

# PSHEE

## OVERARCHING SCHEME OF WORK FOR 2023-24

WK	DATE	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	Year 12	YEAR 13
1A	Mon 4 Sept	Staff INSET Day						
3A	Mon 18 Sept	<b>HEALTH &amp; WELLBEING</b>  <i>How to manage transition</i>	PATTERDALE	<b>RELATIONSHIPS AND SEX EDUCATION</b>  <i>Relationship Readiness</i> – when do you know?  Stages of intimacy	<b>HEALTH &amp; WELLBEING</b>  <i>Healthy mind, Healthy body</i>  Self-confidence & self-esteem	<b>RELATIONSHIPS AND SEX EDUCATION</b>  Sexual Harassment Everyone’s invited	Survival Guide for Year 12 -the Year 13 girls in each form advise Year 12 on how to survive their first year in Sixth Form.	Survival Guide for Year 12 -the Year 13 girls in each form advise Year 12 on how to survive their first year in Sixth Form.
5A	Mon 2 Oct	<b>LIVING IN THE WIDER WORLD</b>  Democracy  School Council	<b>HEALTH &amp; WELLBEING</b>  <b>Body Image</b>  Media  Negative effects	<b>HEALTH &amp; WELLBEING</b>  <i>Health &amp; the Media</i>  The impact of viewing harmful content	<b>HEALTH &amp; WELLBEING</b>  <i>Healthy Lifestyles</i>	<b>RELATIONSHIPS AND SEX EDUCATION</b>  Respect and Consent  Controlling Relationships	<b>LIVING IN THE WIDER WORLD</b>  Letter to future selves Getting to know your form	Health and wellbeing  Woman’s Health
7A	Mon 16 Oct	<b>LIVING IN THE WIDER WORLD</b>  Core values  British Values  Equality	<b>LIVING IN THE WIDER WORLD</b>  <b>CAREERS</b>  Introduction to Unifrog	<b>HEALTH &amp; WELLBEING</b>  <i>Respectful Romantic Relationships</i>  Consent Contraception Conception FGM	<b>RELATIONSHIPS AND SEX EDUCATION</b>  <i>Gender, Sexuality and Diversity</i>  Understanding different genders and pro nouns	<b>HEALTH &amp; WELLBEING</b>  Positive Self Esteem  Understanding the conditions that affect self esteem	<b>HEALTH &amp; WELLBEING</b>  <b>PATTERDALE</b>	<b>LIVING IN THE WIDER WORLD</b>  Review of the year so far – volunteering and ECA
<b>Half Term</b>								
9A	Mon 13 Nov	PATTERDALE	<b>LIVING IN THE WIDER WORLD</b>  <i>Diversity, Inclusion and Inequality</i>	<b>HEALTH &amp; WELLBEING</b>  <i>Mental Health</i>	<b>RELATIONSHIPS AND SEX EDUCATION</b>  <i>Staying safe</i> Condoms	<b>HEALTH &amp; WELLBEING</b>  Study Skills	<b>LIVING IN THE WIDER WORLD</b>  Road Safety  Brake/Drive IQ	<b>RELATIONSHIPS AND SEX EDUCATION</b>  Revenge Porn

11 A	Mon 27 Nov	LIVING IN THE WIDER WORLD  <i>Study skills and revision</i>	LIVING IN THE WIDER WORLD  <i>Understanding Others</i>  <i>Disabilities</i>	LIVING IN THE WIDER WORLD  Forum with Year 13 students – a discussion group	HEALTH AND WELLBEING  <i>Christmas Post</i>  Self-confidence and self-esteem	LIVING IN THE WIDER WORLD  Financial Capabilities	HEALTH & WELLBEING  Sexual Health  Safety and sexual assault	HEALTH AND WELLBEING  Forum with Year 9 students – a discussion group
13 A	Mon 11 Dec	RELATIONSHIPS AND SEX EDUCATION  My Identity - evaluating self and others	HEALTH & WELLBEING  <i>Mental wellbeing</i>  Managing stress	LIVING IN THE WIDER WORLD  <i>Careers / Decision Making</i>  Setting targets	HEALTH & WELLBEING  Sexual Health Sexually- Transmitted Infections	LIVING IN THE WIDER WORLD  <i>Consumer Rights and Mediation</i>	RELATIONSHIPS AND SEX EDUCATION  Positive Relationships  (External Provider)	RELATIONSHIPS AND SEX EDUCATION  Sexual Harassment
<b>CHRISTMAS</b>								
15 A	Mon 8 Jan	LIVING IN THE WIDER WORLD  Introduction to Unifrog	RELATIONSHIPS AND SEX EDUCATION  <i>Families</i> Legal status of Committed Relationships.	HEALTH & WELLBEING  Reducing Risk - Drugs  (External Provider)	RELATIONSHIPS AND SEX EDUCATION  Consent  (External Provider)	Mock Exams	Mock Exams	HEALTH AND WELLBEING  Managing Stress - Pilates
17 A	Mon 22 Jan	HEALTH & WELLBEING  Hygiene, puberty & periods	RELATIONSHIPS AND SEX EDUCATION  <i>Families</i>  When relationships end	RELATIONSHIPS AND SEX EDUCATION  Exploitation  Human Trafficking	LIVING IN THE WIDER WORD  Career Identity  Employability Skills	RELATIONSHIPS AND SEX EDUCATION  Underage and pregnant (1)  The law	HEALTH & WELLBEING  <i>CAROUSEL</i> Review with Form Tutor Pilates Work Life Balance	MOCK EXAMINATIONS
19 A	Mon 5 Feb	RELATIONSHIP AND SEX EDUCATION  <i>Families</i> Different types of committed relationships	LIVING IN THE WIDER WORLD  Nude and semi- nude photos  The Law	LIVING IN THE WIDER WORLD  <i>Human rights</i> Understand the principles of Human Rights	HEALTH AND WELLBEING  Exam stress and how to deal with it	RELATIONSHIPS AND SEX EDUCATION  Underage and pregnant (2)  Choices	HEALTH & WELLBEING  CAROUSEL Review with Form Tutor Pilates Work Life Balance	MOCK EXAMINATION REVIEW WITH FORM TUTOR
<b>HALF TERM</b>								

21 A	Mon 26 Feb	STAFF INSET						
23 A	Mon 11 March	HEALTH & WELLBEING  Mental wellbeing	LIVING IN THE WIDER WORLD  FINANCIAL CHOICES	HEALTH & WELLBEING  EXAM REVISION	LIVING IN THE WIDER WORLD  Being safe online Online grooming	HEALTH & WELLBEING  Lifestyle choices  HIV and Aids	HEALTH & WELLBEING  CAROUSEL Review with Tutor Pilates Work Life Balance	LIVING IN THE WIDER WORLD  Survival cooking Finance First Aid
25 A	Mon 25 March	LIVING IN THE WIDER WORLD  <i>E-Safety - CEOPS</i>  <i>Online Risks</i>	HEALTH & WELLBEING  <i>Risky Behaviour</i>  Smoking and vaping	HEALTH & WELLBEING  <i>Work Life Balance</i>	RELATIONSHIPS AND SEX EDUCATION  LGBTQ+	TUTOR CHOICE	HEALTH & WELLBEING  Mindfulness	LIVING IN THE WIDER WORLD  Survival cooking Self-defence First Aid
EASTER								
27 A	Mon 22 April	LIVING IN THE WIDER WORLD  <i>Budgeting</i>	HEALTH & WELLBEING  Risky Behaviour Drugs and alcohol	LIVING IN THE WIDER WORLD  CAREERS	HEALTH & WELLBEING  Relaxation techniques Mindfulness	HEALTH & WELLBEING  How to deal with anxiety	RELATIONSHIPS AND SEX EDUCATION  Gender and Sexuality including LGBTQ+	LIVING IN THE WIDER WORLD  Survival cooking Self-defence First Aid
29 A	Mon 6 May	BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY
31 A	Mon 20 May	INTERNAL EXAMS	INTERNAL EXAMS	INTERNAL EXAMS	LIVING IN THE WIDER WORLD  Tutors choice	LoA	RELATIONSHIPS AND SEX EDUCATION Gender, Sexuality and Language relationships	LoA
HALF TERM								
33 A	Mon 10 June	HEALTH & WELLBEING  Tutors Choice	LIVING IN THE WIDER WORLD  Internet Safety & Harms – Bullying	LIVING IN THE WIDER WORLD  <i>FINANCE</i> Budgeting	INTERNAL EXAMS	LoA	EXAMS	LoA
35 A	Mon 24 June	CELEBRATION  <i>Reflection</i>	CELEBRATION  <i>Reflection</i>	HEALTH & WELLBEING  Advice to Year 9 for the transition to Year 10	<i>Half year group at Patterdale</i>	LoA	END OF YEAR  Fun team sports	LoA
END OF TERM								