

Stanground Whole School Long term PSHE plan

Tutorial program

	Health and wellbeing		Relationships		British Values		British Values		Health and wellbeing		Relationships	
Year 1 2020-2021	1.1 Start the year right: Mental health, goal setting, over coming barriers	Careers week	1.2 Respectful relationships: Families and parenting, diversity, prejudice and bullying.	Careers week	1.3 Why are British communities so diverse? Immigration Who lives in the UK? What does it mean to be British?	Careers week	1.4 Community cohesion What is community cohesion? Why is community important?	Careers week	1.5 Financial decision making: Saving, borrowing, budgeting and making financial choices	Careers week	1.6 Good friends: Healthy and unhealthy friendships, assertiveness	Careers week
Year 2 2021-2022	2.1 Start the year right: Mental health, goal setting, over coming barriers		2.2 Managing relationships: Conflict resolution and relationship changes		2.3 British Values: What is democracy? What does democracy in the UK look like? How do you vote in the UK?		2.4 British Values: Who are the Conservative party and what do they represent? Who are the Labour party and what do they represent?		2.5 Independence: Responsible health choices and safety in independent contexts		2.6 Ethical living Shopping ethically Responsible health choices – vaccinations Responsible health choices – blood donating Organ donation	
Year 3 2022-2023	3.1 Start the year right: Mental health, goal setting, over coming barriers		3.2 Teenage pregnancy: Why is teenage pregnancy so tough? How can we avoid it? What options are there for pregnant teenagers?		3.3 Discrimination: Discrimination in all it's forms including; racism, religious discrimination, disability, sexism, homophobia, biphobia and transphobia		3.4 Addressing extremism and radicalization: Communities, belonging and challenging extremism		3.4 Financial decision making The impact of financial decisions, debt and the impact of advertising on financial choices		3.5 Healthy relationships When is a friend not a friend?	

Year 4 2023-2024	4.1 Start the year right: Mental health, goal setting, over coming barriers		4.2 What makes a family? Exploring different models of family, parental responsibilities, marriage and forced marriage		4.3 Individual liberty What rights do I have? Freedom of speech Education		4.4 Individual liberty Where do my rights come from? UN declaration of human rights. The rights of a child.		4.5 What can you trust? Online safety, media literacy		4.6 Communication in relationships: what kind of relationships do you have and how do you communicate within them?	
Year 5 2024 - 2025	5.1 Start the year right: Mental health, goal setting, over coming barriers		5.2 How to build good supportive relationships and recognizing when they are not.		5.3 Rule of Law How are laws made? How are laws changed? The role of the police in the community.		5.4 Rule of Law British justice system – crown courts British justice system – magistrate courts Lawful punishments		5.5 Media reliability, gambling hooks, impact of gambling		5.6 Healthy barriers and how to establish them.	

PSHE Drop Down Days Plan (with 2021-22 dates)

Whole school DDD			Whole school DDD			Individual Year group DDD		
23 rd Feb 2022			5 th July					
Year group	Aim	Sessions	Year group	Aim	Sessions	Year	Theme	Date
7	Explore healthy living	<ul style="list-style-type: none"> • Healthy routines • Energy drinks • Sleep • Puberty • FGM 	7	Self-worth	<ul style="list-style-type: none"> • Self-worth • Romance • Friendships • Online relationships • Relationship boundaries 	7	<ul style="list-style-type: none"> • Enterprise day (LCh) • First aid and risky behaviours 	<ul style="list-style-type: none"> • 29th June
8	Emotional well being	<ul style="list-style-type: none"> • Body image • Cancer awareness • Social media • Vaping • Stereotyping and the media 	8	Identity and relationships	<ul style="list-style-type: none"> • Kite Trust – Gender identity • Sexual orientation • Consent • Sexting • Contraception 	8	<ul style="list-style-type: none"> • Alcohol and drugs • Healthy body, health mind 	<ul style="list-style-type: none"> • 30th June
9	Substance misuse and gang culture	<ul style="list-style-type: none"> • Drugs • Alcohol • Vaping • County lines • Gangs 	9	Intimate relationships	<ul style="list-style-type: none"> • Consent • Contraception • STIs • Pornography • Child sexual exploitation 	9	<ul style="list-style-type: none"> • Options and futures day • Let's talk about sex 	<ul style="list-style-type: none"> • 21st & 24th Feb • 1st July
10	Exploring influence	<ul style="list-style-type: none"> • Impact of drugs • Impact of gangs • Binge drinking • Role models • The media 	10	Healthy sexual relationships	<ul style="list-style-type: none"> • Relationships and sex • Myths • Pleasure • Impact of the media and pornography • Revenge porn 	10	<ul style="list-style-type: none"> • Work ready • Peer pressure and risky behaviour 	<ul style="list-style-type: none"> • 11th Nov
						11	<ul style="list-style-type: none"> • My future & PPE reflection 	<ul style="list-style-type: none"> • 9th December