

Sir Thomas Boughey- Form Time PHSCE Long Term Plan

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Health & Wellbeing	Living in the wider world	Relationships	Health & Wellbeing	Relationships	Living in the wider world
House Focus		Anti-Bullying Week		Charity Fundraising	Mental Health and Wellbeing Week	House Competition
Year 7	Transition to secondary school Diet, exercise and how to make healthy choices	Enterprise skills and introduction to careers Challenging career stereotypes and raising aspirations	Diversity, prejudice and bullying including cyber bullying Managing on- and off-line friendships	The risks of alcohol, tobacco and other substances Managing puberty and the issues of unwanted contact and FGM	Self-esteem, romance and friendships Exploring family life	Making ethical financial decisions Saving, spending and budgeting our money
Year 8	First aid and personal safety, focusing on road safety Alcohol and drug misuse and managing peer influence	Rights and responsibilities in the community Tackling age and disability discrimination	Year 8 option Process Insight to all option process and future careers	Mental health and emotional wellbeing, including body image Managing change and loss	Tackling racism and religious discrimination, promoting human rights Online safety and digital literacy	Evaluating value for money in services Risks and consequences making financial decisions
Year 9	Peer pressure, assertiveness and risk, gang crime Dieting, lifestyle balance and unhealthy coping strategies	Understanding careers and future aspirations Identifying learning strengths and setting goals as part of the GCSE options process	Managing conflict at home and the dangers of running away from home Tackling homophobia, transphobia and sexism	Managing peer pressure in relation to illicit substances Assessing the risks of drug and alcohol abuse and addiction	Relationships and sex education including healthy relationships and consent The risks of STIs, sexting and pornography	Planning and carrying out an enterprise project Reflecting on learning skills development in key stage 3
Year 10	Transition to key stage 4 and developing study habits Mental health and ill health, tackling stigma	Understanding the causes and effects of debt Understanding the risks associated with gambling	Tackling relationship myths and expectations Managing romantic relationship challenges including break ups	Exploring the influence of role models Evaluating the social and emotional risks of drug use	Understanding different families and learning parenting skills Managing change, grief and bereavement	Year 10 Jobs Market Preparation for work experience Evaluation of work experience and readiness for work
Year 11	Promoting self-esteem and coping with stress Learning and revision skills to maximise potential	Understanding the college application process and plans beyond school Skills for employment and career progression	Personal values and assertive communication in relationships Tackling domestic abuse and forced marriage	Health and safety in independent contexts Taking responsibility for health choices	Exam Preparation, Revision & Final intervention	