

PSHE 5 Year Curriculum Plan, Start Year: 2018-19

School Week / Lesson Date	Theme 1: MIND & BODY	Year 7	Year 8	Year 9	Year 10	Year 11
1 Tuesday 4th September	INSET Day					
2 Tuesday 11 <sup>th</sup> September	1	Mindfulness 1	The Health Toolkit Creating a charter and guide for having a healthy mind and body.	The Health Toolkit Creating a charter and guide for having a healthy mind and body.	The Health Toolkit What is wellbeing? How can we achieve a work/life balance? What is your personal pledge to support your own health?	The Health Toolkit What is wellbeing? How can we achieve a work/life balance? What is your personal pledge to support your own health?
3 Tuesday 18 <sup>th</sup> September	Open Evening Early Closure					
4 Tuesday 25 <sup>th</sup> September	2	Mindfulness 2	Drugs & Alcohol What affect does alcohol have, classifications of drugs & solvent abuse	Different types of drugs & alcohol e.g. Cocaine, crack cocaine, ecstasy, magic mushrooms, acid, poppers.	Drugs & Alcohol Short and long term impact of drugs and alcohol – binge drinking & alcohol poisoning. Social impact.	Drugs & Alcohol Volume proof, the law & purchasing, how to get help, effects on the brain/study
5 Tuesday 2 <sup>nd</sup> October	3	Mindfulness 3	Healthy Eating – Balanced Diet, food diary & understanding food codes. Energy drinks and sugar.	Healthy Eating Obesity in Society & childhood obesity. Energy drinks and sugar.	Healthy Eating & Mental Health Anorexia & bulimia Do we care too much how we feel about how we look?	Healthy & Eating & The Brain Preparation for exams, working life. Energy drinks, the importance of breakfast. Eat to study.
6 Tuesday 9 <sup>th</sup>	4	Mindfulness 4	Mental Health Loneliness &	Mental Health Bereavement	Mental Health Depression &	Mental Health The importance of

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October			Isolation	The four stages: Acceptance of a loss, pain of grief, life adjustment and moving on	Anxiety Self harm	sleep, rest & relaxation
7 Tuesday 16 <sup>th</sup> October	5	Mindfulness 5	Alcohol Alcohol & The Law Alcohol & Young People	Alcohol Alcohol & The Law Alcohol & Young People	Alcohol Alcohol & The Law Alcohol & Young People	Alcohol Alcohol & The Law Alcohol & Young People
	<b>Theme 2: EQUALITY</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11</b>
8 Tuesday 23 <sup>rd</sup> October	1	Cultural Diversity - The Diversity Factor	Cultural Diversity - The Diversity Factor	Cultural Diversity - The Diversity factor, tolerance and respect	Cultural Diversity & Eliminating Prejudice	Cultural Diversity & Eliminating Prejudice
	October half term					
9 Tuesday 6 <sup>th</sup> November	2	Disability Physical disability, awareness, anti- bullying, famous and disabled.	Disability Hearing impairment British Sign Language	Disability Disability in sport and the arts, the Paralympics, Ellie Simmonds, Evelyn Glennie, celebrating difference.	Disability Learning Disabilities Autism Challenging prejudice.	Disability Disability discrimination act, disability in the workplace.
10 Tuesday 13 <sup>th</sup> November	3	LGBTQ+ Role Models Terminology & Language	LGBTQ+ Role Models Terminology & Language	LGBTQ+ Role Models Terminology & Language	LGBTQ+ Role Models Terminology & Language	LGBTQ+ Role Models Terminology & Language
11 Tuesday 20 <sup>th</sup> November	4	LGBTQ+ HBT Bullying – Homophobia, biphobia & transphobia	LGBTQ+ HBT Bullying – Homophobia, biphobia & transphobia	LGBTQ+ HBT Bullying – Homophobia, biphobia & transphobia	LGBTQ+ HBT Bullying – Homophobia, biphobia & transphobia	LGBTQ+ HBT Bullying – Homophobia, biphobia & transphobia

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12 Tuesday 27 <sup>th</sup> November	5	LGBTQ+ Issues in our own lives, PRIDE network, LGBT @ Brownhills	LGBTQ+ Issues in our own lives, PRIDE network, LGBT @ Brownhills	LGBTQ+ Issues in our own lives, PRIDE network, LGBT @ Brownhills	LGBTQ+ Issues in our own lives, PRIDE network, LGBT @ Brownhills	LGBTQ+ Issues in our own lives, PRIDE network, LGBT @ Brownhills
	<b>Theme 3: SELF-ESTEEM</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11</b>
13 Tuesday 4 <sup>th</sup> December	1	Mindfulness 6	Who Am I? Getting to Know You. Your family, your morals, your life. Coat of arms.	My Identity What makes me unique? Celebrate and be proud of our differences. Our personal slogan for life.	My Values Do I hold strong principles? Am I true to my values? Independence, respect and challenge of issues outside our values system.	Learn Something New Find out about the values of someone you don't know very well. Walk a mile in their shoes. Sympathy, empathy and respect.
14 Tuesday 11 <sup>th</sup> December	2	Mindfulness 7	Learning to Speak Out – Exercising your right to participation Form Council	Learning to Speak Out – Exercising your right to participation Form Council	Learning to Speak Out – Exercising your right to participation Form Council	Learning to Speak Out – Exercising your right to participation Form Council
15 Tuesday 18 <sup>th</sup> December	3	Mindfulness 8	Self-Image Questioning the role of make-up and body adjustments in influencing body image and mental wellbeing.	Self-Image Questioning the role of make-up and body adjustments in influencing body image and mental wellbeing.	Following or setting the trend. Do you achieve self-worth by following the crowd?	Following or setting the trend. Do you achieve self-worth by following the crowd?
	Christmas holiday					
16 Tuesday 8 <sup>th</sup> January	4	Mindfulness 9	Plastic Surgery The cost of plastic surgery to the NHS, cosmetic surgery. Body alterations.	Plastic Surgery The cost of plastic surgery to the NHS, cosmetic surgery. Body alterations.	Interviews Building a confident picture of you Interview skills, mock interviews and	Interviews Building a confident picture of you Interview skills, mock interviews and

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					making a good impression.	making a good impression.
17 Tuesday 15 <sup>th</sup> January	5	Mindfulness 10	First Impressions Thinking about the person that you want to be and present to others. Being true to yourself. 60 seconds to tell us who you are!	Active Revision PPE – 17 <sup>th</sup> & 18 <sup>th</sup> January	Second First Impressions Is it possible to make a second first impression? Thinking about the person that you want to be and present to others. Being true to yourself. Reinventing yourself for Year 10.	First Impressions / Interviews Thinking about the person that you want to be and present to others. New starts and fresh chances. College / apprenticeship interviews.
	<b>Theme 4: SRE</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11</b>
18 Tuesday 22 <sup>nd</sup> January	1	Relationships & different types of families	Marriage and civil partnerships. Different types of marriage inc. arranged	A guide to relationships – create your own model for a perfect relationship	Coping with change in relationships Separation and divorce	Coping with change in relationships Separation and divorce
19 Tuesday 29 <sup>th</sup> January	2	What is important in a relationship? What qualities do we look for in friends and partners?	What makes a successful teenage relationship?	What makes a successful teenage relationship?	How can you get support when things go wrong in a relationship? Domestic violence.	How can you get support when things go wrong in a relationship? Domestic violence.
20 Tuesday 5 <sup>th</sup> February	3	The age of consent, under-age sex and saying 'no' to sex	Teenage peer pressure – relationships and sex Teenage relationship abuse The moral imperative to say	Drugs, alcohol and sex. What are the links? What are the problems? How can judgment be impaired?	Drugs, alcohol and sex. What are the links? What are the problems? How can judgment be impaired?	Drugs, alcohol and sex. What are the links? What are the problems? How can judgment be impaired?

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			'no'.			
21 Tuesday 12 <sup>th</sup> February	4	Sexual health Contraception & STIs	Sexual health Contraception, STIs, clinics, health practitioners.	Sexual health Contraception, STIs, clinics, health practitioners.	Sexual health Contraception, STIs, clinics, health practitioners.	Sexual health Contraception, STIs, clinics, health practitioners.
	Spring half term					
22 Tuesday 26 <sup>th</sup> February	5	Teenage pregnancy & parenthood	The effect of teenage pregnancy on relationships	The effect of teenage pregnancy on family, friends and school	The effect of teenage pregnancy on family, friends and school	The effect of teenage pregnancy on family, friends and school
	<b>Theme 5: THE LAW</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11</b>
23 Tuesday 5 <sup>th</sup> March	1	Rules Order and decency in our school. Positive presence in the community. The school into disrepute. Following the rules of your parents at home.	Rules & Reputation Order and decency in our school. Positive presence in the community. The school into disrepute. What reputation do you want to have?	Rules & Reputation Order and decency in our school. Positive presence in the community. The school into disrepute. What reputation do you want to have?	Rules & Reputation Order and decency in our school. Positive presence in the community. The school into disrepute. What reputation do you want to have?	Rules & Reputation Order and decency in our school. Positive presence in the community. The school into disrepute. What reputation do you want to have?
24 Tuesday 12 <sup>th</sup> March	2	The Law What is the difference between rules and the law? Implications of criminal behaviour.	Gang Culture The reasons people choose to join a gang, the consequences of gang culture, breaking away from the gang.	Gang Culture The reasons people choose to join a gang, the consequences of gang culture, breaking away from the gang.	Gang Culture The reasons people choose to join a gang, the consequences of gang culture, breaking away from the gang.	Gang Culture The reasons people choose to join a gang, the consequences of gang culture, breaking away from the gang.
25 Tuesday 19 <sup>th</sup>	3	You and the Law The age limits in British	Knife Crime What is classed as an	Knife Crime What is classed as an	Knife Crime What is classed as an	Knife Crime What is classed as an

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March		law, the rights of the child. Understand that children in less developed countries have different rights.	offensive weapon? Reasons people choose to carry a knife. The devastating consequences of knife crime.	offensive weapon? Reasons people choose to carry a knife. The devastating consequences of knife crime.	offensive weapon? Reasons people choose to carry a knife. The devastating consequences of knife crime.	offensive weapon? Reasons people choose to carry a knife. The devastating consequences of knife crime.
26 Tuesday 26 <sup>th</sup> March	4	Where Do I Stand? Personal feelings and moral standing towards crime.	Careers in Law The UK Court, solicitors, lawyers and barristers.	Careers in Law The UK Court, solicitors, lawyers and barristers.	Licensed to Kill - Dangerous and careless driving	Licensed to Kill - Dangerous and careless driving
27 Tuesday 2 <sup>nd</sup> April	5	Our School Charter Create a charter for expectations, rules and the law in our school community.	The Justice System Young offenders institute, prisons and secure units.	The Justice System Alternative punishments – community service orders, tagging and fines.	The Justice System Restorative Justice and the type of reparation that can be agreed on in place of prosecution.	The Justice System Create your own justice system for your perfect society.
	<b>Theme 6: ASPIRATIONS</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10 – Active Revision</b>	<b>Year 11 - Active Revision / External Examinations</b>
28 Tuesday 9 <sup>th</sup> April	1					Active Revision
	Easter holiday					
29 Tuesday 30 <sup>th</sup> April	2					Active Revision
30 Tuesday 7 <sup>th</sup> May	3		Active Revision PPE – 9 <sup>th</sup> & 10 <sup>th</sup> May			Active Revision
31 Tuesday 14 <sup>th</sup>	4					GCSE exams start Active Revision

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May						
32 Tuesday 21 <sup>st</sup> May	5					GCSE exams Active Revision
	Summer half term					
	<b>Theme 7: COMMUNITY</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10 – PPE / Community</b>	<b>Year 11</b>
33 Tuesday 4 <sup>th</sup> June	1	Understanding Identity – Immigration	Understanding Identity – Immigration	Understanding Identity – Immigration	Active Revision	GCSE exams Active Revision
34 Tuesday 11 <sup>th</sup> June	2	Our Whole Community Who makes up our community? Challenging perceptions of youth and old age	Our Whole Community The different people in our school community. Appreciation of everyone that we work with.	Our Whole Community Different roles of young people in society. Empathising with young carers and the problems they can face.	Active Revision	GCSE exams Active Revision
35 Tuesday 18 <sup>th</sup> June	3	What does it mean to be a UK citizen?	Diversity within the UK	UK and the Wider World The United Nations / The European Union	PPE start Active Revision	GCSE exams end Active Revision
36 Tuesday 25 <sup>th</sup> June	4	Active Revision PPE – 26 <sup>th</sup> & 27 <sup>th</sup> June	Recycling What are the most effective ways to recycle? How could we be more eco-friendly at Brownhills School?	Plastic What damage is plastic doing to our environment and our community?	PPE end Active Revision	

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37 Tuesday 2 <sup>nd</sup> July	5	Climate Change	Climate Change	Climate Change	Climate Change	
38 Tuesday 9 <sup>th</sup> July	6	Brilliant Brownhills Celebrating our community.	Brilliant Brownhills Celebrating our community.	Brilliant Brownhills Celebrating our community.	Brilliant Brownhills Celebrating our community.	
39 Tuesday 16 <sup>th</sup> July	<b>SPORTS DAY</b>					