

CORE THEME 1: HEALTH AND WELLBEING (Code H)

CORE THEME 2: RELATIONSHIPS (Code R)

CORE THEME 3: LIVING IN THE WIDER WORLD (Code L)

<https://pshe-association.org.uk/guidance/ks1-5/planning/long-term-planning>

	Session	Topic	DETAIL		Session	Topic	DETAIL
Autumn 1	1	H1	L2L	Autumn 1	1	H1	L2L
	2	H1	L2L		2	H1	L2L
	3	H4	L2L		3	H4	L2L
	4	H6	MH, stress		4	L1	MH, stress
	5	L1 L2	MH, stress and anxiety		5	L6	MH support
	6	H17	First Aid		6	L3,5	Study skills
	7	H8	Testicles		7	L3,5	Study skills and support
Autumn 2	1	H6 H7	MH, managing self and others	Autumn 2	1	L1	MH support
	2	R14,15,16,17,18	Contraception		2	H1	L2L
	3	R19, L23	Pale Skin		3	L20,21,22	Online bullying, presence and how to identify
	4	L20,21,22	Online presence		4	L22	Online presence
	5	H7	Charity , MH accessing support		5	H7	Charity support, MH focus
	6	H7	Christmas , MH - support		6	H7	Christmas support, MH focus
Spring 1	1	R20	Healthy relationships	Spring 1	1	L13,14	Budgets and tax
	2	R21, 22	Online abuse and relationships, honor based violence		2	L15,16	Consumer rights and finance
	3	L8-12	Rights and Responsibilities - work		3	L17,18,19	Money matters, debt and illegal money
	4	L5,6	Work - worklife balance		4	H21,22,23,24	Drug and alcohol misuse, road use and drugs and alcohol spiking - avoiding and dealing with it
	5	L5,6	Work - confidentiality		5	H1	L2L
	6	L5,6	Work - Gig economy		6	H1	L2L
Spring 2	1	L5,6	Professionalism	Spring 2	1	H6,7	To recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing
	2	L6	Writing a CV (Mock Interviews)		2	H6,7	Mental health support
	3	L7	Writing a letter of application (Mock Interviews)		3	H1	L2L
	4	H15,16	Safety when travelling		4	H6,7	MH signposting
	5	H13,14	Personal Safety		5	R23,24,25	How to de-escalate and manage aggression, gangs, weapons
	6	R4,5,6,7,8,9	Friendships, relationships, intimacy		6	H8	Cervical screening
Summer 1	1	L4	Mock Interviews feedback	Summer 1	1	H9,10	Access health support and register with health providers
	2	L3,4,5	Which Way Now? Routes post 18		2	H11,12,13	Recognise illness (meningitis/freshers flu), healthy diet
	3	L3,4	Routes - Gap Years		3	H13	Work life balance
	4	L3,7	Routes - Apprenticeships		4	H21,22,23	Alcohol and drug misuse
	5	L3,7	Routes - Work/Employment		5	L13,14	Budgeting and savings
	6	L3	Routes - Education		6	L15	Finance management
Summer 2	1	R19, 20	Recognise abuse and manage	Summer 2	1		
	2	R23	How to de-escalate and exit aggressive situations		2		
	3	R24	Gangs and weapons - how to avoid		3		
	4	R25	Celebrate cultural diversity		4		
	5	L21,22	Online presence and how to challenge		5		
	6	L23,24,25	Recognise bias, extremism and social media views		6		