.            |
| Employment, rights and responsibilities |   |
| 5th June                                | Employment and rights – Extremism.  |
| 12th June                               | Employment and rights – PREVENT.  |
| 19th June                               | Employment and rights – Democracy.  |
| Choices and pathways                    |   |
| 26th June                               | Choices and pathways - Getting skills that will make me stand out.  |
| Assessment                              |   |
| 3rd July                                | End of term portfolio review and assessment.  |

## Upper 5

| Topic  | Lesson   |
|--|--|
| Health and Wellbeing - Introduction & Self concept |  |
| 7th September                                      | Missed due to staggered start.                               |
| 12th September                                     | Health & Wellbeing - Self-Reflection.                        |
| Career   |  |
| 19th September                                     | Careers.   |
| 26th September                                     | Careers.   |
| 3rd October  | Careers.   |
| Health and Wellbeing - Physical health             |  |
| 10th October                                       | Careers.   |
| Health and Wellbeing - Mental health               |  |
| 31st October                                       | Physical Health - Health & The Wider World.                  |
| 7th November                                       | Physical Health - Organ and Blood Donation.                  |
| 14th November                                      | Physical Health - Tattoos, piercings and body modifications. |
| Health and Wellbeing – Substance Misuse            |  |
| 21st November                                      | Mental health - Stereotypes and harm.                        |
| 28th November                                      | Mental health - Self-harm & eating disorders.                |
| Health and Wellbeing - Puberty                     |  |
| 5th December                                       | Substance Misuse - Drug trafficking & County Lines.          |
| Assessment   |  |
| 12th December                                      | Puberty - Contraception.                                     |
| Relationship                                       |  |
| Positive relationships                             |  |
| 9th January  | Positive relationships - Intimate relationships .            |

Reviewed Spring 2022  
Next review Spring 2023

|                                       |   |
|---------------------------------------|---|
| 16th January                          | Positive relationships - Seeking help.  |
| Relationship values                   |   |
| 23rd January                          | Values - Deciding my values.  |
| Forming and maintaining relationships |   |
| 30th January                          | Forming and maintaining - Pace, unwanted attention & sexual harassment.               |
| 6th February                          | Forming and maintaining relationships - How the law protects you.                     |
| Bullying, Abuse & Discrimination      |   |
| 20th February                         | Abuse and discrimination - Abuse in the workplace.                                    |
| 27th February                         | Abuse and discrimination - 'Honor' based violence and forced marriage.                |
| Social influences                     |   |
| 6th March                             | Social influence - The darker side of society. Keeping yourself safe from crime.      |
| Consent                               |   |
| 13th March                            | Consent - Sharing images and videos, online safety.                                   |
| Contraception and parenthood          |   |
| 20th March                            | Contraception and parenthood - Unplanned pregnancies and choice.                      |
| Assessment                            |   |
| 27th March                            | End of term portfolio review and assessment.  |
| Living in the wider world             |   |
| Learning Skills                       |   |
| 18th April                            | Learning skills - Seeking opportunities outside of school to enhance their prospects. |
| 24th April                            | Learning skills - Me, my strengths and weaknesses, and what's next.                   |
| Financial choices                     |   |
| 2nd May                               | Finance - Savings, loans and mortgages.   |
| Media literacy                        |   |

Reviewed Spring 2022  
Next review Spring 2023

|   |   |
|---|---|
| 8th May                                 | Media literacy - Professional media use.                                  |
| British Values & government             |   |
| 15th May                                | Study leave.  |
| 22nd May                                | Study leave.  |
| Employment, rights and responsibilities |   |
| 5th June                                | Study leave.  |
| 12th June                               | Study leave.  |
| 19th June                               | Study leave.  |
| Choices and pathways                    |   |
| 26th June                               | Choices and pathways - Understanding university life and student finance. |
| Assessment                              |   |
| 3rd July                                | End of term portfolio review and assessment.                              |

### Sixth Form

| Topic  | Lesson                                      |
|--|---|
| Health and Wellbeing - Introduction & Self concept |   |
| 7th September                                      | Health & Wellbeing - Feedback as a gift.    |
| 12th September                                     | Wellbeing - Body image and body dysmorphia. |
| Physical Health                                    |   |
| 19th September                                     | Healthy life - Health & Communities.        |
| 26th September                                     | Healthy life - Nutrition & Exercise.        |
| 3rd October  | Health Life - Knowing your NHS.             |
| Puberty  |   |
| 10th October                                       | Puberty - Contraception & Sexual Health.    |

Reviewed Spring 2022  
Next review Spring 2023

|  |  |
|--|--|
| Health and Wellbeing -<br>Mental health    |  |
| 31st October                               | Mental Health - Name it to Take it.  |
| 7th November                               | Mental health - Coping strategies for anxiety.                                     |
| 14th November                              | Mental health - Unhealthy coping mechanisms and alternatives.                      |
| Health and Wellbeing –<br>Substance Misuse |  |
| 21st November                              | Substance Misuse - Individual drugs and their risks.                               |
| 28th November                              | Substance Misuse - The consequences of misuse and addiction.                       |
| Health and Wellbeing –<br>Managing Risk    |  |
| 5th December                               | Healthy life - Tattoos and piercings.  |
| Relationship                               |  |
| Positive relationships                     |  |
| 9th January                                | Positive Relationships - Different types of relationships.                         |
| 16th January                               | Positive Relationships - Friendships and reconciliation.                           |
| Relationship values                        |  |
| 23rd January                               | Values - Gender roles.   |
| Forming and maintaining<br>relationships   |  |
| 30th January                               | Forming and maintaining relationships - Breakups.                                  |
| 6th February                               | Positive relationships - Romance and the brain.                                    |
| Bullying, Abuse & Dis-<br>crimination      |  |
| 20th February                              | Positive Relationships - Diversity & Discrimination (sexuality, gender, religion). |
| 27th February                              | Abuse and discrimination - Domestic Violence.                                      |
| Social influences                          |  |
| 6th March                                  | Health & Wellbeing - Peer Pressure.  |

Reviewed Spring 2022  
Next review Spring 2023

|   |  |
|---|--|
| Consent                                 |  |
| 13th March                              | Consent - The law.   |
| Contraception and parenthood            |  |
| 20th March                              | Parenthood - Contraception & family planning.                            |
| 27th March                              | Contraception and parenthood - Unplanned pregnancies and choice.         |
| Living in the wider world               |  |
| Learning Skills                         |  |
| 18th April                              | Learning - Skills for higher education success.                          |
| 24th April                              | Learning - Targets and goals.  |
| Financial choices                       |  |
| 2nd May                                 | Finance - The basics of financial independence.                          |
| Media literacy                          |  |
| 8th May                                 | Media literacy - News, views and disinformation.                         |
| British Values & government             |  |
| 15th May                                | British Values & Government - What are British Values?                   |
| 22nd May                                | British Values & Government - Voting.                                    |
| Employment, rights and responsibilities |  |
| 5th June                                | Employment and rights - Human rights.                                    |
| 12th June                               | Employment and rights - PREVENT.   |
| 19th June                               | Employment and rights - My first job and CV.                             |
| Choices and pathways                    |  |
| 26th June                               | Employment and rights - What are rights and contracts?                   |
| Assessment                              |  |
| 3rd July                                | Choices and pathways - Understanding university life and student finance |

Additionally top-up PSHE lessons will be delivered throughout the year by the PSHE lead. These will enhance the PSHE offer and provide additional information about life skills, experience and knowledge that is needed for 6th form students to be successful when they leave Gateways.

**L6 ENRICHMENT  
2021-22  
AUTUMN TERM**

**WEEK 1- 14.9.22**

1. Testing- KT

**WEEK 2- 21.9.22**

1. Intro to Sixth Form Careers- Anne Tunstall
2. Morrisby- MS

**WEEK 3- 28.9.22**

1. Intro to EPQ
2. Intro to UCAS

**WEEK 4- 5.10.22**

1. EPQ/Study skills- Time Management- CCA
  - Gantt charts
  - Critical Path Analysis
2. Careers Fair/drop in (7.10.21)

**WEEK 5- 12.10.22**

1. Self-defence

**WEEK 6- 2.11.21**

1. Intro to Change Your Mind
2. Begin planning

**WEEK 7- 9.11.22**

1. Change Your Mind planning
2. Morrisby feedback- MS

**WEEK 8- 16.11.22**

1. Change Your Mind planning

**WEEK 9- 23.11.22**

1. Test Week revision

**WEEK 10- 30.11.22**

1. Change Your Mind sessions

**WEEK 11- 7.12.22**

1. Alcohol/drug awareness
- Reviewed Spring 2022  
Next review Spring 2023

## SPRING TERM

### WEEK 1- 11.1.22

1. Spoken English intro- MD

### WEEK 2- 18.1.22

1. Book UCAS Fair place
2. Spoken English- MD

### WEEK 3- 25.1.22

- Spoken English- MD

### WEEK 4- 1.2.22

- Spoken English- MD

### WEEK 5- 8.2.22

- Spoken English- MD

### WEEK 6- 15.2.22

- Spoken English - MD

### WEEK 7- 1.3.22

1. Spoken English- MD

### WEEK 8- 8.3.22

- Spoken English- MD

### WEEK 8- 15.3.22

1. Spoken English pre-exam week

### WEEK 9- 22.3.22

1. Exam week

### WEEK 10- 29.3.22

1. 'Selling yourself'-Letter/Personal Statement/CV planning- Rob Rattray- poss Spring Term

## SUMMER TERM

### WEEK 1- 19.4.22

1. Choices at 18- Careers
2. Group careers interviews

### WEEK 2- 26.4.22

1. Change Your Mind – final planning

**WEEK 3- 3.5.22**

1. UCAS

**WEEK 4- 10.5.22**

1. UCAS

**WEEK 5- 17.5.22**

- Revision

**WEEK 6- 24.5.22**

- High School exams

**WEEK 6- 31.5.22**

- Half term

**WEEK 7-7.6.22**

1. EPQ time

**WEEK 8- 14.6.22**

1. UCAS
2. UCAS and Careers Info Evening
3. EPQ time

**WEEK 9- 21.6.22**

1. UCAS
2. L6 UCAS Fair
3. EPQ time

**WEEK 9- 28.6.22**

1. Prize-giving

**WEEK 10- 5.7.22**

1. Events week

**U6 ENRICHMENT  
2021-22  
AUTUMN TERM**

**WEEK 1 10.9.22**

1. UCAS

**WEEK 2- 17.9.22**

1. UCAS
2. AT drop-in sessions

**WEEK 3- 24.9.22**

1. Self-defence- Andy Kendrick

**WEEK 4- 1.10.22**

1. UCAS
  2. AT drop-in sessions
- Open Morning

**WEEK 5- 8.10.22**

1. Open Morning 2
2. UCAS

**WEEK 6- 15.10.22**

1. Budgeting intro

**WEEK 7- 5.11.22**

1. Fresher's budget.

**WEEK 8 - 12.11.22**

1. Second Year budgeting- living out.

**WEEK 9 - 19.11.22**

1. Test Week revision
2. Children in Need

**WEEK 10 - 26.11.22**

- \* Leeds Univesity- Student finance workshop

**WEEK 11- 3.12.22**

- \* Alcohol/drug awareness

<https://alcoholeducationtrust.org/teacher-area/16plus/>

**WEEK 11- 10.12.22**

- \* Christmas cooking

**SPRING TERM**

**WEEK 1 11.1.23**

1. Personal finance

**WEEK 2- 18.1.23**

1. Personal finance

**WEEK 3- 25.1.23**

Reviewed Spring 2022  
Next review Spring 2023

1. Personal finance

**WEEK 3 1.2.23**

1. Cooking

**WEEK 4- 8.2.23**

1. Cooking

**WEEK 5- 15.2.23**

1. Cooking

**END OF UNIT**