

Year 7 PSHE Lesson Map 2020 - 2021

Week	Dates w/b	Year 7
1	7th Sept	Welcome back
2	14th Sept	Covid reflection - How has Covid-19 affected our lives? What has the impact been on the UK and the wider world?
3	21st Sept	Mental health – How can we cope when times get tough? Where can we access support?
4	28th Sept	Personal Identity - What makes up a person's identity and values? How can we preserve and protect our self-esteem?
5	5th Oct	Responsibility - What are the advantages of taking responsibility for your own life?
6	12th Oct	Time Management - How can I learn to manage my time effectively so I am on time and meet deadlines?
7	19th Oct	Reflection on learning – How well have I settled in at school and progressed in my subjects so far?
		October half term
8	2nd Nov	Working relationships - How are these relationships different to personal relationships?
9	9th Nov	Family relationships - How many different types of family are there?
10	16th Nov	Family relationships - How can we overcome conflict in family relationships?
11	23rd Nov	Friendships - What are the benefits to maintaining healthy friendships?
12	30th Nov	Peer pressure - How can we resist peer pressure online and offline?
13	7th Dec	Bullying and cyberbullying - What is bullying and how can we tackle it?
14	14th Dec	Intimate relationships - What are the features of healthy and unhealthy relationships?
		Christmas
15	4th Jan	Sexual orientation - What does it mean to be hetero- or homosexual? What does LGBTQ+ mean?
16	11th Jan	Gender roles and stereotypes
17	18th Jan	Gender identity - How many gender identities exist and what is transgender?
18	25th Jan	Awareness campaign - Supporting our LGBTQ+ community
19	1st Feb	SAFER INTERNET WEEK - Cyberbullying
20	8th Feb	Equality Act/Human Rights - What are human rights?
		February half term
21	22nd Feb	DIVERSITY WEEK - Disability
22	1st March	Careers - Introduction to the World of Work
23	8th March	Careers - Interests, skills and qualities
24	15th March	Careers - World of Work job search
25	22nd March	Racism - What are the effects of racism in Britain?
26	29th March	Racism - Understanding the Black Lives Matter movement
		Easter
27	19th April	Physical activity - Understanding the importance of regular exercise
28	26th April	Staying active and Mental Health - How does exercise benefit our mental health?
29	3rd May	Healthy eating - Why is a healthy diet important?
30	10th May	Personal hygiene - Why is it so important to wash your hands?
31	17th May	Personal hygiene - Why is it so important to maintain good personal hygiene?
32	24th May	Sun safety - How can you protect yourself against skin cancer?
		Whitsun half term
33	7th June	Mental Health Week - Talking about emotions
34	14th June	Sleep - How can I maintain a health sleeping pattern?
35	21st June	Safe in summer - How can I stay safe near water?
36	28th June	Safe in summer - How can I stay safe at level crossings?
37	5th July	Safe in summer - How can I stay safe around railways?
38	12th July	Mop up sessions
39	19th July	Mop up sessions
		Summer holidays

Year 8 PSHE Lesson Map 2020 - 2021

Week	Dates w/b	Year 8
1	7th Sept	Welcome back
2	14th Sept	Covid reflection - How has Covid-19 affected our lives? What has the impact been on the UK and the wider world?
3	21st Sept	Mental health – how can we cope when times get tough? Where can we access support?
4	28th Sept	Right and Wrong - Where do our ideas of right and wrong come from?
5	5th Oct	The Law – What is meant by the ‘rule of law’? Why are laws important?
6	12th Oct	Criminal activity – What are the consequences of anti-social behaviour on the victim and the offender?
7	19th Oct	Criminal exploitation – Why do people join gangs? Can you tell a healthy group from an unhealthy social group?
		October half term
8	2nd Nov	Careers - Introduction to choosing GCSE's
9	9th Nov	Careers - Where can GCSE's take me?
10	16th Nov	Careers - Choosing GCSE's
11	23rd Nov	Careers - Employability
12	30th Nov	Healthy relationships - What are the features and consequences of a healthy relationship?
13	7th Dec	Unhealthy relationships - What are the features and consequences of an unhealthy relationship?
14	14th Dec	Indecent images/sexting - What are the risks and consequences of sexting? What does the law say?
		Christmas
15	4th Jan	Parenthood - How does becoming a parents change your life?
16	11th Jan	Marriage vs cohabitation - Why do some couples choose to cohabit rather than marry?
17	18th Jan	Types of marriage - What different types of marriage exist, and why might couples choose to marry?
18	25th Jan	Divorce - Why might some marriages end in divorce?
19	1st Feb	SAFER INTERNET WEEK - Body image and social media
20	8th Feb	Wedding planner - How much does it cost to arrange a wedding?
		February half term
21	22nd Feb	DIVERSITY WEEK - Disability
22	1st March	Smoking - How does smoking tobacco affect your health?
23	8th March	Alcohol - What impact does alcohol have on your physical and mental health?
24	15th March	Drugs - How can drugs affect your physical and mental health?
25	22nd March	Drugs - How can drugs affect your physical and mental health?
26	29th March	Decision making exercise - Which is the most dangerous drug? Assessing the danger posed by drugs vs the law associated with each one.
		Easter
27	19th April	First aid - basic treatment
28	26th April	First aid - CPR
29	3rd May	First aid - Consolidation
30	10th May	Dental hygiene - What are the benefits of good oral hygiene?
31	17th May	Puberty - What physical and emotional changes do we associate with puberty?
32	24th May	Plastic free periods - What impact do period products have on the environment? What other options are available?
		Whitsun half term
33	7th June	Mental Health Week - Unhealthy coping strategies: self-harm and eating disorders
34	14th June	Building resilience and emotional coping skills
35	21st June	Conflict resolution - How can we overcome conflict with others?
36	28th June	Digital detox - What are the benefits of a digital detox?
37	5th July	Mop up sessions
38	12th July	Mop up sessions
39	19th July	Mop up sessions
		Summer holidays

Year 9 PSHE Lesson Map 2020 - 2021

Week	Dates w/b	Year 9
1	7th Sept	Welcome back
2	14th Sept	Mental health – how can we cope when times get tough? Where can we access support?
3	21st Sept	Parliament – What is democracy and how does it work in the UK?
4	28th Sept	Voting systems – What are the advantages and disadvantages of different voting systems?
5	5th Oct	County lines – How do people get trapped in county lines?
6	12th Oct	Knife crime – Why might a person choose to carry a knife?
7	19th Oct	Radicalisation/extremism – Why could extremist views be considered dangerous?
		October half term
8	2nd Nov	Sexual pressure - What is consent and how do we know it has been given?
9	9th Nov	Sexual health - What are the pros and cons of different types of contraception?
10	16th Nov	Sexual health - How can we effectively protect ourselves from Sexually Transmitted Infections (STIs)?
11	23rd Nov	Pregnancy - What are the consequences of teenage pregnancy?
12	30th Nov	Domestic abuse and coercion - Can you recognise signs of abuse in a relationship?
13	7th Dec	Stalking and harassment - How serious can stalking and harassment be?
14	14th Dec	Forced marriage - What is the law around forced and arranged marriage?
		Christmas
15	4th Jan	Gambling - What are the risks associated with gambling?
16	11th Jan	Careers - Exploring industries/careers
17	18th Jan	Careers - Employability skills
18	25th Jan	Careers - Introduction to apprenticeships
19	1st Feb	SAFER INTERNET WEEK - Online presence/image
20	8th Feb	Awareness campaign - The dangers of sexting
		February half term
21	22nd Feb	DIVERSITY WEEK - LGBTQ+
22	1st March	Smoking - Comparing the risks of smoking vs vaping
23	8th March	Alcohol - What risks are associated with the misuse of alcohol?
24	15th March	Drugs - The risks to your physical and mental wellbeing
25	22nd March	Drugs - The law relating to drug involvement and links to crime
26	29th March	Decision making exercise - Should the government should ban smoking and vaping to save the NHS?
		Easter
27	19th April	Personal finance - What are the costs of running your home?
28	26th April	Personal finances - Can money buy you happiness?
29	3rd May	Personal finances - How can good budgeting help to keep your finances in credit?
30	10th May	Self examination - How can self-examination reduce our cancer risk?
31	17th May	Organ donation - What are the ethical and legal issues around organ donation?
32	24th May	Euthanasia - Should euthanasia be legalised?
		Whitsun half term
33	7th June	Mental Health Week - Understanding self-harm
34	14th June	Sleep - What strategies can I use to get a healthy amount of sleep?
35	21st June	Food and diets - what are the risks associated with obesity?
36	28th June	Understanding eating disorders
37	5th July	Mop up sessions
38	12th July	Mop up sessions
39	19th July	Mop up sessions
		Summer holidays

Year 10 PSHE Lesson Map 2020 - 2021

Week	Dates w/b	Year 10
1	7th Sept	Welcome back
2	14th Sept	Mental health – How can we cope when times get tough? Where can we access support?
3	21st Sept	Aims of punishment – How do we decide on the best form of punishment?
4	28th Sept	The death penalty – Is it ever right to take a life?
5	5th Oct	Honour-based violence – Why might people commit acts of honour-based violence?
6	12th Oct	How are county lines and knife crime linked?
7	19th Oct	Radicalisation/extremism – Islamophobia - Why do some people have a negative image of Muslims?
		October half term
8	2nd Nov	Sexual health - How can we protect ourselves from Sexually Transmitted Infections (STIs)?
9	9th Nov	Pregnancy and miscarriage - What options are available to overcome infertility? What does it mean to miscarry?
10	16th Nov	Abortion - What are the ethical and legal issues around abortion?
11	23rd Nov	Portrayal of sex in the media - What impact does pornography have on relationships/society as a whole?
12	30th Nov	Sexual consent - How do we know whether consent has been given or when it is rape?
13	7th Dec	FGM - Why does Female Genital Mutilation happen and what can be done to tackle it?
14	14th Dec	Sexual exploitation - What is child sexual exploitation?
		Christmas
15	4th Jan	Human rights and liberty - Why might some human rights be limited?
16	11th Jan	Tolerance - Is Britain a tolerant country? What is the difference between tolerance and acceptance?
17	18th Jan	Immigrants - Why might people migrate to a different country?
18	25th Jan	Refugees - What are the arguments for and against migrants/refugees being allowed to stay in the UK?
19	1st Feb	SAFER INTERNET WEEK - Online relationships
20	8th Feb	Fake news - What is fake news and what are the consequences?
		February half term
21	22nd Feb	DIVERSITY WEEK - Race
22	1st March	Alcohol - What are the wider impacts of alcohol on society?
23	8th March	Legalising cannabis - What are the arguments for and against legalising cannabis?
24	15th March	Global impact of drugs - What are the impacts of the global drug trade?
25	22nd March	The cost of good health - Is it easier to stay healthy if you are wealthy?
26	29th March	Decision making exercise - People shouldn't be allowed to live outside the country they were born in. A debate.
		Easter
27	19th April	Personal achievements - Why are personal achievements important and how can we set SMART targets for ourselves?
28	26th April	Careers- Making post-16 choices
29	3rd May	Careers - Apprenticeships
30	10th May	Careers - 6th Form/College
31	17th May	Careers - Post 16 - what's right for me?
32	24th May	Careers - Jobs, work preparation
		Whitsun half term
33	7th June	Mental Health Week - Stigma and mental health - how can we overcome the stigma associated with mental health?
34	14th June	Mental health - Common types of mental health disorder
35	21st June	Mental health - How can a variety of mental health disorders affect a person's life?
36	28th June	Mental health support - How can we access support for both children and adults with mental health difficulties?
37	5th July	Mop up sessions
38	12th July	Mop up sessions
39	19th July	Mop up sessions
		Summer holidays

Year 11 PSHE Lesson Map 2020 - 2021

Week	Dates w/b	Year 11
1	7th Sept	Welcome back
2	14th Sept	Mental health – how can we cope when times get tough? Where can we access support?
3	21st Sept	Careers – Why do I need to write a personal statement?
4	28th Sept	Careers – What do I need to include in a personal statement?
5	5th Oct	Careers – What makes a good personal statement?
6	12th Oct	Careers - What are the advantages of a university education? What is it like to study at university?
7	19th Oct	Careers - How do apprenticeships compare to studying at college?
		October half term
8	2nd Nov	Revision - What are the most effective ways to revise?
9	9th Nov	Digital Detox - What are the benefits of a digital detox?
10	16th Nov	Healthy relationships - What are the features and consequences of a healthy relationship?
11	23rd Nov	Unhealthy relationships - What are the features and consequences of an unhealthy relationship?
12	30th Nov	Relationship abuse - can you recognise signs of abuse in a relationship?
13	7th Dec	Sexual consent - How do we know whether consent has been given or when it is rape?
14	14th Dec	Sexting - What are the risks and consequences of sexting? What does the law say?
		Christmas
15	4th Jan	Portrayal of sex in the media - What impact does pornography have on relationships/society as a whole?
16	11th Jan	Sexual health - How can we protect ourselves from Sexually Transmitted Infections (STIs)?
17	18th Jan	Alcohol - What risks are associated with the misuse of alcohol?
18	25th Jan	Fake news - How can I spot fake news?
19	1st Feb	SAFER INTERNET WEEK - Advertising and how to be a discerning consumer
20	8th Feb	Equality Act/Human Rights - What are human rights?
		February half term
21	22nd Feb	DIVERSITY WEEK - Gender identity/transgender
22	1st March	Criminal activity – What are the consequences of anti-social behaviour on the victim and the offender?
23	8th March	Radicalisation - What is radicalisation and how can it lead to terrorism?
24	15th March	Knife crime - Why do teens get involved with knife crime and what are the consequences?
25	22nd March	Drugs- What are the physical and mental effects of illegal drugs?
26	29th March	County Lines - How do young people get trapped in county lines?
		Easter
27	19th April	Drug safe rooms - What are the arguments for and against Drug Safe Rooms?
28	26th April	Global impact of drugs - What are the impacts of the global drug trade?
29	3rd May	Legalising cannabis - What are the arguments for and against legalising cannabis?
30	10th May	What's next? What skills do I need to cope with the summer ahead?
31	17th May	EXAMS
32	24th May	EXAMS
		Whitsun half term
33	7th June	EXAMS
34	14th June	EXAMS
35	21st June	EXAMS
36	28th June	EXAMS
37	5th July	EXAMS
38	12th July	EXAMS
39	19th July	
		Summer holidays