

## PSHE Plan for FTL, Bright Days and Assemblies

Core Theme 1: Health and Wellbeing	Core Theme 2: Relationships	Core Theme 3: Living in the Wider World	Core Theme 4: Children Shining Brightly
<b>Topic areas:</b> Personal identity Healthy lifestyles Keeping safe	<b>Topic areas:</b> Healthy Relationships Relationships and sex education Relationship safety Valuing difference	<b>Topic areas:</b> Rights and responsibilities Economic wellbeing Employability and enterprise Career progression	<b>Topic Areas:</b> The Arts STEM

### Curriculum Map – Long Term Overview

	Autumn 1		Autumn 2			Spring 1		Spring 2		Summer 1	Summer 2		
	FTL	BD1	FTL	BD2	FTL	Mental Health awareness FTL	BD3	National careers Week FTL	FTL	FTL	FTL	BD4	FTL
Year 7 "Know It"	<b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid	<b>Bright Lives</b> <u>Cultural Diversity and Global Communication</u>	<b>Diversity</b> Diversity, prejudice, and bullying	<b>Bright Bodies</b> <u>Staying Safe</u> -Knife Crime -1 <sup>st</sup> Aid -Water Safety -Road Safety -Online Safety -Puberty	Rushcliffe Citizenship Award	<b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM	<b>Bright Sparks</b> <u>STEM</u>	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations	Rushcliffe Citizenship Award	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices	<b>Bright Lights</b> <u>The Arts</u>	Rushcliffe Citizenship Award
Year 8 "Understand It"	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies	<b>Bright Sparks</b> <u>STEM</u>	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	<b>Bright Lights</b> <u>The Arts</u>		<b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use	<b>Bright Lives</b> <u>Campaign for change</u> -Discrimination -Creating change locally and globally -Social responsibility	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work		<b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	<b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks	<b>Bright Futures</b> <u>Careers and employability</u>	
Year 9 "Develop It"	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes	<b>Bright Lights</b> <u>The Arts</u>	<b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<b>Bright Sparks</b> <u>STEM</u>		<b>Setting goals/Options</b> Learning strengths, career options and goal setting as part of the GCSE options process	<b>Bright Futures</b> <u>Careers and employability</u>	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid		<b>Intimate Relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	<b>Employability skills</b> Employability and online presence	<b>Bright Bodies</b> <u>Wellbeing</u> -Food and Mood -Mental Health and Growth Mindset -Wellbeing -Team Building -Self Esteem	
Year 10 "Challenge It"	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>Bright Bodies</b> <u>Relationships</u> -Cancer -Pregnancy -Sexual Health -Healthy Relationships -Team Building (PE)	<b>Life Skills</b> Effective Revision Techniques How to respond to feedback Managing time	<b>Bright Futures</b> <u>Careers and employability</u>		<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media	<b>Bright Lights</b> <u>The Arts</u>	<b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography		<b>Career Portfolio</b> Developing yourself through careers, employability and enterprise education	<b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism	<b>Bright Lives</b> <u>Politics and Society</u> -British Values -Democracy	
Year 11 Embed It – Take it on!	<b>Next steps</b> Application processes, and skills for further education, employment and career progression	<b>Bright Futures</b> <u>Careers and employability</u>	<b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	<b>Bright Lives</b> <u>The Great Debate</u> -Moral, Spiritual and Social issues		<b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<b>Bright Bodies</b> <u>Mindfulness and coping strategies</u> -	<b>Independence</b> Responsible health choices, and safety in independent contexts		<b>Building for the future</b> Self-efficacy, stress management, and future opportunities			