

Year group	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	UK savings week Healthy eating week (Sep 1) 10/10 - world mental health day <u>15/9 - world democracy day</u>	Black History Month Anti-bullying	Online safety day - 11 th February World Religion Day - 19 th January Black History Month	National Careers week - 3 rd - 8 th March	Mental health awareness week - 12 th May - 18 th May Diversity	Pride month - June
5	<u>Health & wellbeing</u> <u>Understand myself and my journey at Brewood - Mental Health and Wellbeing</u>	<u>Relationships</u> <u>Equality, Respect & Challenging Prejudice</u>	<u>Living in the wider world/Health and wellbeing</u> <u>Staying Safe in the real and digital world</u>	<u>Living in the Wider World</u> <u>Careers and economic wellbeing</u>	<u>Relationships</u> <u>Friendships and feeling safe</u>	<u>Health and wellbeing</u> <u>Growing and changing</u> <u>Understanding my changing body</u>
	LO - reflect on our transition to Brewood Middle Academy LO - to understand our school rules, vision and values. (Rules - laws - rights/responsibilities) Set ground rules for PSHE LO - To understand how emotions affect mental health and to learn strategies to regulate emotions effectively. LO - to understand mental health and why it is important	LO - To understand what respect is and why it matters LO - To understand what a community is and value different ways people contribute LO - Understand what diversity means and why it matters in our school and country LO - Understand discrimination and prejudice and how to challenge these - all protected characteristics LO - Understand the impact of gender stereotypes on individuals	LO - Understand personal information and how to protect it LO - to know the risks of online fraud LO - to understand online harms (fake news, fake information) LO - Understand road safety (Context of Brewood and buses in particular)	<u>Discovering my skills & aspirations</u> LO - to identify positive skills, strengths and achievements I am proud of LO - to understand there are a variety of routes into different jobs which may match my skills and interests. LO - I can understand that gender, race and social class do not determine what jobs people can do.	LO - To understand how friendships are important for our wellbeing LO - explore how to treat friends with kindness and respect LO - Understand what personal boundaries are and why they matter LO - to understand what consent means in friendships	LO - understand the physical changes that happen in puberty LO - understand the biological changes that happen in puberty LO - explore the importance of personal hygiene in puberty LO - understand the emotional changes that happen in puberty

	<p>LO - to manage challenges and change in our lives</p> <p>LO - to understand the impact of loss and bereavement</p> <p>LO - recognise warning signs about mental wellbeing and how to seek support for themselves and others</p>	<p>and wider society and how to challenge it</p> <p>LO - Understand the impact of racism on individuals and wider society and how to challenge it</p> <p>LO - Understand the impact of homophobic language on individuals and wider society and how to challenge it</p>	<p>LO - Understand water safety (rivers and canals)</p> <p>LO - Understand what an emergency is and how to deal with</p> <p>LO- Reflection on safety - create team quizzes on online and real-life safety situations</p>	<p><u>Money Matters:</u></p> <p>LO - explain financial risks and how to avoid them</p> <p>LO - understand how retailers try to influence our spending</p> <p>LO - discuss the spending decisions people have to make</p>	<p>LO - understand how friends can influence us and know how to resist pressure</p> <p>LO - explore conflict resolution and understand friendships can change over time</p> <p>LO - Recognise when a friendship or situation feels unsafe and know how to get help (statutory safeguarding)</p>	<p>LO - identify and understand where and how to ask for help about puberty and growing up</p> <p>LO - reflect on how I feel about puberty and growing up</p>
6	<p><u>Health and wellbeing</u></p> <p><u>How My Choices Affect My Health</u></p> <p><u>- Healthy Lifestyles</u></p>	<p><u>Relationships</u></p> <p><u>Respectful Relationships:</u></p> <p><u>Managing hurtful behaviour and bullying</u></p>	<p><u>Living in the wider world</u></p> <p><u>Making safe and smart decisions</u></p>	<p><u>Living in the Wider World</u></p> <p><u>Careers and economic wellbeing</u></p>	<p><u>6-Relationships</u></p> <p><u>Healthy family relationships</u></p>	<p><u>Health and wellbeing</u></p> <p><u>Growing and changing</u></p> <p><u>Growing up and responsibilities</u></p>
	<p>LO - to set ground rules for PSHE (link to vision and values)</p> <p>LO - understand how regular exercise benefits our physical and mental health</p>	<p>LO - Understand what it means to listen and respond respectfully to others</p> <p>LO - identify respectful and disrespectful online relationships</p> <p>LO- Understand what bullying is, how it is different from conflict,</p>	<p>LO - Recap - Understand digital privacy settings and oversharing (Once upon online - Chromebooks needed)</p>	<p><u>Curiosity: Exploring strengths, interests and the wider world</u></p> <p>LO - Discover the skills needed for different jobs</p> <p>LO - investigate how people choose a career</p>	<p>LO - understand what a committed relationship looks like (forced marriage INC)</p> <p>LO - Understand family diversity</p>	<p>LO - understand the changes in puberty (Recap from year 5) - menstrual conditions</p> <p>LO - explore how to manage change and</p>

	<p>LO- understand the impact of sleep on our wellbeing</p> <p>LO - understand the impact of screen time on our wellbeing</p> <p>LO - understand how the correct use of medicines, and vaccinations, can help to maintain health and wellbeing.</p> <p>LO - To understand the reasons why people use drugs, and how to manage peer influence.</p> <p>LO - to learn how mixed messages about drug use in the media can influence opinions and decisions.</p>	<p>and how prejudice can play a role in bullying behaviour</p> <p>LO - To understand the power of being an upstander and how silence causes harm</p> <p>LO - to know how to recognise and respond to bullying and disrespect online</p> <p>LO - to distinguish between friendly joking, banter and harmful comments.</p> <p>LO - To reflect on personal growth and commit to values that promote respect, kindness, and inclusion.</p>	<p>LO - to know the different types of online fraud (recap)</p> <p>LO - Understand how to use critical thinking online (Is it real?) - Misleading AI</p> <p>LO - Understand how to travel independently (unsafe shortcuts, stranger awareness, biker safety)</p> <p>LO - Understand how to stay safe at home (Cooking appliances, wires, open flames, medicines, cleaning products)</p> <p>LO - Understand the safe use of medicines</p> <p>LO - Reflection of unit - real life dilemmas, create a guide on how to stay safe online or at home</p>	<p>LO - discover routes into different jobs and career pathways</p> <p><u>Money and Values</u></p> <p>LO - explain why budgeting can be helpful and how to budget</p> <p>LO - to discuss the impact money can have on someone's emotional wellbeing</p> <p>LO - explain the impact that spending has on the environment</p>	<p>LO - Know what makes a family feel safe</p> <p>LO - understand how families show respect (resolving conflict)</p> <p>LO - understand personal boundaries and privacy</p> <p>LO - understand how and why families can change (separation, new family members and feelings)</p> <p>LO - know where to go for help if something doesn't feel right</p>	<p>becoming more independent</p> <p>LO - to understand how a baby is made</p> <p>LO - understand how pregnancy happens and what it involves - fertility/miscarriage</p> <p>LO - reflect on how I feel about growing up and the changes ahead (Where to get support)</p>
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7	Health and Wellbeing <i>Balancing My Life: Choices, Pressures & Wellbeing - A balanced Lifestyle</i>	Relationships <i>The Power of Respect: Creating Positive Relationships in Real Life and Online</i>	Living in the wider world <u>Being Responsible in a Connected World</u>	Living in the Wider World	7 -Relationships Respectful relationships and growing independence	Health and wellbeing Growing and changing
	<p>Revisit school rules, establish ground rules for PSHE - ask it basket</p> <p>Lo - to recognise sources of stress and develop strategies to manage them</p> <p>LO- To explore strategies for balancing school, homework, social time, screen use and rest</p> <p>LO -To understand the impact of physical and mental lifestyle choices on overall health (peer pressure)</p> <p>LO -To learn about different influences on someone's diet and exercise choices</p> <p>LO - To understand how to take responsibility for physical health and know how to access help when needed</p>	<p>LO - To explore how respect is demonstrated in different types of relationships, especially in situations of disagreement, difference or social pressure.</p> <p>Lo - To explore how identity affects how people experience respect and belonging</p> <p>LO- To distinguish between friendly joking, harmful comments and prejudice-based bullying</p> <p>LO - To develop assertive communication and conflict-resolution skills in real-life and digital situations.</p> <p>LO - To identify manipulative, harmful or exclusionary online behaviours and how to respond</p> <p>LO - To understand what consent looks like in everyday</p>	<p>LO - to understand how social media can be used to influence behaviour and who benefits from this.</p> <p>LO - To understand how social media use can impact someone's interests, wellbeing, and worldview, and how to manage this. (Misogony)</p> <p>LO - understand our digital footprint and how this links to privacy online</p> <p>LO - Online gaming and in-game communication risks</p> <p>LO - Water safety and peer pressure (local walk - discuss</p>	<p>LO - Identify 5 growth industries in the local area (Brewood)</p> <p>LO - To understand labour market information and find 3 sources for careers research</p> <p>LO - Understand key employability skills and know how to develop these</p> <p>LO - explore how technology and automation are shaping job opportunities</p> <p>LO- to explore roles in areas like HR, finance, and IT across industries</p> <p><u>Budgeting and spending impact</u></p>	<p>LO - understand different types of relationship and how they change over time</p> <p>LO - recognise signs of healthy and unhealthy relationships</p> <p>LO - evaluate how relationships are portrayed in the media and the effects on our views</p> <p>LO - understand what is consent is (clear, informed and freely given)</p> <p>LO - understand the law and emotional risks around sharing sexual images</p> <p>LO- reflect on personal values and</p>	<p>LO - understand how puberty effects my emotions and feelings</p> <p>LO - recap personal hygiene</p> <p>LO - explore how to manage body image and self-esteem during puberty</p> <p>LO - Understand my right to body safety, including recognising harmful practices like FGM</p> <p>LO - Know how and where to access safe, reliable information about puberty and health (Risks from unreliable sources)</p> <p>LO - reflect on how I am growing changing -</p>

	L.O. To reflect on personal health goals and create an action plan for healthy living	relationships and how to communicate it assertively LO - To reflect on how respect is demonstrated in different relationships and to explore how our actions reveal our character	dares, group risk, safety) LO - To learn about some of the risks and effects of legal and illegal drug use. LO - Reflect on safety learning - what have they learned? How do they feel?	LO - create a simple budget and understand the importance of priorities LO - explore how personal and social values influence spending decisions	boundaries in all types of relationships LO -recognise signs of abuse or coercion and how to get support	physically, emotionally and socially
8	<u>Health and Wellbeing</u> <u>Navigating My Mental Health and Wellbeing in a Digital World - Mental Health</u>	<u>Relationships</u> <u>Respectful Relationships: Respect, Identity & Protecting Ourselves and Others from Harm</u>	<u>Living in the wider world</u> <u>Keeping ourselves safe in a complex world</u>	<u>Living in the Wider World</u> <u>Careers and economic wellbeing</u>	<u>8 - Relationships</u> <u>Healthy relationships, feelings and change</u>	<u>Health and wellbeing</u> <u>Introduction to sexual health</u> <u>Moving on and looking ahead</u>
	School rules, PSHE ground rules, ask it basket. Thoughts and feelings on PSHE. LO - understand mental health and attitudes towards it LO - promote and understand emotional wellbeing L.O. Understand how the online world can impact mental	LO - to understand the long-term impact of respectful and disrespectful behaviour on individuals and community LO - to understand our identity and celebrate difference LO - To understand discrimination and protected characteristics	LO: Explore how peers, media, and emotions affect decision-making in risky situations (online or offline) LO: Understand the risks of gang involvement, reasons young people may be drawn in, and how to	LO - to understand my options at the end of KS3 (Wolgarston focus - speaker?) LO - Explore different pathways into work (Training, volunteering, apprenticeships - local examples) LO - Know the top skills employers want (10 top	LO - know how to form and keep positive, respectful relationships LO - Recognise and manage strong feelings in relationships LO - explore how gender roles influence	GROWING AND CHANGING - LO - understand what sexual health means and why it matters (safe practices, contraception basics) LO - understand the changes in emotional readiness and responsibility as we

	<p>wellbeing and develop digital resilience strategies.</p> <p>L.O. To critically explore how social and digital media influence body image</p> <p>LO - identify unhealthy coping strategies</p> <p>LO - identify healthy coping strategies</p>	<p>L.O. Understand how to challenge prejudicial behavior by being an upstander</p> <p>LO - to understand what exploitation is and explore safe and unsafe activities online</p> <p>LO - to understand when behaviour is inappropriate and appropriate towards someone</p> <p>LO - to recognise warning signs of criminal exploitation</p>	<p>stay safe or seek help.</p> <p>LO: Understand the influence of toxic online culture and how to prevent this</p> <p><u>Drug education</u></p> <p>LO - To understand substance use and the risks and effects of caffeine consumption.</p> <p>LO - To understand about and manage influences relating to tobacco and nicotine product use.</p> <p>LO - To understand the risks and consequences of alcohol use.</p>	<p>skills - what do they have? How can they develop others?)</p> <p>LO - Understand how careers evolve</p> <p>LO - Understand the impact of AI on the future of work and the impact this has had</p> <p><u>Financial risk and decision making</u></p> <p>LO - identify financial risks like gambling, scams and how to stay safe.</p> <p>LO - consider how advertising, peer influence and values affect financial decisions</p>	<p>behaviour and intimacy (power and control)</p> <p>LO - deepen our understanding of consent - ethics/violence</p> <p>LO- understand how harmful online content affects relationships</p> <p>LO - understand the feelings and steps involved when relationships end</p> <p>LO - know about services, support networks and self-care options</p> <p>-</p>	<p>grow older (recap on consent and peer pressure)</p> <p>TRANSITION</p> <p>LO - reflect on my time at Brewood and how I feel about moving on</p> <p>LO - explore how to manage change, expectations and growing independence</p> <p>LO - understand how to look after myself emotionally and socially during transition - resilience/growth mindset</p>
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