

PSHE Delivery 2023-24 Overview

Year	Autumn 1 (6) Lessons	Autumn 2 (6)	Spring 1 (6)	Spring 2 (5)	Summer 1 (5)	Summer 2 (6)
7	Relationships		Health and Wellbeing		Living in the wider world	
8	Health and Wellbeing		Living in the wider world		Relationships	
9	Relationships	Living in wider world		Relationships	Health and Wellbeing	
10	Health and Wellbeing		Relationships		Living in the wider world	Work exp
11	Living in the wider world	Living in wider world	Health and Wellbeing		Relationships	
12	Relationships		Living in the wider world		Health & Wellbeing	
13	Health & Wellbeing	Relationships		Living in the wider world		



Information to parents

PSHE is a weekly subject taught to all students at QEGS. The plan incorporates three elements which are suggested by the PSHE association: Relationships, Living in the Wider World and Health and Wellbeing. The resources are drawn from a combination of sources including EC publishing, the PSHE association and others developed by the head of PSHE. These are available through the website.

Within Relationships education (RSE) which is mandatory for all secondary schools there are some lessons which we have identified as specifically sex education, which parents can choose to withdraw their child from if they wish. See below marked SE.

Three terms before their 16th birthday, these children will be consulted on whether they wish to re-join sex education lessons.

KS3 Year 7 autumn 1 Relationships: New beginnings

Year 7		Topic: Study skills/ Relationships	Lesson Objectives
	1 	Settling into QEGS/PSHE Introduction lesson.	<ul style="list-style-type: none"> To ensure students understand importance of QEGS systems and how to use edulink. To understand what is PSHE and why we study it.
	2 	Library app (Conducted by librarians)	<ul style="list-style-type: none"> Understand how to use the elibrary How to access information.
	3	Friends	<ul style="list-style-type: none"> How to be successful at making new friends.
	4	Maintaining friendship	<ul style="list-style-type: none"> How to maintain a friendship Understand the qualities of friendship
	5	Family	<ul style="list-style-type: none"> Understand the different types of family and why family are important to us.
	6	Marriage	<ul style="list-style-type: none"> What is important about marriage v co-habitation?

KS3 Year 7 autumn 2 Relationships: Values


	1	Values and identity	<ul style="list-style-type: none"> How do I distinguish what is important to me?
	2	Values and community	<ul style="list-style-type: none"> What are the values of QEGS? What are the 5 British Values?
	3	Personal identity	<ul style="list-style-type: none"> What does it mean to be a British citizen? Understand British diversity.
	4	On-line radicalisation	<ul style="list-style-type: none"> Understand how radical groups recruit members. Why is radicalisation a problem?
	5	Local values	<ul style="list-style-type: none"> What is unique about Cumbria? What are the unique problems it faces?
	6	Local Council Task	<ul style="list-style-type: none"> Understand the work involved in a local council/ community project.

KS3 Year 7 Spring 1&2 Health and Wellbeing: Understanding me and my health

Year 7		Topic	Lesson Objectives
	1	Health and wellbeing mental health and depression.	<ul style="list-style-type: none"> Understand signs of depression
	2	Emotional literacy-how to control anger.	<ul style="list-style-type: none"> Understand triggers and how to deal with anger.
	3	Puberty and what to expect.	<ul style="list-style-type: none"> What bodily changes to expect from puberty
	4	Periods and changes	<ul style="list-style-type: none"> Understanding periods, Menstrual cycle & PMS
			<ul style="list-style-type: none">

	1	What is a healthy lifestyle?	<ul style="list-style-type: none"> Understand the factors that lead to a healthy lifestyle.
	2	Balanced Diet	<ul style="list-style-type: none"> Awareness of a healthy balanced diet.
	3	Food labelling	<ul style="list-style-type: none"> What do food labels tell us? What options do I have to adapt my diet?
	4	Consequences of an unhealthy lifestyle	<ul style="list-style-type: none"> Awareness of short and long term consequences of an unhealthy lifestyle.
	5	Energy drinks	<ul style="list-style-type: none"> What are the health issues with energy drinks?
	6	Exercise and healthy living	<ul style="list-style-type: none"> What are the benefits of regular exercise?
	7	Dangers of smoking	<ul style="list-style-type: none"> What are the major health problems associated with smoking? Why should we avoid second hand/passive smoke?
	8	Drug use and its impact	<ul style="list-style-type: none"> Awareness of substances and the negative impact they can have on health?


KS3 YEAR 7 summer 1& 2 Living in Wider World: Life Skills

	1	Reaching our aspirations	<ul style="list-style-type: none"> • What does aspiration mean, how can I achieve it?
	2	Why is self-esteem important?	<ul style="list-style-type: none"> • How do I build self-esteem?
	3	Wants and Needs	<ul style="list-style-type: none"> • Identifying what's the difference between what I want and what I need?
	4	Introduction to Stereotyping and Discrimination	<ul style="list-style-type: none"> • Knowledge of terms: Prejudice, Discrimination, Racism. • Understanding how stereotyping can lead to prejudice and Discrimination
	5	Intro to keeping safe online	<ul style="list-style-type: none"> •
	6	Being an ethical consumer	<ul style="list-style-type: none"> • What are sweatshops? • What choices do I have as a consumer
	7	Budgeting	<ul style="list-style-type: none"> • Why do I need to budget?
	8	Introduction to financial knowledge	<ul style="list-style-type: none"> • Expenditure, Budgeting, Inheritance
	9	Savings, loans and Interest rates	<ul style="list-style-type: none"> • Understanding how to manage borrowing and debt.
	10	Financial products: Bank accounts	<ul style="list-style-type: none"> • What bank accounts are there?
	11	Bank cards, PIN numbers	<ul style="list-style-type: none"> • Being responsible with my financial information.

KS3 Year 8 autumn 1: Health and Wellbeing: Making good life choices

Year 8		Topic; Health & Wellbeing	Lesson Objectives
	1	How lifestyle choices affect our health: i) Use of Nicotine products smoking	<ul style="list-style-type: none"> Understanding why cigarettes are harmful
	2	ii) History of Cigarette	<ul style="list-style-type: none"> Understand how laws of changed over time.
	3	iii) Vaping	<ul style="list-style-type: none"> Understanding why vape is harmful
	4	iv) Cancer awareness	<ul style="list-style-type: none"> Risks of cancers associated with smoking.
	5	v) Personal Safety	<ul style="list-style-type: none"> Awareness of first aid strategies.
	6	vi) Teenage pregnancy	<ul style="list-style-type: none"> Understand the challenges of a teenage pregnancy

KS3 Year 8 autumn 2: Health & Wellbeing: Personal Development

		Topic: Health & Wellbeing	Lesson Objectives
	1	Self-confidence and goals	<ul style="list-style-type: none"> Identifying confident boosting and developing a growth mindset.
	2	Personal development	<ul style="list-style-type: none"> Identify useful skills and behaviours
	3	Managing my behaviour to achieve	<ul style="list-style-type: none"> What are useful academic targets to set for myself?
	4	Emotional literacy	<ul style="list-style-type: none"> Develop a sense of self-awareness through examples
	5	Mindfulness	<ul style="list-style-type: none"> Can mindfulness help with managing my mood?
	6	Mindfulness/speaker	<ul style="list-style-type: none"> Learning ways to cope, where to get help

KS3 Year 8 spring 1: Living in the wider world: Extremism

		Living in WW	
	1	Understanding to Extremism & Tolerance	<ul style="list-style-type: none"> Understanding what is Xenophobia, Extremism and where it comes from.
	2	Who are radical groups?	<ul style="list-style-type: none"> What counts as right-wing extremism?
	3	Where does extremism come from? Radicalisation	<ul style="list-style-type: none"> What can lead to being radicalised?
	4	Radicalisation/ Grooming	<ul style="list-style-type: none"> How do leaders attract converts?
	5	Preventing Radicalisation	<ul style="list-style-type: none"> What are the ways UK/individuals can prevent radicalisation?
	6	Identifying prejudice of Religion	<ul style="list-style-type: none"> Recognising religious prejudice.

KS3 Year 8 spring 2: Living in the wider world: Prejudice and Discrimination

		Living in WW	
	1	Disability Prejudice	<ul style="list-style-type: none"> Identifying & Recognising Disability Prejudice
	2	Homophobia Prejudice and Discrimination	<ul style="list-style-type: none"> Identifying & Recognising Sexual orientation Prejudice
	3	Ageism	<ul style="list-style-type: none"> How are young and old people portrayed in the media? What are the consequences of this?
	4	On-line grooming	<ul style="list-style-type: none"> What is on-line safety? What steps can we take to protect ourselves?
	5	Environmental Issues	<ul style="list-style-type: none"> What are the environmental concerns facing the planet? What can be done about them?

KS3 Year 8 summer 1: Relationships: Healthy and Unhealthy

		Topic	Lesson Objectives
	1	Positive Relationships	<ul style="list-style-type: none"> What are the signs of a healthy, loving relationship?
	2	Dating/Romance/love	<ul style="list-style-type: none"> Understanding how to meet and treat the right Partner. What is the perfect date?
	3	Unhealthy relationship	<ul style="list-style-type: none"> What is grooming? What is Child sexual Exploitation?
	4	Consent	<ul style="list-style-type: none"> What is and what is not sexual consent?
SE	5	Contraception	<ul style="list-style-type: none"> What are the different forms of contraception and what might be best for which person?

KS3 Year 8 summer 2 Relationships: Dealing with consequences

		Topic	Lesson Objectives
	2	Sexting/Image sharing	<ul style="list-style-type: none"> • What are the dangers and consequences of sexting/image sharing?
SE	3	Sexually Transmitted Infections	<ul style="list-style-type: none"> • What are the most common STI's and how to prevent them?
	4	Male Body Image	<ul style="list-style-type: none"> • What are the different concerns males may have about their bodies?
	5	Domestic Conflict	<ul style="list-style-type: none"> • What are the triggers for domestic conflict/family disputes? • Why do some teenagers run away from home?
	6	Solutions to relationships issues	<ul style="list-style-type: none"> • In pairs write problems/solutions to relationship issues that have come up this term. • Make a leaflet which would help a young person deal with any of the issues covered this term.

KS3 Year 9 autumn 1: Relationships: Social Pressures

Year 9		Topic: Relationships	Lesson Objectives
	1	Eating Disorders	<ul style="list-style-type: none"> • Understanding the signs and symptoms of eating disorders
	2	Female Body Image	<ul style="list-style-type: none"> • Awareness of the impact media has on body image.
	3	Child Sexual Exploitation	<ul style="list-style-type: none"> • Understand the signs of CSE
	4	Abusive Relationships	<ul style="list-style-type: none"> • Know the signs of an unhealthy abusive relationships
	5	Peer Pressure	<ul style="list-style-type: none"> • Awareness of strategies to deal with peer pressure.
	6	British culture/values	<ul style="list-style-type: none"> • Combine lesson 6+7 • Understand and understand diversity within Britain.

KS3 Year 9 autumn 2: Living in the Wider World: Human Rights

		LWW Rights Crime and Crime	
	1	Human Rights: UNICEF	<ul style="list-style-type: none"> • What do UNICEF do? • What human rights do they combat?
	2	Human Rights: Trafficking	<ul style="list-style-type: none"> • What is human trafficking? • What is modern slavery? • Why are they wrong?
	3	Charities	<ul style="list-style-type: none"> • Why does the UK support charities abroad?
	4	Sustainability	<ul style="list-style-type: none"> • What is sustainability? • How can we all live more sustainably
	5	Young Offenders	<ul style="list-style-type: none"> • How does the law deal with young offenders?
	6	Knife Crime	<ul style="list-style-type: none"> • Why are teenagers more likely to be involved in knife crime?

KS3 Year 9 spring 1: Living in the Wider World: Work and Enterprise

	1	Preparing for the wider world: Taking control of my life	<ul style="list-style-type: none"> • Identifying skills and qualities
	2	Work Skills & the work environment	<ul style="list-style-type: none"> • Identifying what skills would be useful for different roles.
	3	Enterprise	<ul style="list-style-type: none"> • What skills and Qualities are involved in Enterprise?
	4	Enterprise and work based skills	<ul style="list-style-type: none"> • Who would you employ and why?
	5	Enterprise Project	<ul style="list-style-type: none"> • In pairs: With £10 write a business plan of how you would make £50 in a month
	6	Getting ready for work experience	<ul style="list-style-type: none"> • Making arrangements for work experience
	7	Getting ready for work experience	<ul style="list-style-type: none"> • Making arrangements for work experience

Ks3 Year 9 Spring 2 Relationships: Gender and Sexuality

		Topic Relationships	Lesson Objectives
	1	Understanding Sexuality & Gender Identity	<ul style="list-style-type: none"> • What is Gender and what is meant by different genders?
	2	The LGBTQAI community	<ul style="list-style-type: none"> • Have knowledge of different sexual identification communities. • How difficult is it to 'come out'?
	3	Prejudice & Discrimination of Sexuality and Gender difference	<ul style="list-style-type: none"> • Awareness of statistics and hate crime directed at LGBTQAI communities
SE	4	Understanding Sex	<ul style="list-style-type: none"> • Understanding the consequences of sexual relationships (Inc contraception & STI's)

KS3 Year 9 summer 1 &2 : Health & Wellbeing: Understanding Risks and Harms

		Topic: Health & Wellbeing	
	1	Negative effects of alcohol	<ul style="list-style-type: none"> • Understanding the harmful effects of alcohol
	2	Drugs and the law	<ul style="list-style-type: none"> • Understanding drug classification, arrest and conviction
	3/4	Health decisions: Organ donation, vaccines	<ul style="list-style-type: none"> • What responsibility do we have to make the right health choices?
	5	Acid Attacks	<ul style="list-style-type: none"> • Understand how someone can be helped. • Discuss sale of acid in UK
	6	Self-Harm	<ul style="list-style-type: none"> • Identify causes of self-harm and how to help someone.

	1	Behaving to achieve	<ul style="list-style-type: none"> • Understanding how behaviours at school build for the future. 		
	2	Human Rights-education	<ul style="list-style-type: none"> • Why is education a human right? • Why do some children have their rights denied? 		

	3	Emotional literacy: Interpersonal skills	<ul style="list-style-type: none"> • What are interpersonal skills? • Why are they useful? 		
	4	Discrimination and the Equality Act 2010.	<ul style="list-style-type: none"> • What is the Equality Act • Why does discrimination still happen? 		
	5	Fixed and Growth Mindset	<ul style="list-style-type: none"> • What is a fixed mindset? • What is a growth mindset? • Why is it important to develop a growth mindset? 		
	6	Coping with stress	<ul style="list-style-type: none"> • Identifying signs of stress. • Knowledge of coping strategies to help. 		
	7	Managing anxiety	<ul style="list-style-type: none"> • Correctly identifying signs of anxiety • Knowledge of coping strategies to help. 		
	8	Selfie Safety	<ul style="list-style-type: none"> • Identify problems with sharing images 		

KS4 Year 10 autumn 1: Health and wellbeing: Coping with mental health

Year 10		Topic: Health & Wellbeing	Lesson Objectives
	1	Mental Health: Managing tough times-grief	<ul style="list-style-type: none"> • Understanding the stages of grief
	2	Suicide	<ul style="list-style-type: none"> • Understand the warning signs of acute anxiety which can lead to thoughts of suicide.
	3	Managing social anxiety	<ul style="list-style-type: none"> • What causes and what preventions are there for social anxiety.
	4	Social media & Self-esteem	<ul style="list-style-type: none"> • Understand the dangers on line of false personas and social media pressures.
	5	Screen time	<ul style="list-style-type: none"> • Awareness of the impact of too much screen time.
	6	Mental health promotion	<ul style="list-style-type: none"> • Consolidate learning/signposting to help and support.

KS4 Year 10 autumn 2: Health and wellbeing: Awareness of outside risk and harms

	1	Managing time	<ul style="list-style-type: none"> • How to effectively manage time to improve efficiency
	2	Living Sustainably	<ul style="list-style-type: none"> • What is my carbon footprint? • How can I reduce my carbon footprint?
	3	Homelessness	<ul style="list-style-type: none"> • What are the causes of homelessness?
	4	Hate Crimes	<ul style="list-style-type: none"> • Understand what hate crimes are. • Understand what it means to incite racial hatred.
	5	Tattoo and piercing	<ul style="list-style-type: none"> • What are the potential problems of getting a tattoo or piercing at a young age?
	6	Binge Drinking	<ul style="list-style-type: none"> • What does an unhealthy approach to alcohol look like?

KS4 Year 10 spring 1: Relationships-Understanding Boundaries

	1	Conflict Management	<ul style="list-style-type: none"> • What is conflict management? • What are the ways to resolve conflict management?
	2	Forced marriage	<ul style="list-style-type: none"> • Awareness of the difference between forced and arranged marriage.
	3	Harassment & Stalking	<ul style="list-style-type: none"> • What is harassment? • What is stalking?
	4	Addiction to Pornography	<ul style="list-style-type: none"> • Harmful Impact of Pornography. • Why is on-line pornography potentially more harmful?
	5	Revenge Porn	<ul style="list-style-type: none"> • What is it? What are the strategies to deal with it?
	6	Relationships and role models	<ul style="list-style-type: none"> • How role-models affect our self-esteem and how we conduct relationships.

KS4 Year 10 spring 2: Relationships & Diversity

	1	Same sex relationships	<ul style="list-style-type: none"> Understand the similarities and differences in how same sex and opposite sex relationships face challenge.
	2	Gender and Trans Identity	<ul style="list-style-type: none"> What is the difference between sex and gender? What is transitioning?
	3	Community Cohesion	<ul style="list-style-type: none"> Awareness of the ways community cohesion can help society
	4	Sexism	<ul style="list-style-type: none"> Understanding prejudice and discrimination towards women.
	5	Young Parenting	<ul style="list-style-type: none"> Knowledge of the challenges of being a young parent.

KS4 Year 10 summer 1: Living in the Wider World; Crime and disorder

		LWW	
	1	Criminal Justice System	<ul style="list-style-type: none"> Understand the difference between criminal and civil law
	2	Anti-social behaviour	<ul style="list-style-type: none"> What is anti-social behaviour and what are the consequences of it.
	3	County lines	<ul style="list-style-type: none"> What are county lines and how is it connected to grooming?
	4	Money Laundering	<ul style="list-style-type: none"> What is money laundering and what are the consequences?
	5	Overt and Covert Racism	<ul style="list-style-type: none"> Identify examples of racism
	6	Fake news and critical literacy	<ul style="list-style-type: none"> How to distinguish between fake news and genuine news

KS4 Year 10 summer 2: Living in the Wider World: Careers

	1	The right career for me	<ul style="list-style-type: none"> Researching careers What did I gain from work experience 		
	Work	Experience		Work experience	
	2	Making a CV	<ul style="list-style-type: none"> What does a good CV look like? Why is it important? 		
	3	Careers in STEM	<ul style="list-style-type: none"> What are benefits of pursuing careers in STEM? 		
	4	Rights and Responsibilities	<ul style="list-style-type: none"> What are your rights as an employer? What are your rights as an employee? 		
	5	International Women's Day	<ul style="list-style-type: none"> Why is there an international women's day? 		

KS4 Year 11 autumn 1: Living in the Wider World: The world of Work

Year 11		Topic: Living in the wider world	Lesson Objectives
	1	Revision skills	<ul style="list-style-type: none"> How to prepare and revise effectively
	2	Next step decisions/careers Applying to university	<ul style="list-style-type: none"> What do you need to know for post 16 choices
	3	Independent living	<ul style="list-style-type: none"> What are the issues of living independently away from family
	4	Preparing for interviews	<ul style="list-style-type: none"> Knowing how to handle interview questions well.
	5	Health and Safety at work	<ul style="list-style-type: none"> Why is health and safety important
	6	Trade Unions	<ul style="list-style-type: none"> Understand the role trade unions play in the workplace.

KS4 Year 11 autumn 2: Living in the Wider World: Moral 1st world issues

1	Animal rights and meat consumption.	<ul style="list-style-type: none"> • Should animals have rights? • Do we have a duty to eat less meat? 	
2	Pollution and Plastics	<ul style="list-style-type: none"> • Do we do enough to eliminate plastic waste and prevent pollution? 	
3	Globalisation	<ul style="list-style-type: none"> • What is globalisation and is it a problem? 	
4	Multi-culturalism	<ul style="list-style-type: none"> • What is the aim of multi-culturalism in the UK? • Did it work? 	
5	Right-wing extremism	<ul style="list-style-type: none"> • Why is there a resurgence of right wing extremism? 	
6	The dark web	<ul style="list-style-type: none"> • What is the dark web? • Explore the difference between the visible web and the dark web. 	
7	Cybercrime	<ul style="list-style-type: none"> • Correctly identify cybercrime. • What is the consequence of online fraud? 	

KS4 Year 11 spring 1& 2: Health and Wellbeing: Challenges

	Topic: Health & Wellbeing	Lesson Objectives
1	Challenges and Privilege	<ul style="list-style-type: none"> • What kind of challenges will we face in life? • How does privilege affect our outcomes in life?
2	Obesity and body positivity	<ul style="list-style-type: none"> • What is body positivity? • Should we be challenged by our body size?
3	Reproduction & Reproductive health.	<ul style="list-style-type: none"> • What causes infertility?
4	Reproduction & Reproductive health.	<ul style="list-style-type: none"> • What are the ways of dealing with issues of infertility?
5	Perseverance and Procrastination	<ul style="list-style-type: none"> • What is the cycle of procrastination? • What are the benefits of perseverance?
6	Importance of Sleep	<ul style="list-style-type: none"> • Understand the importance of sleep on cognitive function.
7	Risk taking	<ul style="list-style-type: none"> • Awareness of how some decisions lead to risk and poor consequences.

	8	Gambling/online gambling	<ul style="list-style-type: none"> • What are the risks of gambling. • Why is on-line gambling more risky?
	9	Digital Foot	<ul style="list-style-type: none"> • Awareness of our digital history. • How can we manage our digital footprint?
	10	Personal Safety in the work place	<ul style="list-style-type: none"> • What risks and conflicts can happen in the workplace?

KS4 Year 11 spring 2/summer 1: Relationships: Developing Boundaries

		Topic: Relationships	Lesson Objectives
	1	Bullying: Banter, Body shaming.	<ul style="list-style-type: none"> • Is banter bullying? • What is body shaming? • Awareness of what counts as discrimination.
	2	Sexual fluidity and Inclusivity	<ul style="list-style-type: none"> • What does sexuality mean?
	3	Consent and Rape	<ul style="list-style-type: none"> • Understanding consent, Rape and Statutory Rape. • The law on serious sexual assaults.
SE	4	What is a healthy sexual encounter?	<ul style="list-style-type: none"> • What are the factors of a healthy sexual encounter?
SE	5	Unsafe sex and chem sex.	<ul style="list-style-type: none"> • What is GHB? • What are the dangers of it?
	6	Relationship break-up	<ul style="list-style-type: none"> • How to identify 'low mood' and how others can help
	7	Happiness and Positivity	<ul style="list-style-type: none"> • How we can help improve our and others moods.

Summer 2 GCSE Exam Leave