Thomas Middlecott Academy

PSHE/RSE: Long Term Overview

	Autumn Term 1 Introduction to Health and Well-being	Autumn Term 2 Introduction to Relationships	Spring Term 1 Health and Wellbeing	Spring Term 2 Living in the Wider World	Summer Term 1 Relationships	Summer Term 2 Health and Wellbeing
Year 7	**Healthy bodies, healthy minds** Transition, positive and healthy relationships, physical and mental health, lifestyle and wellbeing, healthy eating, body image, promoting emotional wellbeing	**Diversity, equality, culture** Multi-cultural Britain, identify, nature v nurture, equality, stereotypes, prejudice, discrimination, traditions	**Healthy options** Healthy routines – diet, exercise, sleep	**Finance and decision making** Saving, borrowing, budgeting, online safety	**Diversity** Diversity, prejudice, bullying	**Safety** Personal safety, first aid
Year 8	**Healthy bodies, healthy minds** Transition, positive and healthy relationships, physical and mental health, lifestyle and wellbeing, healthy eating, body image, promoting emotional wellbeing	**Diversity, equality, culture** Multi-cultural Britain, identify, nature v nurture, equality, stereotypes, prejudice, discrimination, traditions	**Emotional well-being** Mental health and emotional well-being, body image and coping strategies	**Digital Literacy** Online safety, digital literacy, media reliability, gambling hooks	**Discrimination** All forms of discrimination, incl. racism, disability, sexism, homophobia, biphobia, transphobia	**Drugs and Alcohol** Alcohol and drug misuse, pressure relating to drug use
Year 9	**Healthy bodies, healthy minds** Transition, positive and healthy relationships, physical and mental health, lifestyle and wellbeing, healthy eating, body image, promoting emotional wellbeing	**Diversity, equality, culture** Multi-cultural Britain, identify, nature v nurture, equality, stereotypes, prejudice, discrimination, traditions	**Healthy life** Fair and equal opportunities, dental health, change, loss, grief and mental health, FGM, first aid	**Employability skills** Media and online presence Employability	**Respectful relationships** Families and parenting, healthy relationships, conflict resolution, relationship changes	**Peer pressure, substance use and gangs** Healthy and unhealthy friendships, assertiveness, substance use, gang exploitation

Year 10	**Healthy bodies, healthy minds** Transition, positive and healthy relationships, physical and mental health, lifestyle and wellbeing, healthy eating, body image, promoting emotional wellbeing	**Diversity, equality, culture** Multi-cultural Britain, identify, nature v nurture, equality, stereotypes, prejudice, discrimination, traditions	**Exploring Influence** Influence and impact of drugs, role models	**Work experience and employability skills** Media and online presence Employability	**Healthy Relationships** Relations and sexual expectations, pleasure and challenge, including media impact and pornography	**Mental Health** Mental health, ill health, stigma, safeguarding health including periods of transition and change
Year 11	**Healthy bodies, healthy minds** Transition, positive and healthy relationships, physical and mental health, lifestyle and wellbeing, healthy eating, body image, promoting emotional wellbeing	**Diversity, equality, culture** Multi-cultural Britain, identify, nature v nurture, equality, stereotypes, prejudice, discrimination, traditions	**Independence** Responsible health choices, safety in an independent context	**Building for the future** Self-efficacy, stress management, future opportunities	**Communication in relationships** Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	