

St Edward's CE Academy PSHE /RSE Curriculum Overview 2024 – 2025 V1

			Year 5	Year 6	Year 7	Year 8
Autumn 1			<b>Health and Wellbeing</b>			
1	2/9		Understanding emotions	Being healthy - diet	Staying Safe Online	Health and Wellbeing
2	9/9		Feelings emotions and using your words	Being healthy - exercise	Online Gaming, Grooming and Addiction	What is Mental Health?
3	16/9		Feelings emotions and using your words d Safety	Habits and addiction	Energy Drinks and Caffeine	Positive Body Image
4	23/9	Fair Trade Fortnight	What is mental health?	What is alcohol?	Introduction to Puberty	Types of Bullying
5	30/9		Fireworks and Bonfire night	Fireworks and Bonfire night	Growing Up	Healthy Eating and Cholesterol
6	7/10	Black history	Self esteem and self worth	Drugs	Personal Hygiene	Dangerous substances
7	14/10		Physical health and signs of illness	Vaping	Sleep and Relaxation	Stress Management
8	21/10		Germ, bacteria and viruses	Mental health and the symptoms of illness		Alcohol Safety
Autumn 2			<b>Living in the Wider World</b>			
1	4/11		Internet and screen time	What are human rights?	Why is Politics Important	Employability & Enterprise Skills
2	11/11		Age restrictions	Are our rights being met?	How is our Country Run	Proud to be me
3	18/11		Careers and stereotypes	How can we be rights respecting?	The Role of the Prime Minister	Careers and Aspirations
4	25/11		Careers and stereotypes	Human Rights heroes	The Monarchy and King Charles III	Exploring Careers
5	2/12		Fake news	What is money?	Political Debates and Parliament	Self Esteem and the Media
6	9/12		Celebrating Diversity – dyslexia awareness	Different attitudes about money	Debate - presenting your opinion	The Importance of Happiness
7	16/12		Animal welfare			What Makes Me Angry?
Spring 1			<b>Relationships</b>			
1	6/1		Loving stable families	Positive Relationships	Consent and boundaries	Being yourself
2	13/1		Helping out with babies	Disagreeing respectfully	Respect and relationships	Healthy respectful relationships
3	20/1	Holocaust Memorial	Online behaviour and risks	Family and commitment	Being a good friend	What is love?
4	27/1		Online gaming danger	Family and commitment	Online relationships	Dealing with conflict
5	3/2	LGBT history	Stranger danger	Love and abuse	Managing Peer pressure	Periods and the menstrual cycle
6	10/2	Internet Safety	NSPCC Pants	Love and abuse	What Does it Mean to be a Man Today?	Sexual orientation
Spring 2			<b>Health and Wellbeing</b>			
1	24/2		Body image	Body image	Knife crime	Contraception
2	3/3	Careers week	Careers week	Careers week activity	Careers week	Careers week

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3	10/3	Apprenticeship week	Taking care of our bodies (puberty)	Puberty	Apprenticeship week	Apprenticeship week
4	17/3		Being confident	Hormones and emotions	Self-Esteem	County Lines - What is it?
5	24/3		Being inclusive (WICKED)	Mental health and symptoms of illness	Tooth Decay and Dental Health	County Lines - Who is at Risk?
6	31/3		Debate	Consent and unwanted contact	Alcohol and Risk	Cyberbullying
7	7/7			Attraction and crushes	E-Cigs, Vaping and Shisha	
Summer 1			<b>Relationships</b>			
1	28/4		Behaviour and respect	PSHE sessions delivered by local PCSOs using Staffs Police resources. Each form will be taught by the PCSOs for a half term. Please continue with the PSHE programme after your sessions. Topics – anti social behaviour, bullying, shoplifting, keeping safe around town	Being Positive	Online grooming
2	5/5	Mental Health	Friendships and felling left out		Mental Health week	Mental health week
3	12/5		Peer pressure		Bullying or banter?	Child exploitations and online safety
4	19/5		Bullying and hurtful behaviour			Equality Act 2010
Summer 2			<b>Living in the Wider World</b>			
1	2/6		Success and achievement	Cyberbullying and harassment	What is your Identity	LGBTQ+ Rights across the world
2	9/6		Independence and responsibility	Identity and community	Multicultural Britain Challenging Islamophobia	Gender Equality
3	16/6		Courtesy and manners	Diversity and celebrating difference	Importance of Being Kind	Disability Discrimination
4	23/6		Grief, change and loss	'Its so gay!' story	Breaking Down Stereotypes	Removing the Barriers Equality for all
5	30/6		The environment and climate change	Social media	Learning Disabilities	Racism & Discrimination in Society
6	7/7		Enterprise challenge	Online privacy and data	Prejudice and Discrimination	Enterprise challenge
7	14/7					

Notes

Y5 Keeping safe – Leek Fire Service session Sept/Oct for all pupils – first aid, stranger danger, water safety

Careers – see Gatsby benchmark doc + DDD – First Aid, Ornuu Foods, Westwood College, Staffs Uni and Buxton and Leek College