



PSHCE and RSE Teaching Plan

Delivered via **Form Time** (FT) and timetabled **Integrated Studies** lessons (IS)

Year 7

Week 1 FT	Form Business
Week 1 IS	Getting to know you...
Week 2 FT	Getting to know you...
Week 2 IS	Getting to know you...
Week 3 FT	Opportunities in school
Week 3 IS	Dealing with change
Week 4 FT	Excellence, compassion, determination, opportunity, service
Week 4 IS	Dealing with change
Week 5 FT	Managing a situation; dealing with change
Week 5 IS	Needs a helping hand?
Week 6 FT	Everyday First Aid - Burns and bleeding
Week 6 IS	Needs a helping hand?
Week 7 FT	What is growth mindset? Revision/learning methods
Week 7 IS	Self-care and respect for our bodies. Mental health, physical health and sleep
Week 8 FT	Review week
Week 8 IS	Self-care and respect for our bodies. Mental health, physical health and sleep
Week 9 FT	Types of learner
Week 9 IS	Needs and wants
Week 10 FT	Developing study skills
Week 10 IS	Needs and wants
Week 11 FT	Goal setting and determination
Week 11 IS	Saving and managing money
Week 12 FT	Attitudes to mental health (KS3 PP Lesson 1)
Week 12 IS	Saving and managing money
Week 13 FT	Attitudes to mental health (KS3 PP Lesson 4)
Week 13 IS	All successes however small should be celebrated....
Week 14 FT	What is perfectionism?

Week 14 IS	All successes however small should be celebrated....
Week 15 FT Week 15 IS	Fundamental British Values - linked to New Year's Resolutions Our Government provides.....
Week 16 FT Week 16 IS	What is a Democracy? Our Government provides.....
Week 17 FT Week 17 IS	What is a Democracy? Our Government provides.....
Week 18 FT Week 18 IS	Our Human Rights discussed.... The Universal Declaration of Human Rights
Week 19 FT Week 19 IS	What is Genocide? The Universal Declaration of Human Rights
Week 20 FT Week 20 IS	Student Mental Health Week Voluntary Organisations - upholding our Human Rights
Week 21 FT Week 21 IS	Safer Internet Use Voluntary Organisations - upholding our Human Rights
Week 22 FT Week 22 IS	Making school safe Malala's Story - UD of HR
Week 23 FT Week 23 IS	Why do we need the rule of Law? Malala's Story - UD of HR
Week 24 FT Week 24 IS	Developing time management skills Making school safe
Week 25 FT Week 25 IS	Planning for major public events Making school safe
Week 26 FT Week 26 IS	Changing your beliefs could change your life An introduction into e-safety
Week 27 FT Week 27 IS	Free world, values and beliefs An introduction into e-safety
Week 28 FT Week 28 IS	Needs and wants Physical activity - healthy mind and body
Week 29 FT Week 29 IS	Working in finance Physical activity - healthy mind and body
Week 30 FT	Alcohol abuse and binge drinking

Week 30 IS	Financial literacy - the meaning of terms
Week 31 FT	Alcohol abuse - case studies
Week 31 IS	Financial literacy - the meaning of terms
Week 32 FT	Using teacher/test result feedback effectively
Week 32 IS	Using feedback to inform academic choices
Week 33 FT	Academic subject/test mark reflection
Week 33 IS	Using feedback to inform academic choices
Week 34 FT	Using celebrity to raise the profile of a national situation
Week 34 IS	What is stress? Needing support?
Week 35 FT	The importance of cleaning your teeth - child dental health
Week 35 IS	What is stress? Needing support?
Week 36 FT	Consolidation (11 abilities)
Week 36 IS	Awareness of live streaming
Week 37 FT	Anxiety disorders
Week 37 IS	Awareness of live streaming
Week 38 FT	Growth mindset reminder
Week 38 IS	Our responsibility in the community
Week 39 FT	The role of charitable organisations
Week 39 IS	Our responsibility in the community