

PSHE at King's Academy Ringmer

End point	Knowledge acquired	Skills acquired
YEAR 7		
1. Health and wellbeing - mental health	Mental health 1 welcome back - ground rules and how are you? Mental health 2 - transition and support networks Mental health 3 - transition and support networks Mental health 4 -how to cope with bullying/how NOT to be a bully OASIS Mental health 5 - the bystander effect Mental health 6 - healthy sleep	- ORACY - LISTENING - ASSESSING RISK - ACCESSING HELP
2. Health and wellbeing - physical health	Physical health - railway safety Physical health - road safety First Aid 1 Introduction to the International Red Cross First Aid 2 the primary survey and the recovery position First Aid 3 - head injuries and stroke First Aid 4 CPR Periods	- ORACY - LISTENING - ASSESSING RISK - ACCESSING HELP
3. Living in the wider world - British values	British values - what are these? How is the UK run/Parliament Democracy and debating Positive discrimination - the Great Loo Mystery How would you change things?	- ORACY - LISTENING - LITERACY
4. Relationships and Sex Education	bullying cyberbullying puberty 1 puberty 2 sexuality female genital mutilation	- ORACY - LISTENING - ACCESSING HELP
5. Health and wellbeing - Drugs, alcohol and tobacco	What do you know about drugs? tobacco risks tobacco influences tobacco - resisting influences glues, gases and aerosols alcohol	- ORACY - LISTENING - ASSESSING RISK
6. Living in the wider world - Careers	Changes and influences What are you like? Skills and influences This is me Task 1 I could jobs file research Target setting What's my line?	- ORACY - LISTENING - IDENTIFYING AMBITIONS - USING THE INTERNET
YEAR 8		
7. Health and wellbeing -	Mental health 1 welcome back - ground rules and how are you?	- ORACY - LISTENING

mental health	Mental health 2 - attitudes Mental health 3 - promoting emotional wellbeing Mental health 4 - promoting emotional wellbeing/digital resilience Mental health 5 - unhealthy coping strategies Mental health 6 - healthy coping strategies	- ASSESSING RISK - USING THE INTERNET - ACCESSING HELP
8. Health and wellbeing - body image	Confident Me appearance ideals Confident Me media messages Confident Me confront comparisons Confident Me banish bodytalk Confident Me be the change Confident Me be the change 2 Periods recap	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP
9. Living in the wider world - British values	British Values - crime and punishment - should Leanne go to jail? British Values - alternatives to prison British Values - knife crime British Values - pressure groups - are you fluffy or spiky? British Values - pressure groups British Values - the Bristol Bus Boycott	- ORACY - LISTENING - ASSESSING RISK - LITERACY
10. Relationships and Sex Education	RSE 1 - HPV RSE 2 - sexuality RSE 3 - romance RSE 4 - marriage and the law RSE 5 - sexting RSE 6 - peer support	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP
11. Health and wellbeing - drugs, alcohol and tobacco	DATE 1 - Assessing knowledge DATE 2 - Units and guidelines DATE 3a - physical effects of alcohol DATE 3b - social consequences of alcohol DATE 4a - alcohol and the law DATE 4b - alcohol and the law case studies	- ORACY - LISTENING - ASSESSING RISK - ACCESSING HELP
12. Living in the wider world - careers	Your beliefs School and work What do you want from work? Stereotypes I could jobs research I could jobs research Budgeting and decision making Choosing options What's my line?	- ORACY - LISTENING - USING THE INTERNET - ACCESSING HELP - LITERACY
YEAR 9		
13. Health and wellbeing	Mental health 1 welcome back - ground rules and how are you? First aid recap - CPR and the recovery position NSPCC - It's not OK Becky - relationships NSPCC - It's not OK Mikey - coping with emotions NSPCC - It's not OK	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP - LITERACY - CPR skills

	Lee-Ann - e-safety NSPCC - It's not OK Harry - sexting	
14. Health and wellbeing/ Living in the wider world	Periods recap Period products and the environment Gambling 1 - impulse control Gambling 2 - helping others	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP - LITERACY
15. Living in the wider world - British values	British Values - Fake news 1 British Values - Fake news 2 British Values - the media and migrants British Values - democracy - why should you vote and who should you vote for? British Values Citizens- whose country? BLM	- ORACY - LISTENING - USING THE INTERNET - LITERACY
16. Relationships and Sex Education	RSE 1 – consent 1 RSE 2 – consent 2 RSE 3 – condoms RSE 4 - contraception RSE 5 – STIs RSE 6 – accessing help	- ORACY - LISTENING - ASSESSING RISK - ACCESSING HELP
17. Health and wellbeing - drugs, alcohol and tobacco	DATE 1 - Exploring attitudes DATE 2 - The Law DATE 3 - Alcohol DATE 4 – Cannabis DATE 5 - Managing influences 1 DATE 6 - Managing influences 2	- ORACY - LISTENING - ASSESSING RISK - ACCESSING HELP
18. Living in the wider world - careers	Employability Skills I could jobs research I could jobs research Applying for a job Future jobs and Higher Education Work experience	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP - LITERACY
Year 10 (GCSE)		
19. Health and wellbeing - mental health	Mental Health 1 Welcome back - ground rules and how are you feeling? Mental health 2 - transitions	- ORACY - LISTENING - ACCESSING HELP
20. Living in the wider world - work experience	Work experience - what is it and why should you do it?	- USING THE INTERNET - ACCESSING HELP

21. Health and wellbeing - mental health	Mental health 3 – reframing negative thinking Mental health 4 – recognising mental health and when to get help Mental health 5 – promoting emotional well-being	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP
22. Relationships and Sex Education	RSE 1 – body image RSE 2 – gender identity RSE 3 – healthy relationships RSE 4 – ready for intimacy RSE 5 - contraception RSE 6 – when contraception fails	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP
23. Health and wellbeing - drugs, alcohol and tobacco	DATE 1 - risk assessment DATE 2 - managing influences DATE 3 - getting support	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP
24. Living in the wider world - work experience	Work experience - Health and Safety and contacting your employer Work experience debrief	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP - LITERACY

YEAR 11

25. Health and wellbeing - mental health	Mental health 1 Welcome back - ground rules and how are you feeling? Mental health 2 - managing exam stress	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP
26. Living in the wider world - careers	What are your options and researching career ideas. What can I study? Applying to College using eprospectus Apprenticeships and next steps 21st century skills	- ORACY - LISTENING - USING THE INTERNET - ACCESSING HELP - LITERACY
27. Relationships and Sex Education	RSE 1 – breast and testicle examination RSE 2 – sex in the media RSE 3 – managing unhealthy behaviour in relationships RSE 4 – consent and coercion 1 RSE 5– consent and coercion 2 RSE 6– barrier contraception RSE 7 – teenage pregnancy and parenthood	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP
28. Health and wellbeing - drugs, alcohol and tobacco	DATE 1 - risk assessment DATE 2 - managing influences DATE 3 - getting support	- ORACY - LISTENING - ASSESSING RISK - USING THE INTERNET - ACCESSING HELP - LITERACY

