



PSHE/RSE Curriculum

Key Stage 3 & 4

Education Pathways- Key Stage 3 & 4

Curriculum area		Designed by	Version
PSHE/RSE		Rachel Bird	V3
Our curriculum is GREAT! <small>(INTENT)</small>			
Goals	Keeping children safe with the 21 st century risks		
Readiness	Enable students to participate fully in school life, wider community and through adulthood		
Education	To build confidence, resilience, and self-esteem and to identify and manage risk, make informed choices, and understand what influences their decisions. It enables them to recognise, accept and shape their identities		
Achievement	Able to make informed choices, and take less risky behaviour tracked through safeguarding, attendance and sleuth		
Talent	Pupils Voice in lesson, through student council and Lichfield youth council to make informed choices in every stage of their development through life.		



PSHE/RSE

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GOALS READINESS EDUCATION ACHIEVEMENT TALENT

Autumn Term 1



Year 7

Autum 1	<u>Explore</u>	<u>Extend</u>	<u>Excel</u>
<p data-bbox="168 391 353 475">Self-awareness</p> 	<ul style="list-style-type: none"> • Recognising Wellbeing: Explore basic physical needs and body signals, such as feeling hungry, tired, or unwell. • Health, Safety and Good Behaviourally Better Well-Wellbeing: Explore to simple health and safety routines and begin to take part in self-care activities. • Seeking Support: Explore when help is needed, communicate this, and identify trusted adults who can provide support. 	<ul style="list-style-type: none"> • Understanding Health and Wellbeing: Recognise how food, rest, sleep, and emotions affect health and wellbeing. • Healthy Routines and Self-Care: Identify and take part in routines that support wellbeing, including hygiene and managing minor discomfort. • Safety and Seeking Support: Recognise when help is needed and identify trusted adults who can support health, safety, and wellbeing. 	<ul style="list-style-type: none"> • Understanding Health and Wellbeing: Explain how physical health, sleep, lifestyle choices, and emotions are connected and influence overall wellbeing. • Recognising and Managing Needs: Explain body signals and early signs of stress, using appropriate coping strategies to support wellbeing. • Making Safe and Informed Choices: Identify health advice, understand the importance of hygiene, and know when and how to seek support from trusted adults.

Year 8

Autum 1	<u>Explore</u>	<u>Extend</u>	<u>Excel</u>
<p data-bbox="168 391 353 475">Self-awareness</p> 	<ul style="list-style-type: none"> • Healthy Habits and Self-Care: Explore healthy routines, identify physical needs such as rest and comfort, and develop independence in personal hygiene. • Emotional Wellbeing: Explore activities and routines that support calmness, emotional regulation, and positive wellbeing. • Safety and Seeking Support: Explore basic safety expectations and know who to ask for help with health, wellbeing, or concerns. 	<ul style="list-style-type: none"> • Understanding Health and Wellbeing: Describe how routines, physical health, and emotions are connected and affect overall wellbeing. • Self-Care and Managing Needs: Identify signs of stress or illness and use strategies and hygiene practices to maintain health and wellbeing. • Safety and Seeking Support: Understand when help is needed, identify trusted sources of support, and make safe choices to stay healthy and well. 	<ul style="list-style-type: none"> • Understanding Health and Wellbeing: Explain how routines, lifestyle choices, and mental health are connected and influence long-term wellbeing. • Making Informed Health Choices: Describe early signs of health concerns, explain coping strategies, and make informed decisions about health and wellbeing. • Seeking Support and Managing Risk: Explain sources of health information, understand the risks of neglecting health needs, and know when and how to access appropriate support.

Year 9

Autum 1	<u>Explore</u>	<u>Extend</u>	<u>Excel</u>
<p data-bbox="168 391 353 475">Self-awareness</p> 	<ul style="list-style-type: none"> • Understanding Health and Wellbeing: Explore healthy routines, physical activity, and emotional changes that can affect wellbeing. • Managing Wellbeing: Explore and use coping strategies and activities that support positive physical and emotional health. • Support and Safety: Explore when help is needed, know who can provide support, and follow advice that promotes health and wellbeing. 	<ul style="list-style-type: none"> • Understanding Health and Wellbeing: Describe how healthy lifestyles, routines, and habits support positive physical and emotional wellbeing. • Recognising and Managing Challenges: Identify signs of stress and mental health concerns, using healthy coping strategies and understanding the impact of external influences. • Accessing Support and Making Safe Choices: Recognise when help is needed, identify appropriate sources of support, and make informed decisions to maintain health and wellbeing. 	<ul style="list-style-type: none"> • Understanding Mental and Physical Health: Explain how physical health, mental health, lifestyle choices, and stress interact to influence overall wellbeing. • Building Resilience and Managing Challenges: Describe early signs of anxiety and stress, evaluate coping strategies, and develop resilience to support positive wellbeing. • Influences, Support, and Informed Decisions: Explain the impact of external influences, understand the value of early intervention, and access appropriate support when needed.

Year 10

Year 10			
Autum 1	<u>Explore</u>	<u>Extend</u>	<u>Excel</u>
Self-awareness 	<ul style="list-style-type: none"> • Recognising and Understanding Wellbeing: Explore sources of stress, emotional changes, and factors that affect personal wellbeing. • Managing Health and Wellbeing: Use coping strategies, relaxation techniques, and positive routines to support emotional and physical health. • Seeking Support and Staying Safe: Explore risky behaviours, know when help is needed, and identify appropriate sources of support. 	<ul style="list-style-type: none"> • Understanding Stress and Wellbeing: Describe how stress, anxiety, sleep, and diet affect physical, emotional, and mental wellbeing. • Building Resilience and Managing Challenges: Recognise signs of emotional distress and use appropriate coping and resilience strategies to support wellbeing. • Seeking Support and Making Safe Choices: Understand the risks of unhealthy coping behaviours, identify appropriate support services, and know when and how to seek help. 	<ul style="list-style-type: none"> • Understanding Mental Health and Wellbeing: Explain the causes and effects of stress, lifestyle factors, and mental health on wellbeing, behaviour, and decision-making. • Building Resilience and Managing Risk: Describe signs of mental health concerns, evaluate coping strategies, and develop resilience to maintain positive wellbeing. • Accessing Support and Reducing Barriers: Explain the role of support systems, recognise barriers to help-seeking, and access appropriate support when needed.

Year 11

Autum 1	<u>Explore</u>	<u>Extend</u>	<u>Excel</u>
<p data-bbox="168 391 353 475">Self-awareness</p> 	<ul style="list-style-type: none"> • Recognising and Understanding Wellbeing: Explore sources of stress, emotional changes, and external pressures that can affect wellbeing. • Managing Health and Wellbeing: Use appropriate calming strategies, maintain healthy routines, and recognise the impact of healthy and unhealthy habits. • Seeking Support and Staying Safe: Explore when help is needed, access trusted sources of support, and follow routines that promote safety and wellbeing. 	<ul style="list-style-type: none"> • Understanding Mental Health and Wellbeing: Identify factors that influence mental health, recognise personal stress triggers, and understand the impact of wellbeing on daily life. • Building Resilience and Independence: Recognise early signs of emotional distress and use independent coping strategies to manage challenges and maintain wellbeing. • Accessing Support and Seeking Help: Identify appropriate support services, recognise barriers to help-seeking, and know when and how to access support, including in urgent situations. 	<ul style="list-style-type: none"> • Understanding Mental Health and Wellbeing: Explain factors that influence mental health and evaluate the impact of wellbeing on long-term outcomes and quality of life. • Building Resilience and Managing Risk: Describe warning signs of emotional distress, evaluate coping strategies, and understand the importance of early intervention. • Independent Help-Seeking and Support: Explain support systems and barriers to accessing help, making informed and independent decisions about seeking appropriate support.



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GOALS **READINESS** **EDUCATION** **ACHIEVEMENT** **TALENT**

Autumn Term 2



Year 7

Autumn 2

Changing and Growing



Explore

- **Understanding Growth, Relationships, and Feelings:** Explore how people grow and change, identify emotions linked to change, and understand that friendships and families can be different.
- **Personal Safety and Boundaries:** Explore public and private behaviour, respond to personal boundaries, and recognise safe and unsafe interactions.
- **Support and Making Safe Choices:** Identify trusted adults, know when to seek help, and develop awareness that media does not always reflect real life.

Extend

- **Understanding Relationships and Growing Up:** Recognise physical changes associated with puberty, understand different types of relationships, and identify the features of healthy friendships.
- **Boundaries, Consent, and Safety:** Understand consent, respect personal boundaries, and recognise behaviours that are safe, appropriate, and respectful.
- **Support, Risk, and Media Awareness:** Describe signs of unhealthy behaviour, know how to access support, and recognise how media can influence perceptions of relationships and behaviour.

Excel

- **Understanding Growing Up and Relationships:** Explain the physical and emotional changes of puberty and recognise the characteristics of healthy and unhealthy relationships.
- **Respect, Consent, and Personal Boundaries:** Explain the importance of consent, respect personal boundaries, and communicate them appropriately in different situations.
- **Safety, Media Awareness, and Support:** Explain risks in relationships and online environments, understand the influence of media, and know when and how to access appropriate support.

Year 8

Autumn 2

Changing and Growing



Explore

- **Understanding Self and Relationships:** Explore changes in emotions and development, understand different types of relationships, and appreciate that families and relationships can be diverse.
- **Boundaries, Behaviour, and Safety:** Explore personal boundaries, identify appropriate behaviour in different settings, and recognise actions that help keep people safe.
- **Risk Awareness and Support:** Explore potential risks in relationships and media, know who to trust, and understand when and how to seek support.

Extend

- **Understanding Growing Up and Relationships:** Describe the physical and emotional changes of puberty, understand different types of relationships, and recognise the features of healthy and unhealthy relationships.
- **Consent, Boundaries, and Respect:** Understand consent, respect personal boundaries, and identify appropriate and inappropriate behaviours in relationships.
- **Safety, Influences, and Support:** Describe risks and pressures in relationships, understand the influence of social media, and know when and how to seek support.

Excel

- **Understanding Development and Relationships:** Explain how emotional and physical development influence decision-making and recognise the characteristics of healthy and unhealthy relationships.
- **Consent, Respect, and Managing Risk:** Explain the importance of consent and respect, identify power imbalances, and understand the risks associated with unhealthy relationship choices.
- **Media, Support, and Informed Choices:** Explain the influence of media on relationship expectations, assess sources of support, and seek reliable guidance when needed.

Year 9

Autumn 2

Changing and Growing



Explore

- **Understanding Relationships and Growing Up:** Explore how relationships and feelings can change over time, including the impact of puberty on health, emotions, and wellbeing.
- **Positive Relationships and Safety:** Explore safe and unsafe behaviours, understand ways to resolve conflict, and maintain respectful relationships.
- **Media Awareness and Support:** Explore how media can influence relationship expectations and know when and how to seek support from trusted adults or services.

Extend

- **Understanding Relationships, Growth, and Wellbeing:** Describe different types of relationships, understand physical development during puberty, and recognise how relationships can affect wellbeing.
- **Healthy Relationships and Managing Pressure:** Describe the features of healthy and unhealthy relationships, manage conflict appropriately, and recognise the influence of pressure and media.
- **Safety, Support, and Informed Choices:** Understand reproductive health and hygiene, recognise when support is needed, and access appropriate sources of help and guidance.

Excel

- **Understanding Relationships and Personal Responsibility:** Explain the emotional impact of relationships, understand consent, and make informed decisions that consider the wellbeing of themselves and others.
- **Relationships, Development, and Risk Awareness:** Explain personal development, identify healthy and unhealthy relationship behaviours, and recognise risks such as controlling or manipulative behaviour.
- **Influences, Safety, and Informed Choices:** Explain the impact of peer and media influences, develop critical awareness, and know when and how to seek appropriate support.

Year 10

Autumn 2

Changing and Growing



Explore

- **Understanding Human Development and Relationships:** Explore life stages, puberty, reproduction, and the different types of relationships that can affect wellbeing.
- **Safety, Risk, and Responsible Choices:** Explore risks within relationships and make informed decisions that support personal safety and wellbeing.
- **Influence, Support, and Help-Seeking:** Explore the impact of media and external influences and know how to access appropriate support when needed.

Extend

- **Understanding Development, Relationships, and Identity:** Describe human development, reproduction, and the emotional factors that influence relationships, while recognising diversity and challenging stereotypes.
- **Consent, Safety, and Informed Decision-Making:** Understand consent, identify unhealthy or unsafe relationship behaviours, and recognise risks and pressures that may affect choices.
- **Influence, Support, and Help-Seeking:** Describe the impact of media and external influences on relationships and know how to access appropriate support and report concerns when needed.

Excel

- **Understanding Relationships, Sexual Health, and Responsibility:** Explain sexual health, reproduction, consent, and the responsibilities and consequences associated with relationship decisions.
- **Recognising Risk, Power, and Safeguarding:** Explain exploitation, coercion, abuse, and unhealthy power dynamics, understanding how to stay safe and access safeguarding support.
- **Critical Thinking, Influence, and Wellbeing:** Explain the impact of media and social influences on relationships, make informed choices, and promote personal wellbeing and respect for others.

Year 11

Autumn 2

Changing and Growing



Explore

- **Understanding Relationships and Personal Development:** Explore life stages, different types of relationships, and how relationships can change over time.
- **Safety, Consent, and Healthy Choices:** Explore risks and unhealthy behaviours, understand the importance of consent, and recognise pressures that can influence decision-making.
- **Wellbeing, Self-Care, and Support:** Explore personal wellbeing through self-care and hygiene and know when and how to access appropriate support.

Extend

- **Understanding Human Development and Relationships:** Describe life stages, reproduction, and the physical, emotional, and social changes that occur as people grow and develop relationships.
- **Sexual Health, Consent, and Relationship Safety:** Understand sexual health risks and prevention, recognise the importance of consent, and identify healthy and unhealthy relationship behaviours.
- **Influence, Safeguarding, and Support:** Describe the impact of external influences, recognise safeguarding concerns, and know when and how to access appropriate support and guidance.

Excel

- **Understanding Relationships, Rights, and Responsibility:** Explain relationships, consent, power dynamics, and decision-making, recognising how choices can affect wellbeing and long-term outcomes.
- **Recognising Risk and Staying Safe:** Describe sexual health risks, safeguarding concerns, unhealthy relationship behaviours, and the legal protections that support personal safety.
- **Critical Awareness, Support, and Help-Seeking:** Explain the influence of media and online content, challenge harmful attitudes, and confidently access appropriate support when concerns arise.



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GOALS READINESS EDUCATION ACHIEVEMENT TALENT

Spring Term1



Year 7

Spring 1

Healthy
Lifestyles



Explore

- **Healthy Lifestyles and Physical Wellbeing:** Explore healthy food choices, the importance of sleep and physical activity, and how daily habits support overall wellbeing.
- **Self-Care, Hygiene, and Safety:** Explore personal hygiene routines and understand how to keep the body healthy and safe.
- **Wellbeing, Balance, and Diversity:** Explore wellbeing, understand the effects of screen time, and recognise and respect differences in body shape and size.

Extend

- **Healthy Lifestyles and Wellbeing:** Describe how nutrition, sleep, exercise, and healthy routines support physical health, mental wellbeing, and learning.
- **Personal Safety and Self-Care:** Understand the importance of hygiene, recognise risks associated with harmful substances, and make choices that promote health and safety.
- **Positive Wellbeing and Informed Choices:** Describe the influence of media on wellbeing, use strategies to manage emotions, and maintain a healthy balance in daily life.

Excel

- **Healthy Lifestyles and Physical Wellbeing:** Explain how nutrition, physical activity, sleep, and lifestyle choices contribute to long-term physical and emotional health.
- **Health, Risk, and Personal Responsibility:** Explain the role of hygiene in preventing illness and recognise the risks associated with smoking, alcohol, vaping, and other unhealthy behaviours.
- **Wellbeing, Media, and Informed Choices:** Explain the influence of media on body image and self-esteem, and use effective strategies to manage stress and maintain wellbeing.

Year 8

Spring 1

Healthy Lifestyles



Explore

- **Healthy Lifestyles and Wellbeing:** Explore the importance of healthy routines, physical activity, sleep, and balanced choices in supporting overall wellbeing.
- **Risk Awareness and Informed Choices:** Explore risks associated with substances and media influences, developing the skills to make safe and healthy decisions.
- **Emotional Wellbeing and Support:** Explore signs of stress or overwhelm, use simple strategies to manage wellbeing, and know when and how to seek support.

Extend

- **Healthy Lifestyles and Wellbeing:** Describe how sleep, diet, exercise, and healthy routines support physical health, mental wellbeing, and daily functioning.
- **Risk Awareness and Informed Choices:** Understand the effects of alcohol, smoking, vaping, and media influences on health, body image, and decision-making.
- **Emotional Wellbeing and Support:** Describe the signs of stress, use effective strategies to manage wellbeing, and know when and how to access support.

Excel

- **Healthy Lifestyles and Wellbeing:** Explain how sleep, diet, physical activity, and other lifestyle factors interact to influence physical health, mental wellbeing, and emotional regulation.
- **Risk, Influence, and Decision-Making:** Explain the impact of substances, social media, and peer influence on health behaviours, body image, and personal choices.
- **Resilience, Support, and Informed Choices:** Explain coping strategies and support systems, using evidence and reasoning to make informed decisions that promote positive wellbeing.

Year 9

Spring 1

Healthy
Lifestyles



Explore

- **Healthy Lifestyles and Wellbeing:** Explore the importance of healthy eating, physical activity, rest, and relaxation in supporting physical and emotional wellbeing.
- **Understanding Risk and Personal Awareness:** Explore the effects of stress, recognise influences on choices and body image, and understand risks associated with unhealthy behaviours.
- **Wellbeing, Support, and Positive Choices:** Use strategies to maintain wellbeing, make healthy decisions, and know when and how to seek support.

Extend

- **Understanding Health and Wellbeing:** Describe how stress, diet, exercise, and lifestyle choices affect physical health, emotional wellbeing, and long-term health outcomes.
- **Risk, Influence, and Informed Decision-Making:** Recognise the risks of unhealthy behaviours, and evaluate the influence of peers, media, and body image on personal choices.
- **Coping Strategies, Support, and Resilience:** Describe strategies to manage stress, build resilience, and know when and how to access appropriate support.

Excel

- **Understanding Health, Wellbeing, and Lifestyle:** Explain how diet, sleep, stress, and other lifestyle factors interact to influence physical and mental wellbeing.
- **Risk, Influence, and Decision-Making:** Explain the impact of peer pressure, body image, media, and substance use on behaviour, choices, and long-term health outcomes.
- **Resilience, Support, and Healthy Choices:** Explain coping strategies, challenge barriers to seeking help, and make informed decisions that promote a healthy and balanced lifestyle.

Year 10

Spring 1

Healthy
Lifestyles



Explore

- **Healthy Lifestyles and Wellbeing:** Explore healthy and unhealthy lifestyle behaviours, understanding how physical activity and positive routines support overall wellbeing.
- **Understanding Emotions and Coping:** Explore stress triggers, body image concerns, and coping strategies that help manage emotions and maintain wellbeing.
- **Risk, Influence, and Support:** Explore the influence of media and substances on health and behaviour and know when and how to access appropriate support.

Extend

- **Understanding Health and Wellbeing:** Describe how lifestyle choices, routines, exercise, and stress can affect physical health, mental health, and overall wellbeing.
- **Risk Awareness and Resilience:** Recognise the risks associated with substance misuse and body image pressures and use healthy coping strategies to manage challenges.
- **Support, Safety, and Positive Choices:** Understand the importance of resilience, identify appropriate sources of support, and make informed decisions that promote health and wellbeing.

Excel

- **Understanding Health, Lifestyle, and Wellbeing:** Explain how lifestyle choices, addiction, and social influences can affect mental health, self-esteem, and long-term wellbeing.
- **Resilience, Coping, and Decision-Making:** Explain coping strategies, manage stress effectively, and make informed decisions that support positive health and wellbeing.
- **Risk, Support, and Critical Awareness:** Explain the impact of substance misuse and media influences, recognise barriers to seeking help, and access appropriate support when needed.

Year 11

Spring 1

Healthy
Lifestyles



Explore

- **Personal Responsibility and Wellbeing:** Explore how personal choices, habits, and routines can affect physical health, emotional wellbeing, and overall quality of life.
- **Managing Emotions and Building Independence:** Explore stress triggers and use appropriate coping strategies to support emotional wellbeing and develop independence.
- **Risk Awareness, Safety, and Support:** Explore risks and unsafe behaviours, make safe choices, and know when and how to access appropriate support.

Extend

- **Understanding Health, Wellbeing, and Lifestyle:** Describe how lifestyle choices, stress, body image, and change can affect long-term physical, emotional, and mental wellbeing.
- **Resilience, Independence, and Decision-Making:** Understand coping and resilience strategies, develop independence, and make informed choices that support health and wellbeing.
- **Risk Awareness, Safety, and Support:** Describe the risks of addiction and substance misuse and know when and how to access appropriate support and guidance.

Excel

- **Understanding Health, Wellbeing, and Life Outcomes:** Explain how lifestyle choices, health behaviours, and body image can influence long-term wellbeing, identity, and future life outcomes.
- **Resilience, Coping, and Risk Awareness:** Explain coping strategies, manage stress during periods of change, and understand the impact of addiction and other risks on health and wellbeing.
- **Independence, Decision-Making, and Support:** Explain health decisions, evaluate the effectiveness of support systems, and develop independence in maintaining long-term wellbeing.



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GOALS READINESS EDUCATION ACHIEVEMENT TALENT

Spring Term 2



Year 7

Spring 2

The World We Live In



Explore

- **Identity, Community, and Diversity:** Explore individual differences, understand the roles people play in the community, and identify adults who provide help and support.
- **Responsibility, Safety, and Everyday Choices:** Explore rules, using technology safely, and develop awareness of making choices about needs, wants, and personal responsibility.
- **Environment, Media, and Support:** Explore how to care for the environment, recognise that online content may not always be real, and know when and how to seek help.

Extend

- **Diversity, Rights, and Community:** Understand and respect differences between people, recognise individual rights and responsibilities, and appreciate the role individuals play within their community.
- **Safety, Responsibility, and Informed Choices:** Understand the importance of rules, stay safe online, and recognise how advertising and other influences can affect decisions.
- **Money, Environment, and Positive Action:** Develop awareness of money, work, and environmental responsibility, and understand how personal actions can contribute positively to society.

Excel

- **Diversity, Rights, and Community:** Explore how diversity, rights, responsibilities, and individual contributions help create inclusive, fair, and supportive communities.
- **Online Safety and Informed Decision-Making:** Explore online risks, assess the reliability of digital content, and make safe and responsible choices in online environments.
- **Financial Awareness, Responsibility, and Support:** Understand how money, advertising, and environmental responsibility influence decisions, and know how to access trusted sources of support when needed.

Year 8

Spring 2

The World We Live In



Explore

- **Community, Diversity, and Belonging:** Explore different communities and groups, understand how people contribute to society, and develop a sense of belonging and cooperation.
- **Responsibility, Safety, and Everyday Life:** Explore rules in different settings, stay safe online, and develop awareness of money, work, and responsible decision-making.
- **Environment and Positive Contribution:** Explore the importance of caring for the environment and understand how individual actions can positively impact the community and wider world.

Extend

- **Diversity, Responsibility, and Community:** Understand diversity within communities, recognise the importance of rules and responsibilities, and appreciate how individuals contribute positively to society.
- **Online Safety and Informed Choices:** Identify online risks, recognise misleading information and advertising influences, and behave safely and responsibly in digital environments.
- **Financial Awareness and Support:** Understand how money is earned and managed, recognise different employment roles, and know when and how to access appropriate support and report concerns.

Excel

- **Diversity, Responsibility, and Society:** Explain how diversity, employment, laws, and individual contributions help create fair, inclusive, and sustainable communities.
- **Critical Thinking and Informed Decision-Making:** Explain online risks, advertising, and digital influences, using critical thinking to make safe and responsible choices.
- **Financial Awareness, Wellbeing, and Support:** Describe financial decisions, understand the importance of support services, and make informed choices that promote personal wellbeing and independence.

Year 9

Spring 2

The World We Live In



Explore

- **Diversity, Responsibility, and Community:** Explore diversity in society, understand the importance of rules and laws, and identify how individuals contribute positively to their communities.
- **Online Safety and Informed Choices:** Explore online risks, understand how others can influence behaviour and decision-making, and use technology safely and responsibly.
- **Money, Careers, Environment, and Support:** Explore financial responsibility, career opportunities, environmental issues, and know when and how to access support.

Extend

- **Diversity, Responsibility, and Community:** Understand diversity in society, explain community responsibilities, and recognise how individuals contribute to inclusive and respectful communities.
- **Safety, Laws, and Informed Decision-Making:** Understand the difference between rules and laws, recognise risks such as scams and online manipulation, and make safe and responsible choices.
- **Financial Awareness, Media Literacy, and Support:** Develop budgeting and career awareness, evaluate the influence of media and peers, and know when and how to access appropriate support.

Excel

- **Equality, Diversity, and Social Responsibility:** Explain the impact of discrimination, understand how laws promote fairness and inclusion, and recognise the responsibilities individuals have within society.
- **Critical Thinking, Online Safety, and Decision-Making:** Explain online risks, misinformation, social media influences, and peer pressure to make informed and responsible choices.
- **Financial Awareness, Future Planning, and Active Citizenship:** Understand financial and career decisions, understand environmental and ethical responsibilities, and know how to report concerns and access support when needed.

Year 10

Spring 2

The World We Live In



Explore

- **Society, Responsibility, and Community:** Explore key issues affecting society, understand the role of laws and community responsibilities, and identify how individuals contribute to the wider world.
- **Safety, Influence, and Informed Choices:** Explore online risks, scams, and media influences, developing the skills to make safe and responsible decisions.
- **Money, Careers, and Support:** Explore financial choices, career pathways, and environmental issues, and know when and how to access appropriate support.

Extend

- **Society, Responsibility, and Community:** Understand key social issues, recognise individual responsibilities, and explain how actions can impact communities locally and globally.
- **Safety, Laws, and Informed Decision-Making:** Understand how laws protect people, recognise risks such as fraud, exploitation, and online manipulation, and make safe and responsible choices.
- **Financial Awareness, Media Literacy, and Support:** Understand financial planning and career awareness, evaluate the influence of media and environmental issues, and know how to access support and report concerns when needed.

Excel

- **Understanding Society, Influence, and Responsibility:** Explain societal issues, evaluate the role of laws and systems, and understand how individuals, organisations, and communities shape outcomes.
- **Financial Awareness, Digital Literacy, and Informed Decision-Making:** Explain financial risks and planning strategies, and analyse how media, influencers, algorithms, and online environments influence beliefs and behaviour.
- **Independence, Future Planning, and Positive Contribution:** Explain decisions about careers, wellbeing, and environmental responsibility, demonstrating independence and positive citizenship.

Year 11

Spring 2

The World We Live In



Explore

- **Diversity, Responsibility, and Community:** Explore diversity and inclusion, understand laws and responsibilities, and identify how people contribute positively to their communities.
- **Online Safety and Informed Choices:** Explore risks in online environments, understand how others can influence behaviour and decisions, and use technology safely and responsibly.
- **Financial Awareness, Careers, and Support:** Explore financial responsibilities and career opportunities and know when and how to access appropriate support and guidance.

Extend

- **Equality, Responsibility, and Community:** Understand equality and diversity, recognise rights and responsibilities, and explain how individuals contribute positively to society and their communities.
- **Safety, Risk, and Informed Decision-Making:** Recognise risks such as exploitation, fraud, misinformation, and online harm, and understand how laws help to protect individuals and communities.
- **Future Planning, Media Awareness, and Support:** Develop financial and career awareness, evaluate the influence of media and culture, and know when and how to access appropriate support and guidance.

Excel

- **Equality, Rights, and Social Responsibility:** Explain the impact of inequality and discrimination, evaluate the role of laws in promoting fairness and inclusion, and recognise the responsibilities of active citizenship.
- **Digital Awareness, Risk, and Informed Decision-Making:** Explain online risks, exploitation, scams, misinformation, and digital influences, using critical thinking to make safe and responsible choices.
- **Financial Independence, Future Planning, and Sustainability:** Explain financial and career decisions, understand environmental sustainability, and make informed choices that support long-term wellbeing and positive societal outcomes.



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GOALS READINESS EDUCATION ACHIEVEMENT TALENT

Summer Term 1



Year 7

Summer 1

Managing Feelings



Explore

- **Understanding Emotions and Relationships:** Explore and understand emotions in themselves and others, recognising how feelings can be influenced by situations and relationships.
- **Managing Emotions and Responding to Challenges:** Explore how emotions affect thoughts and behaviour and use appropriate strategies to manage feelings and respond to difficulties.
- **Seeking Support and Building Wellbeing:** Explore when support is needed, identify trusted sources of help, and develop positive relationships that support emotional wellbeing.

Extend

- **Understanding Emotions and Relationships:** Describe a range of emotions, recognise how feelings affect behaviour, and develop empathy by understanding the emotions and experiences of others.
- **Managing Emotions and Responding to Challenges:** Describe strategies to regulate emotions, respond positively to conflict, and understand the impact of friendships and relationships on wellbeing.
- **Communication, Support, and Wellbeing:** Understand feelings effectively, recognise when support is needed, and identify trusted people who can help maintain emotional wellbeing.

Excel

- **Understanding Emotions, Behaviour, and Relationships:** Explain how emotions influence behaviour and decision-making, recognise emotional cues in others, and understand the impact of relationships on wellbeing.
- **Managing Emotions and Responding to Challenges:** Explain strategies for emotional regulation and assess effective responses to conflict, unkind behaviour, and challenging situations.
- **Support Networks and Help-Seeking:** Explain the value of support networks, identify appropriate sources of help, and make informed decisions about seeking support to maintain emotional wellbeing.

Year 8

Summer 1

Managing Feelings



Explore

- **Understanding Emotions and Emotional Awareness:** Explore a range of emotions, identify mood changes and emotional triggers, and develop empathy by understanding how others may feel in different situations.
- **Managing Emotions and Relationships:** Explore strategies to regulate emotions, recognise and resolve friendship conflicts, and respond positively to challenges and disagreements.
- **Seeking Support and Maintaining Wellbeing:** Explore when help is needed, identify appropriate sources of support, and develop confidence in accessing help to maintain emotional wellbeing.

Extend

- **Understanding Emotions and Wellbeing:** Describe how emotions can change, identify common triggers and signs of stress or anxiety, and understand how emotional health affects overall wellbeing.
- **Managing Emotions and Relationships:** Describe strategies to manage emotions, recognise the role of communication in relationships, and respond positively to conflict and relationship challenges.
- **Support, Help-Seeking, and Resilience:** Understand when additional support is needed, identify appropriate sources of help, and develop resilience in maintaining emotional wellbeing.

Excel

- **Analysing Emotional Patterns and Responses:** Pupils will be able to explain patterns in emotional responses, including triggers and the physical and emotional effects of stress and anxiety.
- **Evaluating Causes and Impact of Stress:** Pupils will be able to explain the causes of stress and anxiety and understand the importance of emotional awareness in managing wellbeing.
- **Managing Emotions and Coping Strategies:** Pupils will be able to explain and justify the use of appropriate emotional regulation strategies, distinguishing between healthy and unhealthy coping mechanisms.

Year 9

Summer 1

Managing Feelings



Explore

- **Understanding Emotions and Wellbeing:** Explore emotional changes during adolescence, understand the impact of stress and strong feelings, and identify how emotions can affect daily life and wellbeing.
- **Managing Emotions and Relationships:** Explore coping strategies to manage emotions, understand how friendships influence wellbeing, and respond positively to conflict and disagreements.
- **Support, Resilience, and Help-Seeking:** Explore support networks, recognise when help is needed, and know how to access appropriate support to maintain emotional wellbeing.

Extend

- **Understanding Emotions, Behaviour, and Wellbeing:** Recognise emotional changes linked to puberty, identify triggers for stress and anxiety, and understand how emotions can influence behaviour and overall wellbeing.
- **Managing Emotions and Relationships:** Describe coping strategies, avoid unhealthy responses to challenges, and understand how relationships, communication, and conflict can affect mental health.
- **Support, Resilience, and Help-Seeking:** Recognise when support is needed, identify appropriate support systems and services, and develop resilience through positive help-seeking behaviours.

Excel

- **Understanding Emotions, Wellbeing, and Decision-Making:** Describe emotional development, understand how stress and change affect wellbeing, and explain how emotions influence behaviour and decision-making.
- **Managing Emotions and Building Resilience:** Explain coping strategies, recognise the impact of relationships and conflict on mental health, and develop resilience through positive responses to challenges.
- **Support, Help-Seeking, and Positive Wellbeing:** Describe the effectiveness of support systems, recognise when help is needed, and make informed decisions to maintain emotional wellbeing.

Year 10

Summer 1

Managing Feelings



Explore

- **Understanding Emotions and Wellbeing:** Explore emotional patterns, identify triggers for stress, and understand how emotional distress can affect wellbeing.
- **Managing Emotions and Relationships:** Explore familiar coping strategies, identify relationship difficulties, and apply simple approaches to resolve conflict and maintain positive wellbeing.
- **Support, Resilience, and Help-Seeking:** Explore activities and support networks that promote wellbeing, and know when and how to seek help from others.

Extend

- **Understanding Emotions, Behaviour, and Wellbeing:** Describe long-term emotional patterns, identify causes of ongoing stress, and understand how emotional distress can affect behaviour and overall wellbeing.
- **Managing Emotions and Relationships:** Describe effective coping strategies, recognise the risks of unhealthy coping behaviours, and understand how relationships can positively or negatively influence mental health.
- **Support, Resilience, and Help-Seeking:** Describe early signs of emotional distress, understand the importance of seeking support, and identify appropriate services and networks that promote emotional wellbeing.

Excel

- **Understanding Emotional Wellbeing and Mental Health:** Explain long-term emotional patterns, evaluate the impact of stress on mental health, and recognise early warning signs of emotional difficulties.
- **Managing Emotions and Building Resilience:** Explain coping strategies, understand the risks of unhealthy coping behaviours, and apply effective approaches to maintain positive emotional wellbeing.
- **Relationships, Support, and Help-Seeking:** Explain how relationships influence emotional health, evaluate support systems and interventions, and understand how to overcome barriers to accessing help.

Year 11

Summer 1

Managing Feelings



Explore

- **Understanding Emotions and Wellbeing:** Explore emotional responses to change and transition, identify sources of stress, and develop awareness of emotional challenges that can affect wellbeing.
- **Managing Emotions and Building Resilience:** Explore personal coping strategies, understand how relationships influence mood and wellbeing, and develop resilience when facing challenges.
- **Relationships, Support, and Help-Seeking:** Explore conflict in relationships, identify appropriate sources of support, and know when and how to seek help when needed.

Extend

- **Understanding Emotions, Behaviour, and Wellbeing:** Describe emotional responses to change and uncertainty, identify triggers and early signs of stress or anxiety, and explain how emotions can influence behaviour and decision-making.
- **Managing Emotions and Building Resilience:** Describe coping strategies, recognise the risks of unmanaged stress, and develop habits that support positive emotional wellbeing over time.
- **Relationships, Support, and Help-Seeking:** Understand the role of relationships in emotional wellbeing, recognise when support is needed, and identify appropriate sources of help and guidance.

Excel

- **Understanding Emotions, Wellbeing, and Life Changes:** Explain emotional responses to major life transitions, recognise early signs of mental health concerns, and understand how emotions can influence long-term wellbeing and outcomes.
- **Managing Emotions and Building Resilience:** Explain emotional regulation and coping strategies in a range of situations, developing resilience and positive approaches to managing challenges.
- **Relationships, Support, and Help-Seeking:** Explain how relationships contribute to resilience, understand the risks of delayed help-seeking, and identify appropriate sources of support to maintain emotional wellbeing.



PSHE/RSE

*'Inspiring **GREAT**ness!'*

GOALS READINESS EDUCATION ACHIEVEMENT TALENT

Summer Term 2



Year 7

Summer 2

Self-Care, Support and Safety



Explore

- **Understanding Safety and Wellbeing:** Explore when they feel unwell, identify risks and unsafe situations, and understand how to keep themselves safe and healthy.
- **Personal Safety and Self-Care:** Explore safety rules and routines, maintain personal care habits, and develop awareness of safe behaviours in different environments.
- **Support and Help-Seeking:** Explore trusted adults and support networks, recognise when help is needed, and know how to seek support appropriately.

Extend

- **Health, Safety, and Wellbeing:** Recognise signs of illness, understand the importance of hygiene, and identify risks and behaviours that help keep themselves healthy and safe.
- **Personal Safety and Risk Awareness:** Understand personal boundaries, recognise appropriate and inappropriate touch, identify basic online safety risks, and follow safety rules in different environments.
- **Support, Help-Seeking, and Emergency Response:** Identify trusted adults and emergency services, understand their roles, and know when and how to seek help in a range of situations.

Excel

- **Health, Safety, and Risk Awareness:** Explain how to maintain personal health and hygiene, evaluate safe and unsafe behaviours, and recognise risks in everyday and online situations.
- **Personal Safety and Boundaries:** Describe personal boundaries, explain safe and unsafe touch, and apply strategies to protect personal safety and wellbeing.
- **Support, Help-Seeking, and Informed Decisions:** Evaluate reliable sources of support, evaluate options for seeking help, and make informed decisions that promote safety and wellbeing.

Year 8

Summer 2 Self-Care, Support and Safety



Explore

- **Health, Safety, and Wellbeing:** Explore changes in personal health and wellbeing, maintain hygiene routines, and identify safe behaviours that support health and safety.
- **Risk Awareness and Personal Safety:** Explore risks and unsafe situations in the community and online, and apply strategies to stay safe in different environments.
- **Support Networks and Help-Seeking:** Explore trusted sources of support, understand when help is needed, and know how to access appropriate help and guidance.

Extend

- **Health, Safety, and Wellbeing:** Recognise signs of illness, understand the importance of hygiene, and know how to respond appropriately to support personal health and wellbeing.
- **Risk Awareness, Boundaries, and Personal Safety:** Identify risks in public, unfamiliar, and online environments, understand personal boundaries, and use strategies to stay safe.
- **Support, Emergency Response, and Help-Seeking:** Identify trusted adults and services, know how to access emergency help, and understand the importance of seeking support early when concerns arise.

Excel

- **Health, Safety, and Independence:** Describe factors that affect personal health and wellbeing, evaluate risks associated with increasing independence, and make informed decisions to stay safe in everyday situations.
- **Risk Management, Boundaries, and Digital Safety:** Describe safety strategies in a range of environments, understand the importance of personal boundaries, and assess online safety practices to manage risk effectively.
- **Support Networks, Emergency Response, and Help-Seeking:** Describe the role of trusted support networks, evaluate emergency response procedures, and know when and how to access appropriate support.

Year 9

Summer 2 Self-Care, Support and Safety



Explore

- **Health, Safety, and Wellbeing:** Explore signs of illness or injury, understand personal hygiene needs, and identify behaviours that support health, wellbeing, and personal safety.
- **Risk Awareness and Staying Safe:** Explore risks in everyday, public, and online environments, and apply safe behaviours to protect themselves in different situations.
- **Support Networks and Help-Seeking:** Explore when support is needed, identify trusted adults and appropriate sources of help, and know how to seek assistance confidently and appropriately.

Extend

- **Health, Safety, and Wellbeing:** Describe symptoms of illness, understand the importance of hygiene, and recognise how personal choices can affect health, wellbeing, and safety.
- **Risk Awareness, Personal Safety, and Online Protection:** Identify risks in public and online environments, understand personal boundaries, and respond appropriately to emergencies and potential dangers.
- **Support, Planning, and Help-Seeking:** Recognise the value of safety planning, identify appropriate support services, and know when and how to access help to stay safe and well.

Excel

- **Risk Awareness, Safety, and Decision-Making:** Explain short- and long-term health risks, evaluate safety in public and online environments, and make informed decisions to manage risk effectively.
- **Personal Safety, Boundaries, and Consent:** Describe safety strategies, understand the importance of boundaries and consent, and apply this knowledge to protect personal wellbeing.
- **Support Systems, Emergency Response, and Help-Seeking:** Explain the role of support networks, evaluate responses to emergencies and risk, and know when and how to access appropriate support.

Year 10

Summer 2

Self-Care, Support and Safety



Explore

- **Health, Safety, and Risk Awareness:** Explore health concerns and risks in a range of situations, understand the consequences of unsafe choices, and identify behaviours that promote personal safety and wellbeing.
- **Managing Risk and Staying Safe:** Explore unsafe environments, respond appropriately to emergencies, and use strategies to manage risk and protect themselves in different contexts.
- **Online Safety, Support, and Help-Seeking:** Explore online risks, recognise when help is needed, and access trusted support networks to maintain safety and wellbeing.

Extend

- **Health, Safety, and Risk Prevention:** Understand health and safeguarding risks, recognise the consequences of risky behaviour, and use strategies to maintain personal safety and wellbeing.
- **Personal Safety, Boundaries, and Online Awareness:** Describe personal rights and boundaries, identify online and relationship risks, and make informed choices to stay safe in different environments.
- **Emergency Response, Support, and Responsible Action:** Understand emergency procedures, recognise the role of support services, and know how to seek help for themselves and others appropriately.

Excel

- **Safeguarding, Risk, and Informed Decision-Making:** Describe safeguarding and exploitation risks, evaluate the consequences of unsafe choices, and make informed decisions to maintain personal safety and wellbeing.
- **Health Information, Safety Strategies, and Personal Rights:** Explain health information and safety strategies, understand personal rights and legal protections, and apply this knowledge in a range of contexts.
- **Support, Emergency Response, and Help-Seeking:** Explain the effectiveness of support systems and emergency responses, recognise barriers to accessing help, and know when and how to seek appropriate support.

Year 11

Summer 2

Self-Care, Support and Safety



Explore

- **Understanding Health, Safety, and Risk:** Explore health concerns and safety risks in everyday, online, and increasingly independent situations, and understand the consequences of unsafe behaviour.
- **Safe Decision-Making and Responding to Emergencies:** Explore effective safety strategies, make informed choices, and respond appropriately in emergency or high-risk situations.
- **Support, Independence, and Help-Seeking:** Explore trusted services and sources of support, develop independence in managing risk, and know when and how to seek help.

Extend

- **Health, Safety, and Independent Living:** Understand the responsibilities that come with increasing independence, recognise health and safety risks, and develop strategies for maintaining wellbeing.
- **Safeguarding, Risk, and Informed Decision-Making:** Identify safeguarding concerns, understand legal protections and the consequences of risk-taking behaviour, and make safe and responsible choices.
- **Online Safety, Support, and Help-Seeking:** Describe online risks, identify appropriate support services, and know when and how to access help to stay safe and well.

Excel

- **Safeguarding, Risk, and Informed Decision-Making:** Describe safeguarding and exploitation risks, evaluate health and safety information, and make confident, informed decisions to protect personal wellbeing.
- **Personal Safety, Rights, and Responsibilities:** Understand legal rights and responsibilities, assess risks in unfamiliar and online environments, and apply effective strategies to maintain safety and independence.
- **Support Systems, Risk Management, and Help-Seeking:** Explain the consequences of unsafe behaviours, understand how to access appropriate support, and use effective risk-management strategies when responding to concerns.