

# High Grange PSHE/ RSE

Long term mapping Subject: PSHE/ RSE Years 7/8/9/10/11

## KS3 Spiral 1

| Autumn 1   | Autumn 2   | Spring 1   | Spring 2  | Summer 1  | Summer 2  |
|--|--|--|---|---|---|
| Health & wellbeing   | Careers  | Relationships  | Health & wellbeing  | Relationships   | Living in the wider world   |
| <b>Transition and safety</b><br>Transition to secondary school – study skills / core areas<br>personal safety in and outside school, including first aid | Employability Skills<br>Ambition Career & Life Goals<br>Careers in Maths<br>Careers in English<br>Careers in Science<br>Careers in Performing Arts<br>Careers in Computing and ICT | <b>Diversity</b><br>Diversity, prejudice, and bullying | <b>Health and puberty</b><br>Healthy routines, influences on health, puberty, unwanted contact. | <b>Building relationships</b><br>Self-worth, romance and friendships (including online) and relationship boundaries | <b>Financial decision making</b><br>Saving, borrowing, budgeting and making financial choices |
| PoS refs; H1, H2, H30, H33, R13, L1, L2  | Refer to CDI framework KS3<br>Gatsby benchmarks 1 2 4  | PoS refs: R3, R38, R39, R40, R41                       | PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34                                       | PoS refs: H1, R2, R9, R11, R13, R14, R16, R24   | PoS refs: H32, L15, L16, L17, L18   |

### Interconnected Schema Working memory golden threads

|   |   |  |   |   |   |
|---|---|--|---|---|---|
| Being me in the real world<br> | My dreams my goals.<br> | Celebrating differences in my world I live in.<br> | Healthy body healthy brain me.<br> | My Relationships<br> | Being me in the real world.<br> |
|---|---|--|---|---|---|

Enrichment day in Summer term looking at Careers PSHE Program spiral 1 ks3 Refer to planning and CDI framework

KS3 Spiral 2

|   |  |   |   |  |   |
|---|--|---|---|--|---|
| <b>Autumn 1</b><br>Health & wellbeing   | <b>Autumn 2</b><br>Careers   | <b>Spring 1</b><br>Relationships  | <b>Spring 2</b><br>Health & wellbeing   | <b>Summer 1</b><br>Relationships   | <b>Summer 2</b><br>Living in the wider world  |
| <b>Drugs and alcohol</b><br>Alcohol and drug misuse and pressures relating to drug use.<br>Smoking. | Preparation for the workplace<br>Careers in Public Sector<br>Careers in Private Sector<br>Careers in Leisure & Tourism<br>Careers in Cyber Security + Computing<br>Careers in Law<br>Careers in STEM | <b>Discrimination</b><br>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia | <b>Emotional wellbeing</b><br>Mental health and emotional wellbeing, including body image and coping strategies.<br>Wellbeing and mindfulness | <b>Identity and relationships</b><br>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception | <b>Digital literacy</b><br>Online safety, digital literacy, media reliability, and gambling hooks |
| PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44   | Refer to CDI framework KS3<br>Gatsby benchmarks 1 2 4  | PoS refs: R39, R40, R41, R3, R4, R42, R43   | PoS refs: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24  | PoS refs: H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32   | PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27                          |

Interconnected Schema Working memory golden threads

|  |   |   |   |  |   |
|--|---|---|---|--|---|
| Healthy body healthy brain me<br> | Being me in the real world. My dreams my goals.<br><br> | Celebrating differences in the world I live in.<br> | Healthy body healthy brain me.<br> | Celebrating differences in the world I live in.<br> | Being me in the world I live in.<br> |
|--|---|---|---|--|---|

Enrichment day in summer term focusing on Careers Program PSHE KS 3 Spiral 2 topic

KS3 Spiral 3

| Autumn 1<br>Health & wellbeing  | Autumn 2<br>Careers   | Spring 1<br>Relationships   | Spring 2<br>Health & wellbeing  | Summer 1<br>Relationships  | Summer 2<br>Careers   |
|---|---|---|---|--|---|
| <b>Peer influence, substance use and gangs</b><br>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation | Futuristic Careers + Artificial Intelligence<br>Developing a Positive Work Ethic<br>Careers and the World Cup<br>Careers in Finance & Banking<br>Careers in Digital Marketing<br>Careers in Geography<br>Careers in History | <b>Respectful relationships</b><br>Families and parenting, healthy relationships, conflict resolution, and relationship changes | <b>Healthy lifestyle</b><br>Diet, exercise, lifestyle balance and healthy choices, and first aid. | <b>Intimate relationships</b><br>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography | Understanding Work Place Jobs and Occupations<br>Standard Occupation Classifications<br>Business Structures<br>Work Hierarchy and Structure<br>Equality + Stereotypes in the Workplace<br>What is Enterprise? |
| PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47  | Refer to CDI framework KS3<br>Gatsby benchmarks 1 2 4   | PoS refs: H2, R1, R6, R19, R21, R22, R23, R35, R36  | PoS refs: H3, H14, H15, H16, H17, H18, H19, H21   | PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21   | Careers PSHE KS3 spiral 3   |

Interconnected Schema Working memory golden threads

|  |  |  |  |   |   |
|--|--|--|--|---|---|
| Keeping myself safe in the world I live in.<br> | My Dreams and goals<br> | My relationships<br> | Healthy body healthy brain me<br> | My Relationships<br> | My Dreams my goals<br> |
|--|--|--|--|---|---|

## KS4 Spiral 1

| Autumn 1<br>Health & wellbeing  | Autumn 2<br>Careers  | Spring 1<br>Relationships  | Spring 2<br>Health & wellbeing  | Summer 1<br>Relationships  | Summer 2<br>Careers  |
|---|--|--|---|--|--|
| <b>Mental health</b><br>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change<br><br>Gambling | Employment & Financial Management<br>Importance of saving money<br>Consumer Protection & rights<br>Employment Rights<br>Understanding a Payslip<br>What are enterprise Skills<br>Targeted Advertising - Online | <b>Healthy relationships</b><br>Relationships and sex expectations, myths, , including the impact of the media and pornography | <b>Exploring influence</b><br>The influence and impact of drugs, gangs, role models and the media | <b>Addressing extremism and radicalisation</b><br>Communities, belonging and challenging extremism | My Strengths, Skills and Qualities<br>The Art of Standing out<br>Careers in the NHS<br>Careers in the City<br>Careers in Music<br>Careers in the Film Industry<br>Careers in Sport |
| PoS refs: H2, H5, H6, H7, H8, H9, H10   | <b>Careers Program PSHE</b><br><b>KS4 spiral 1 CDI planning and Gatsby benchmarks</b>  | PoS refs: R1, R2, R3, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31  | PoS refs: H19, H20, H21, R20, R35, R36, R37   | PoS refs: R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, L29                   | <b>Exploring careers in PSHE</b><br><b>Refer to KS41 CDI planning and Gatsby benchmark</b>   |

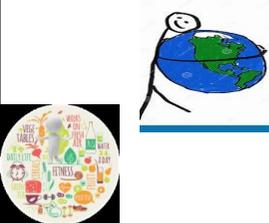
### Interconnected Schema Working memory golden threads

|  |  |  |  |  |   |
|--|--|--|--|--|---|
| Keeping myself safe in the world I live in.<br> | <b>My Dream my goals.</b><br> | My relationships<br> | Keeping myself safe in the world I live in.<br> | My Relationships.<br>Keeping myself safe.<br> | <b>Being me in the real world.</b><br> |
|--|--|--|--|--|---|

## KS4 Spiral 2

| Autumn 1<br>Health & wellbeing   | Autumn 2<br>Careers   | Spring 1<br>Relationships  | Spring 2<br>Health & wellbeing  | Summer 1<br>Relationships   | Summer 2<br>Careers  |
|--|---|--|---|---|--|
| <b>Building for the future</b><br>Self-efficacy, stress management, and future opportunities | Post 16 Options<br>Planning For the future<br>Personal Branding<br>Making Applications<br>Interview Preparation<br>Writing a Personal Statement<br>CV Writing | <b>Communication in relationships</b><br>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse<br>Sexual Harassment | <b>Independence</b><br>Responsible health choices, and safety in independent contexts<br>First aid<br>Cancer awareness and checks | <b>Families</b><br>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships<br>FGM, fertility, routes to parenthood | Resilience and Ambition<br>Building Meaningful Professional and Workplace Relationships<br>Meeting Employers<br>Recruitment Practices<br>Why Should I Consider Apprenticeships?<br>Preparing for Work Experience<br>What is Professional Conduct |
| PoS refs: H2, H3, H4, H8, H12, L22   | <b>Careers Program PSHE<br/>KS4 spiral 1</b>  | PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32  | PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24  | PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33  | <b>Exploring careers in PSHE<br/>Refer to KS4 2 CDI planning and Gatsby benchmark</b>  |

Interconnected Schema Working memory golden threads

|  |   |  |   |   |   |
|--|---|--|---|---|---|
| <p>Being me in the real world.</p>  | <p>My Dreams my goals</p>  | <p>My relationships</p>  | <p>Healthy body healthy mind.<br/>Keeping myself safe in the world I live in.</p>  | <p>My relationships</p>  | <p>My dreams my goals</p>  |
|--|---|--|---|---|---|

