

## George Pindar School PSHE Curriculum 2018 - 2019

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1	What is PSHE - ground rules	Designing your life	Healthy v unhealthy relationships	What is mental health	What is Love?
2	Likes and dislikes	Emotional Wellbeing	Unhealthy relationships	Stigma of mental health	Dealing with stress/ pressure
3	What kind of learner am I?	Resilience	Issues in relationships (screwball)	Stress and Anxiety	Resilience
4	Qualities of a Friend	Self Concept	Pressure for sex	Mindfulness	Confidence, achievement and behaviour
5	How am I feeling/ Body language	Thoughts and feelings	Consent in relationships	Depression	Self Esteem
6	How am I feeling/ Body language 2	Coping with challenges	Gender stereotypes	Eating disorders and self harm	Understanding depression
7	Role models	Knowing when to ask for help	Transgender	Assessment: Reflection	Eating disorders
8	Keeping friendships going	Healthy v Unhealthy relationships	Porn: what is normal	The Future	Self harm
<b>Half Term</b>					
9	<b>Remembrance week</b>				
10	<b>Anti-Bullying week</b>				
	Having a healthy mind	Timeline of a relationship	Esafety: Sexting/ Live streaming	Understanding and preventing extremism	Stand for it
12	What happens when friendships go wrong	What is meant by sexual intercourse	Marriage	How can language divide us	Stand for it
13	Resilience: how to deal with set backs	Sexual Images	Same sex relationships	Influence	Issues in relationships (screwball)
14	Developing skills: when things go wrong	Gender stereotypes	CSE: Web of lies	Community	Responsibilities and talking about sex
15	Esafety: Staying safe online	The purpose of marriage	CSE: Web of lies	A world without diversity	Consent in relationships
<b>Christmas Holidays</b>					
16	Digital reputation	Jesus who?	Emotional health and wellbeing	Stand for it	Porn: what is normal
17	Staying safe: different kinds of drugs	Belief about the soul	Body Confidence	Stand for it	SRE: waiting
18	Staying safe: drugs education	Heaven and Hell	Media and self esteem	SRE: Screwball	Healthy v unhealthy relationships
19	Dealing with peer pressure	Assessment: Christianity	Building self esteem	Dealing with pressure	Abusive relationships
20	<b>National Careers Week</b>				
21	Understanding the media influence of alcohol	Esafety: Sexting/ live streaming	Building confidence	When relationships breakdown	Esafety: Sexting/ Live streaming
22	Understanding new psychoactive substances	Safer online relationships	Bullying: Body shaming	Age of consent	Risk taking
<b>Half Term</b>					
23	Staying safe in your community	Esafety: Digital reputation	Crime and punishment: why do we need punishing	Stonewall - FIT - relationships	Sleep, rest and staying healthy
24	Knife crime: staying safe	Bullying: bystanding/ outsider influence	Christian views on punishment	Stereotypes	Where can I get help if I need it?
25	Having a healthy balanced diet	Knife crime: staying safe	Challenging racism	Staying safe during sex: STI	First Aid: Recovery position
26	Personal hygiene	Murder Games: BBC iPlayer	Challenging discrimination	Contraception available	Dangers of alcohol
27	Puberty: understanding terms	Murder Games: BBC iPlayer	Prison documentary	Esafety: Staying safe online	Dealing with peer pressure for alcohol and drugs
28	The reproductive organs and menstrual cycle	Stand for it 1	Whats the point of prison	Web of lies	Time management
<b>Easter Holidays</b>					
29	Developing relationships	Stand for it 2	Knife Crime	Web of lies	Revision Techniques
30	Acceptable and unacceptable contact	Conflict around the world	Gangs	Murder Games: Staying safe	Revision Techniques
31	Gender identity/ sexual orientation	Plastic - plastic pollution	9/11 and how it changed the world	Murder Games: Staying safe	Dealing with stress
32	British values: who am I?	Animal rights and sustainability	Islamophobia & Extremism	Dangers of drugs	Revision Timetable
<b>Half Term</b>					
33	Being a good neighbour	Radicalisation in the UK	5 pillars of Islam	Dangers of alcohol	
34	Radicalisation in the UK	Smoking: knowledge and understanding	Islam: Sharia Law	Dealing with peer pressure	
35	Guru Granth Sahib	Alcohol: knowledge and understanding	Islam: Hajj & Islam	Perserverance	
36	Sikh Values	Cannabis	Religious Prejudice	First Aid: Recovery position	
37	The Gurdwara	Drugs education	Ramadan & Eid	First Aid: CPR	
38	Bend it like Beckham	Dealing with peer pressure	Creating a CV	Careers: creating a CV	
39	Bend it like Beckham	Skills to say no	Skills for employment	Careers: Where to next	