

PD Curriculum Years 7-11

	<b>Autumn 1 Health &amp; wellbeing</b>	<b>Autumn 2 Living in the wider world</b>	<b>Spring 1 Relationships</b>	<b>Spring 2 Health &amp; wellbeing</b>	<b>Summer 1 Relationships</b>	<b>Summer 2 Living in the wider world</b>
<b>Year 7</b>	<p>Transition to secondary school</p> <p><b>Diet, exercise</b> and how to make healthy choices</p>	<p><b>Enterprise skills</b> and introduction to careers</p> <p>Challenging career stereotypes and <b>raising aspirations</b></p>	<p><b>Diversity, prejudice and bullying</b> including cyber bullying</p> <p>Managing <b>on- and off-line friendships</b></p>	<p>The risks of <b>alcohol, tobacco</b> and other substances</p> <p>Managing <b>puberty</b> and the issues of <b>unwanted contact</b> and <b>FGM</b></p>	<p><b>Self-esteem, romance</b> and friendships</p> <p>Exploring <b>family life</b></p>	<p>Making <b>ethical financial decisions</b></p> <p>Saving, <b>spending and budgeting</b> our money</p>
<b>Year 8</b>	<p><b>First aid</b> and personal safety, focusing on road safety</p> <p><b>Alcohol and drug</b> misuse and <b>managing peer influence</b></p>	<p><b>Rights and responsibilities</b> in the community</p> <p>Tackling <b>age and disability discrimination</b></p>	<p>Tackling <b>racism and religious discrimination</b>, promoting human rights</p> <p><b>Online safety</b> and digital literacy</p>	<p><b>Mental health</b> and emotional wellbeing, including <b>body image</b></p> <p>Managing change and <b>loss</b></p>	<p>Introduction to <b>sexuality and consent</b></p> <p>Introduction to <b>contraception</b> including condom and the pill</p>	<p>Evaluating <b>value for money</b> in services</p> <p>Risks and consequences making <b>financial decisions</b></p>
<b>Year 9</b>	<p><b>Peer pressure</b>, assertiveness and risk, gang crime</p> <p>Dieting, lifestyle balance and <b>unhealthy coping strategies</b></p>	<p>Understanding <b>careers</b> and future aspirations</p> <p>Identifying learning strengths and setting goals as part of the <b>GCSE options process</b></p>	<p><b>Managing conflict</b> at home and the dangers of running away from home</p> <p>Tackling <b>homophobia, transphobia and sexism</b></p>	<p>Managing <b>peer pressure</b> in relation to illicit substances</p> <p>Assessing the risks of <b>drug and alcohol abuse</b> and addiction</p>	<p>Relationships and sex education including healthy relationships and <b>consent</b></p> <p>The risks of <b>STIs, sexting and pornography</b></p>	<p>Planning and carrying out an <b>enterprise project</b></p> <p>Reflecting on <b>learning skills</b> development in key stage 3</p>
<b>Year 10</b>	<p><b>Transition</b> to key stage 4 and developing study habits</p> <p><b>Mental health</b> and ill health, tackling stigma</p>	<p>Understanding the causes and effects of <b>debt</b></p> <p>Understanding the risks associated with <b>gambling</b></p>	<p>Tackling <b>relationship myths</b> and expectations</p> <p>Managing romantic <b>relationship challenges</b> including break ups</p>	<p>Exploring the influence of <b>role models</b></p> <p>Evaluating the <b>social and emotional risks</b> of drug use</p>	<p>Understanding <b>different families</b> and learning <b>parenting skills</b></p> <p>Managing <b>change, grief and bereavement</b></p>	<p>Preparation for <b>work experience</b></p> <p>Evaluation of work experience and readiness for work</p>
<b>Year 11</b>	<p>Promoting <b>self-esteem</b> and coping with <b>stress</b></p> <p>Learning and <b>revision skills</b> to maximise potential</p>	<p>Understanding the <b>college application process</b> and plans beyond school</p> <p><b>Skills for employment</b> and career progression</p>	<p><b>Personal values</b> and assertive communication in relationships</p> <p>Tackling <b>domestic abuse</b> and <b>forced marriage</b></p>	<p><b>Health and safety</b> in independent contexts</p> <p>Taking responsibility for <b>health choices</b></p>	<p><b>British values</b>, human rights and <b>community cohesion</b></p> <p>Challenging <b>extremism</b> and radicalisation</p>	

PHSCE curriculum for Years 7 and 8

