

**PSHE SCHEME OF WORK – KEY STAGE 3**

Autumn Term	Spring Term	Summer Term
<p><b>Looking after your physical health</b> Personal hygiene; diet/hydration; physical activity/recreation; Sleep; healthy lifestyles and cancer prevention H9,13,14,15,16,17,18,32</p> <p><b>Looking after your emotional health</b> Self-confidence and self-esteem and developing resilience; coping. H1,2,3,4,5,6,19</p> <p><b>Staying safe</b> Accident prevention, minimising risk First aid/CPR</p> <p>Local health and emotional support services H6,20,21,22,23,</p>	<p><b>Staying safe</b> Legal/illegal drugs; Smoking; Alcohol;</p> <p>Peer pressure/approval – risky behaviours; difference between friendship groups and gangs; law and offensive weapons including knife crime; on-line safety including the law; bullying/abuse including on-line</p> <p><b>Relationships</b> Types of relationship; healthy/unhealthy relationships; friendships;</p>	<p><b>Relationships</b> stable relationships/ marriage and family life; relationship breakdown; Local support services R1,2,3,4,7,8,9,10,11,11,12</p> <p><b>Intimate/sexual relationships</b> intimate/sexual relationships – delaying; consent and the law; contraception; risks of unprotected sex; gender identity and sexual orientation; homophobia; FGM facts/information R13,-27; H8</p>
<p align="center"><b>Living in the Wider World</b></p> <p><b>Citizenship</b> - Similarities, differences, diversity among people of different races, cultures, abilities, disabilities, sex, gender identity, age, sexual orientation, impact of stereotyping, prejudice bigotry, bullying, discrimination; British law – cultural and religious expectations and practices; human rights;</p> <p><b>Learning/financial education/employment-</b> identifying own strengths, skills qualities, style of learning setting targets; choices/interests in Y10/11; financial education – to be discussed; types of employment; career aspirations; gambling risks;</p>		

Speakers eg Project 3;  
School Nurses

School Nurses drop in

Speakers - on-line safety/ CSE;  
Police/Fire Service – joyriding risks; knife crime, hate crime

Speakers – homophobia and awareness of LGBT issues

<https://www.youtube.com/watch?v=agLrVvCUkzI>;  
<https://www.youtube.com/watch?v=L4Q3ABMLWos>  
<https://www.youtube.com/watch?v=lrJxqvalFxm>

Shan Hanley – Chinese New Year

**PSHE SCHEME OF WORK – KEY STAGE 4: YEAR 10**

Autumn Term	Spring Term	Summer Term
<p><b>Relationships</b> Healthy/unhealthy/equal/positive relationships; types of exploitation/abuse/control in relationships; ending of relationships – coping; impact domestic abuse; parenthood; separation, divorce, bereavement; peer support Statutory/voluntary support agencies. R1-12, 29</p> <p><b>Health and well-being</b> – self-confidence and self-esteem; emotional resilience – constructive feedback/criticism; strategies for managing stress and emotional well being; healthy and unhealthy coping strategies; Local Support Services H1-7</p>	<p><b>Health and well-being</b> continued ...</p> <p><b>Sexual Health</b> Sexual attraction and developing sexuality; diversity in attraction; consent; sex and the law; readiness for sex; saying no; drugs/alcohol and sexual behaviour; accessing contraception; emergency contraception; condoms; unintended pregnancy – choices; use of condoms to protect against STIs/HIV/AIDS; abortion; Risks of sharing intimate images – self/others; Accessing sexual health support R13-18, 21-23; H7, 9; L8</p>	<p><b>Health and well-being</b> <b>Safety</b> – Choices – Responsibilities; Body image; piercings/tattoos/cosmetic procedures – risks; staying safe – awareness of safety in different settings including streets; law and offensive weapons including knife crime; on-line safety including the law; bullying/abuse including on-line first aid/CPR and seeking emergency support; testicular/breast examination; substance misuse including types of drugs – legal/illegal; alcohol; tobacco; consequences - habit/dependence/ addiction/</p>
<p><b>Living in the Wider World</b></p> <p><b>Learning</b> – evaluating own strengths to inform goal setting; time management; organisation; study and employability skills; careers; <b>Citizenship</b> – (Prevent) - challenging discrimination; racism; prejudice; extremism/intolerance; protection of community; influence of social media; harassment; <b>Financial education</b> - Information and guidance available to access careers support L1-7; 10-13</p>	<p>Speakers On-line safety/ CSE; Police/Fire Service – joyriding risks; knife crime, hate crime</p>	<p>Safety : Police, Ambulance, Fire Service Speakers</p>

Domestic Abuse speakers

School Nurse Drop in

St. Johns Ambulance – first aid and CPR; Restart a Heart Day

School Nurse/Project 3 –Sexual Health Nurses testing for STIs;

Shan Hanley – Chinese New Year

Speakers eg Project 3; School Nurses

School Nurse – breast and testicular examination

Learning Mentor careers support/advice

<https://www.youtube.com/watch?v=agLrVvCUkzI>;  
<https://www.youtube.com/watch?v=L4Q3ABMLWos>  
<https://www.youtube.com/watch?v=lrJxovalFxm>

**PSHE SCHEME OF WORK – KEY STAGE 4: YEAR 11**

Autumn Term	Spring Term	Summer Term
<p><b>Sexual Health</b> Recap: types of relationship and Sexual relationships in the context of a stable relationship About STIs/HIV/AIDS H9</p> <p><b>Safety</b> Following health and safety procedures including in the home and at work; emergency first aid and CPR</p> <p>Local health and emotional support services</p> <p><b>Living in the wider world</b> <b>Learning/employment</b> - Preparing for exams, revision and college; time management, self-organisation, presentation, team working, on-line safety; identify own interests, skills and qualities – how they relate to future</p>	<p><b>Living in the wider world – Learning/employment</b> continued employability; apprenticeships; CV; applying for college; interview; clothes/make up; presentation; travel;</p> <p><b>Staying Safe</b> difference between friendship groups and gangs; law and offensive weapons including knife crime; on-line safety including the law; bullying/abuse including on-line</p> <p><b>Emotional health</b> Self-confidence, self-esteem; managing anxiety including exam stress, recognise unhealthy coping strategies such as self-harm, eating disorders, substance misuse. developing resilience. Awareness of local support services – physical, emotional and mental health.</p>	<p><b>Relationships</b> The family/parenting skills/qualities in family life; equal, supportive relationships; unhealthy, abusive relationships including physical, emotional, sexual; exploitation, bullying; consent and impact of drugs and alcohol on choices; accessing contraception including emergency; unintended pregnancy pathways/reactions; respecting different cultures/faiths and sexual relationships.</p> <p><b>Living in the wider world</b> <b>Financial education/life skills</b> Life skills, bank accounts, budgeting, world of work – tax, national insurance, housing – bills, loans.</p>

School Nurse/Project 3 –Sexual Health Nurses testing for STIs;

St. Johns Ambulance – first aid and CPR; Restart a Heart Day

School Nurses drop in

Learning Mentor support  
Visit to college, market stalls

Speakers On-line safety/ CSE; Police/Fire Service – joyriding risks; knife crime, hate crime

School Nurse

Domestic Abuse speakers

Shan Hanley – Chinese New Year

School Nurse – breast and testicular examination

PSHE provision at Maple Medical PRU is designed to meet the individual needs of pupils and is based on the collaboration and support of local agencies and other schools as well as following the PSHE Association Programme of Study where appropriate. The Scheme of Work is intended as a guide and content may be amended/omitted to meet the individual needs of pupils within Maple.

Local Agencies play an important role in supporting the teaching of PSHE and supplement the topics and issues taught by staff. Staff work closely with CAHMS support workers who regularly visit Jasp pupils for one to one sessions. A School Nurse from the School Nursing service visits Maple once every half term for an afternoon drop in session and pupils are offered an opportunity to meet her individually for a one to one session. Formal referrals are also made by staff at Maple for any pupil who needs extra input. The School Nurse also supplements teaching in any area which affects health for example, smoking alcohol, cancer prevention.