

## Key Stage 3 PSHCE

	TERM 1		TERM 2		TERM 3	
	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
<b>Year 7</b>	Introduction to Secondary School and PSHCE	Understanding Emotions and Self Esteem	Friends, Respect and Relationships	Physical Health and Fitness	Puberty and Growing up	Digital Literacy and Online Safety
<b>Year 8</b>	Rights and Responsibilities (voting)	Community and Volunteering (First Give)	Healthy Lifestyles and Nutrition	Managing Stress and Anxiety	Understanding Relationships and Consent	Risks, Safety and the Law (decision making)
<b>Year 9</b>	Financial Decision Making	Online Safety and Media Literacy	Sexual Health and Relationships	Mental Health and Wellbeing	Community Involvement	Personal Safety and First Aid

## Key Stage 4 PSHCE

	Term 1		Term 2		Term 3	
	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
<b>Year 10</b>	Personal Development and Goal Setting	Effective Study Techniques	Healthy Relationships and Respect	Substance Abuse Awareness	Crime and Punishment (RE)	Barclays Financial Literacy
<b>Year 11</b>	Careers STEPS Booklets		Preparing for exams- stress and well being		Exam Period	