

PSHE/Citizenship 5 Year Curriculum Plan 2023-2024

Year 7 to 9

	Health and Wellbeing	
	Relationships	
	Living in the Wider World	
	Citizenship	Careers/Futures
	Religious Education	
	Revision-exam prep	

	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Year 7	<p>PSHE – Health and Wellbeing</p> <ol style="list-style-type: none"> How is Year 7 different? What are my personal strengths and weaknesses? What factors will impact my self-confidence and self-esteem? What are the benefits of Physical Activity, exercise and sleep? How can I be more physically active? What is mental health and how can mental health be supported? What goals can I set for a good mental and physical wellbeing? 	<p>PSHE – Health and Wellbeing</p> <ol style="list-style-type: none"> What are the risks online? How can I be safe online? What is sexting and the law? What are the negative impacts of social media? Where can someone report and get support with issues online? What is cyberbullying and how can someone gain support? How can cyberbullying impact someone’s mental health? 	<p>PSHE - Relationships</p> <ol style="list-style-type: none"> What are the features of positive relationships (teams, class, friendships)? What are the practical steps on how to take in different relationships to ensure respectful relationships? How can I manage breakdowns in friendships? How behaviors in relationships can be criminal? What are the characteristics in a positive intimate 1-1 relationship? Trust, loyalty and respect in relationships What is physical puberty? What is the menstruation cycle? What options are there? 	<p>PSHE - Careers</p> <ol style="list-style-type: none"> Why is getting employment important? How have jobs changed over time? What does the law say about pay? <ol style="list-style-type: none"> Life ready, work ready. Life ready, work ready. 	<p>PSHE – Living in the Wider World</p> <ol style="list-style-type: none"> Similarities, differences and diversity. How is Britain diverse? How can we recognize and challenge stereotypes? How can stereotypes can cause damage? What is Hate Crime? How can it impact an individual? Who are Prevent? How can they support someone? What is Racism and Sexism? How can someone be impacted by this? Why is it important to Recycle? What is first aid? Part 1 & part 2 	<p>PSHE -Citizenship</p> <ol style="list-style-type: none"> What are our British values? Why does politics matter- what does it do for me? What is the national government & my MP? What is the local government & councillors? What are the local solutions to local issues? Charities; fundraising What is FGM and how can it impact someone?
Year 8	<p>PSHE – Health and Wellbeing</p> <ol style="list-style-type: none"> What is Body image and how does the media impact it? What impact can online Trolling regarding body image have on an individual? What is obesity and dieting? How can eating disorders impact someone? What is Self-Harm? Where can someone go for help and support? What are the different types of drugs and the UK law on drugs? How can someone be peer pressured into taking drugs and alcohol? 	<p>Careers-Can your digital footprint effect your Career?</p> <ol style="list-style-type: none"> What is stereotyping in the world of work and what are your legal rights? (Employment law) What does you Facebook tell an employer about you? How do I get experience when I don’t have any? How do I present myself? Isn’t work something you get paid for doing? 	<p>PSHE - Citizenship</p> <ol style="list-style-type: none"> How are British Values enforced in the UK-legislation? What are a citizen’s rights & responsibilities? What are the alternative forms of government? Who are amnesty International and what do they do? What are Human Rights violations in relation to democratic freedoms? What are Human Rights violations in relation to individual liberty? What are Human rights violations in relation to rule of law? 	<p>PSHE- Relationships</p> <ol style="list-style-type: none"> What is FGM and the law? What are STIs including HIV and AIDs? How can someone have safe sex and delay having sex? What are different contraception choices? How might teenage pregnancy impact someone’s life? What are the options surrounding teenage pregnancy? 	<p>PSHE-Relationships</p> <ol style="list-style-type: none"> How can I identify an intimate relationship and pressure in an intimate relationship? What is consent and why is it important? Advice on relationships. What are the expectations of a boyfriend/girlfriend? What are the different types of sexual relationships (LGBTQ+)? What is sexual harassment? 	<p>PSHE – Living in the Wider World</p> <ol style="list-style-type: none"> What are human rights and British Law? How can I challenge stereotypes, prejudice, bigotry and bullying? How can extremism happen? Why might someone get radicalized? What is prevent? How can it support someone? How can I perform CPR on an adult and child? How can I respond if someone is having an asthma attack?
Year 9	<p>PSHE – Health and Wellbeing</p> <ol style="list-style-type: none"> What are the common types of mental ill health? What are the implementations of mental ill health? To know the facts about legal and illegal drugs. To know the risks associated with legal and illegal drugs. How are young people exploited through county lines? How can county lines impact the life of an individual? 	<p>PSHE - Relationships</p> <ol style="list-style-type: none"> How is sex portrayed in the media? What is pornography and the law? What are the implications of pornography? What are the implications of sharing explicit images? How can someone identify grooming? Where can someone get support regarding grooming? How can I stay safe using social media and being online? What is sexual harassment? 	<p>Careers-Your Future- Your Choice</p> <ol style="list-style-type: none"> What subjects do I like and why? Subject skills links to STEM (Pod casts) Who and what could/should influence my choices? ‘I could’ ICT skills and aptitudes survey What do I ask at options evening? What are my post 16 pathways? 	<p>PSHE - Relationships</p> <ol style="list-style-type: none"> What is exploitation, bullying, harassment and control in relationships? How can relationships be abusive? What are the impacts of domestic abuse? What is forced marriage? How can someone be supported? What is sexual abuse? What are the strategies to withdraw consent? How can I manage a breakdowns in relationships and gain support? 	<p>PSHE - Citizenship</p> <ol style="list-style-type: none"> Why does politics matter to me & Political parties How does the political system work in the UK? How can I vote? How does voting work in the UK? How are laws made? 	<p>PSHE – Living in the Wider World</p> <ol style="list-style-type: none"> How can I manage risks in regards to financial decisions What is the difference between credit and debit cards? How can I manage my personal finance? What are the social and moral dilemmas about the use of money What support is available for people who need financial help?

Year 10 to 11

	Module 1	Module 2	Module 3	Module 4	Module 5
Year 10 PSHE/RE	PSHE – Living in the Wider World 1. What is Gender Identity? 2. How does cosmetic and aesthetic procedures impact someone’s body image? 3. How can someone self-examine for cancer? 4. What are the risks of screen time on phone? 5. Why might someone self-harm and what support is there for individuals? 6. How can I support my mental health? 7. How can mental health impact someone’s life? 8. Why is physical health important on the mind?	RE-Life & Death 1.Sanctity of Life 2. How did life begin? 3. Should abortion be allowed? 4. Euthanasia 5. Death Penalty 6. Is there an afterlife? 7. What happens at a funeral?	PSHE – Living in the Wider World 1.What are the positive and negatives of different forms of contraception? 2.How can someone gain support if they suspect they have an STI? 3.How can IVF treatment help a couple? 4.How can I practically withdraw consent? 5.What does the UK law say on abortion? 6. Why might someone opt for abortion, adoption and fostering?	RE-War & Peace 1.Are all wars caused by religion? 2.What is a just war? 3. What is pacifism? 4. What is Jihad? 5. Why does religious extremism happen? 6. Is it always possible to forgive?	RE-Introduction to Diverse Britain 1. How has Christianity been changed? 2. Is Britain still a Christian country? 3. Who are the British Council of Muslims? 4. What are the other main religions in the UK? 5. Why are more people identifying as Humanists? 6. What are religious views on multiculturalism/diversity?
Year 10 Careers/Futures	PSHE-Careers 1.How has careers past, present and future changed? 2. Employment in Coventry and Warwick 3. What are my qualities and skills? 4. How to write a personal statement 5. How do I write a CV? 6. Writing a CV 7. How do I write an application? 8. Writing an application form 9. How do I apply for an apprenticeship?	Revision -Master the Material, Conquer the Exam 1.Why should you revise. How should you revise. Recall, respond, apply 2.Revision-mind-maps, flash cards 3-6. Application of revision techniques	PSHE-Finance 1.Money choices 2.Bank accounts 3.Credit and Debit 4.Payslips and Deductions 5.Control 6.Consumer rights 7.Mental well being	PSHE-STEAM What are STEAM careers?	Revision skills & Revision
Year 11 Careers/Futures	PSHE-Careers 1. How do I get to my destination? 2.Action planning 3.What is my action plan 4. How can I develop my personal statement? 5.Writing my personal statement	Revision -Master the Material, Conquer the Exam 1. Why should you revise? Recall, respond, apply 2.Revision-mind-maps, flash cards 3-6. Application of revision techniques	PSHE Careers 6. How do I apply for a job? 7. How do I write a CV? 8. What can I add into my CV? 9. What are the next steps for my career path?	PSHE-Finance 1.Money choices 2.Bank accounts 3.Credit and Debit 4.Payslips and Deductions 5.Control 6.Consumer rights 7.Mental well being	Revision
Year 11 PSHE/RE	PSHE – Living in the Wider World 1. What are does Assigned/biological sex, gender identity and sexual orientation mean? 2. How have attitudes changed towards LGBTQ+? 3. What are the positive and negatives to social media? 4. How can I say no to sharing explicit messages? 5. How can I avoid becoming addicted to online gaming? 6. How can I manage a work life balance?	RE-Human Rights 1. Should everyone have human rights? 2. How does Mother Theresa and Oscar Romero show agape? 3. Is censorship a good thing? Should we have freedom of speech? 4. What if my views conflict with the law? 5. Why is Martin Luther King Jr a key figure in history? 6. Why is Malala Jr a key figure in history?	RE-Human Rights 1. Should fertility treatments be used? 2. How can stem cell research help support someone? 3. Is human cloning ethical? 4. Should animals be tested on? 5. Is artificial intelligence a good thing? 6. Should humans be responsible for the environment?	Revision	Revision