

P.S.H.E./R.E. Scheme of Work Overview - Forms 1 - 5

P.S.H.E. units - black: R.E units - red

NB Forms 1 - 3 are Key Stage 3
Forms 4 - 5 are Key Stage 4

Form 1

Unit Title	Specific Learning
Changes	<i>Transition; its impact on understanding of self; strategies for managing transition</i>
Friend or Foe?	<i>What healthy and unhealthy relationships look like; with particular regards to bullying</i>
Good and Active Citizens	<i>What citizenship means; British citizenship and Fundamental British Values; community involvement</i>
Staying Healthy	<i>Healthy diet; exercise; personal hygiene; public health and immunisation</i>
Mindfulness	<i>Benefits of mindfulness; strategies</i>
e-Safety	<i>Acceptable behaviour in the virtual world, and personal responsibility in relation to this; staying safe online</i>
Legal and Illegal Drugs	<i>Understanding of differences between legal and illegal drugs; effects of drugs, focus on cannabis and solvents</i>
My Community	<i>Consideration of different types of community; role of the individual in relation to a community</i>
Families	<i>Meaning of family; areas of conflict in families; divorce</i>
Careers	<i>Exploration of possible future careers; skills needed in the world of work</i>
Puberty and Adolescence	<i>Male and female bodies - changes occurring during adolescence; managing changing feelings</i>
Risky Business	<i>Defining risk; everyday risks; strategies for managing risks</i>
Friendships	<i>Considering healthy and unhealthy friendships; strategies for managing friendships including ending unhealthy ones</i>
Money Saving and Budgeting	<i>Different attitudes to money; saving; budgeting</i>
Religious and Ethical Influences on Diet	<i>Dietary requirements of Judaism, Islam, Hinduism and Buddhism; vegetarianism and veganism as ethical choices</i>
Families and Ceremonies	<i>Concept of family in Christianity, Judaism and Islam; rituals associated with naming, coming of age, marriage and death</i>
Meditation	<i>Links between mindfulness and meditation; Buddhism and meditation</i>

Form 2

Unit Title	Specific Learning
Rules and Laws	<i>Consideration of role of rules and laws in maintaining society; understanding the process of how rules and laws are created</i>
Promoting Emotional Wellbeing	<i>Examining attitudes to mental health; consider ways of maintaining daily wellbeing</i>
Influential Friends	<i>Exploring concepts of friends; defining what peer pressure and 'group think' are; strategies for managing peer pressure</i>
Stereotypes and Discrimination - different disabilities	<i>Experiential learning to understand the impact of different types of disabilities; how disability impacts on daily life and how discrimination may arise</i>
Drugs and their Effects	<i>Developing understanding of the ways in which drugs may impact users' lives; the wider social impact of drug use and abuse</i>
Communication, Behaviour and Sexual Health	<i>Developing understanding sexual development and possible risks associated with sex-related experimentation; developing capacity to make informed decisions about looking after sexual health and reputation</i>
Managing Risk	<i>Developing understanding of what risk is; managing risk in a variety of everyday situations; where to find and how to access help or give assistance in an emergency</i>
Personal Finance	<i>Introduce the concept of personal finance; developing knowledge of ways of paying for goods and services; considering risk and benefits of different ways of paying for goods and services</i>
Changing Relationships	<i>Developing understanding of the changes which occur in different relationships; reasons for changes in relationships and the impact this might have on an individual</i>
The Media	<i>Developing understanding of the role media plays in disseminating information to the public; becoming a critical consumer of information shared on social media</i>
Rules and Religion	<i>Developing understanding of the role of rules within Christianity, Judaism, Islam and other religions; considering the ethics of breaking the law</i>
Religion and Medical Ethics	<i>Exploring what we mean by medical ethics; considering how religion may influence ethical decisions</i>
Evil and Suffering	<i>Exploring different ideas of why evil and suffering exist in the world; evaluate different religious responses to the problem of evil and suffering</i>

Form 3

Unit Title	Specific Learning
Rights and Responsibilities	<i>Learning about human rights; considering how human rights may be upheld or denied; routes of redress when human rights are denied</i>
Reframing Failure	<i>Defining what resilience is; strategies for developing personal resilience</i>
Managing Your Money	<i>Understanding basic money management skills in relation to credit and debt; understanding basic pay information including tax and National Insurance contribution</i>
Managing Online Risk	<i>Understanding the concept of being a responsible digital citizen; developing skills in managing mental wellbeing in relation to social media use</i>
Choices and Options	<i>Exploring choices and options; considering the decisions needed as an individual moves towards the world of work</i>
Managing Risk: Drugs and Alcohol	<i>Considering the physical, mental and wider social impact of drug use, particularly alcohol</i>
Managing Peer Influence - Gangs	<i>Learning about how peer influence may lead to behaviours which put individuals in danger in relation to gangs and carrying knives</i>
Responding to Stress	<i>Considering the role of stress in life; identifying particular stressors; developing healthy strategies for managing stress</i>
Recognising and Managing Risks in Sexual Relationships	<i>Exploring development of sexual identity and how to maintain good sexual health; learning about the characteristics of health and unhealthy relationships; signs related to issues of control and consent</i>
Local Business Project	<i>Developing awareness of the local job market; different types of work opportunities which exist locally</i>
Emotional Health During Transition to Form 4	<i>Considering the challenges which may be present during transition for Form 4; considering the role of adolescence in managing change</i>
Stewardship and Ecology	<i>Considering different religious viewpoints on using the world's resources and ecology</i>
Inequality and Poverty	<i>Considering religious attitudes and responses to inequality and poverty</i>
Marriage and Family Life	<i>Exploring religious attitudes to marriage and the concept of family and family life</i>

Form 4

Unit Title	Specific Learning
Youth and the Media	<i>Considering the relationship between young people and social media; developing a critical awareness of social media viewing and behaviour in the digital world</i>
Promoting Emotional Wellbeing	<i>Considering what good mental health is; identifying possible signs of poor mental health; healthy and unhealthy coping strategies</i>
Lifestyle and Learning	<i>Understanding the importance of managing personal health; relationship between personal health and learning capacity</i>
Stereotyping, Prejudice and Discrimination	<i>Learning about the links between stereotyping, prejudice and discrimination; consequences potentially arising from stereotyping; how to challenge prejudice and discrimination</i>
Role Models	<i>Considering what role models are; exploring why role models exist, and how they influence people</i>
Staying Safe with Money	<i>Considering risks associated with money and finance; particular focus on the risks associated with gambling</i>
Consequences of Drug Use	<i>Considering the consequences and possible risks associated with taking alcohol and drugs</i>
Law and the Justice System	<i>Developing knowledge of the British criminal justice system; considering why people might break the law; different roles of people involved in the criminal justice system</i>
Relationship Skills, the Media and Pornography	<i>Considering the legal status of pornography; developing understanding of the impact pornography can have on relationship expectations and behaviours</i>
Careers	<i>Expanding pupils thinking in terms of post GCSE career planning</i>
Work Experience	<i>Experiencing a week in a work environment</i>
Ethical Consumerism	<i>Considering the wider implications of purchasing goods; considering ways of being an 'ethical consumer'</i>
Religious and Moral Views on Justice	<i>Considering different viewpoints on the use of capital punishment as a sanction in society</i>

Form 5

Unit Title	Specific Learning
The Cost of Living	<i>Understanding the importance of good financial planning, with regard o budgeting and managing risks</i>
Voting	<i>Developing a broad understanding of the political spectrum and the voting process in the UK</i>
Personal Safety	<i>Exploring knife crime and the risks of abusive relationships</i>
Making Safer Choices in Sexual Relationships and Parenting Skills	<i>Understanding the role and importance of managing sexual health; the potential consequences of an unplanned pregnancy</i>
Drugs and Their Impact on Adult Life	<i>Learning how drug dependency and addiction are reached; the wider impact dependency and addiction have on the individual and society</i>
Diversity	<i>Recognising that British society is diverse; the need to respect diversity</i>
Radicalisation and Extremism	<i>Developing understanding how extremism develops; clarifying he link between extremism and terrorism</i>
Careers	<i>Preparing for next steps in the career pathway</i>
Looking to the Future	<i>Identifying 'next steps' for post-GCSE career progression</i>