Woodlands Academy PSHE/RSE - Long Term Plan



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Stage 7	Self-Concept - Self-confidence and Resilience	Positive Relationships	Learning Skills - Skills and Qualities Enterprise/Community Project	Mental Health and Emotional Wellbeing - Articulating Emotions	Relationship Values - Friendship, Love, and Sexual Relationships	Media, Literacy and Digital Resilience - social media Enterprise/Community Project
Stage 8	Healthy Lifestyles - Sleep, Diet, and Exercise	Forming and maintain respectful relationships - Communication Skills	Financial Choices Media Literacy - Digital Content and accessing support	Healthy Lifestyles - Drugs, Alcohol and Tobacco FGM and County Lines	Consent - Sexual Intimacy	Choices and Pathways - Stereotypes and Discrimination Enterprise/Community Project
Stage 9	Managing Risk and Personal Safety - Drugs, Alcohol and Tobacco Illegal Substances and Addiction	Contraception and Parenthood Bullying, abuse, and discrimination	Work and Career - Different working roles Employment rights and responsibilities	Managing risk and personal safety - Puberty and Sexual Health First Aid and CPR	Bullying Abuse and Discrimination Social Influences - Gangs and Peer Pressure	Financial Choices - Exploitation Media, Literacy and Digital Resilience Enterprise/Community Project
Key Stage Four Pathways						
Stage 10	Self-Concept - Self-Esteem Mental Health and Wellbeing - Warning signs and Support	Consent Contraception and Parenthood	Learning Skills - Employability Skills Choices and Pathways - Colleges and Further Education Work and Career	Health Related Decisions - Monitoring Health Drugs, Alcohol and Tobacco - Unhealthy Behaviours	Positive Relationships - Pleasure and Attraction Relationship Values - Cultural Practices	Work and Career - Career Identity, Online Profile and CV Financial Choices - Budgeting Employment rights and responsibilities
Stage 11	Managing Risk and Personal Safety - Emergency Situations and Support	Forming and maintain respectful relationships - Bereavement and Online Relationships. Social Influences - Positions of Power and Influence	Media, Literacy and Digital Resilience - Safe sharing of content and extreme views.	Sexual Health and Fertility - STI's and Miscarriage	Bullying Abuse and Discrimination - Coercion and Harassment. Social Influences - Cybercrime and Organised Crime Groups	Living in the Wider World - Exams Period (opportunities for community work and experiences)