



Long-term Plan for PHSE

2015-2016

Subject Leader: M Simpson

YR 7	First half of term	Second half of term
Autumn	<p>[Title of unit] Our Class: Learning to be together [Length in weeks] 7 weeks [Main focus] Getting to know and appreciate the similarities and differences about the people in class; Managing feelings, Parts of the brain, Peer Pressure, Learning to be together; Outsider Mystery; Body Language/What's in a face?; Strategies for resisting unhelpful peer influence and pressure [Assessment focus] Personal Profile; Class Profile; Problem-solving strategies [PHSE focus] Personal Wellbeing [SEAL Links] Managing feelings, Self awareness, Social skills, Empathy (Materials from Learning to be together and Learning about me)</p>	<p>[Title of unit] Celebrating Diversity and Making Decisions [Length in weeks] 7 weeks [Main focus] What is bullying? Seeing things through each other's eyes; Who gets picked on?/Discrimination; Recognising early-warning signs; Risking on purpose; Making decisions; Optimism [Assessment focus] Anti-Bullying Poem [PSHE focus] Personal Wellbeing [SEAL Links] Managing feelings, Self awareness, Social skills, Empathy (Materials from Protective Behaviours, Learning about me and Anti-bullying)</p>
Spring	<p>[Title of unit] Employability [Length in weeks] 7 weeks [Main focus] Concept of career; understanding the qualities, skills and attitudes needed for employability; develop and maintain self-esteem and envisage a positive future for themselves; Goal setting (inc. Paul's Story from 'Your Choice, Your Life') [Assessment focus] My goal – personal plan [PHSE focus] Economic wellbeing [SEAL Links] Motivation, Managing feelings and Self awareness (Materials from Keep on learning)</p>	<p>[Title of unit] Tribes: Is voting in elections the best way for people to have their say? [Length in weeks] 5 weeks [Main focus] How the political system of the United Kingdom has developed as a democracy, including the role of the monarchy, the development of our constitution and Parliament, and how democracy is different from other forms of government; the operation of Parliament, including voting and elections, and the role of political parties; The nature of rules and laws; To describe and recognize different leadership structures and to describe the impact of different types of leadership on individuals; to present their opinions and those of others as to whether voting is the best way for people to have their say [Assessment focus] A 2-minute group presentation on 'Is voting the best way for people to have their say?'; Own definition of 'parliament' and 'government'; a potted history of the evolution of the British parliament [PHSE focus] Citizenship [SEAL Links]</p>



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Summer	<p>[Title of unit] All that I am [Length in weeks] 6 weeks [Main focus] Physical and emotional change and puberty To describe four different levels of happiness; To describe how we change from children to adults (physically); To describe the impact of physical changes on relationships; To describe different types of relationship with people; To describe what is appropriate and inappropriate behaviour in a relationship; To describe the difference between 'being in love', 'lust' and 'true love'; To link feelings of love with levels of happiness; To define chastity; To describe and deal with other aspects of puberty; How to take care of yourself during puberty [Assessment focus] Description of the 4 Levels of Happiness as defined by Robert J Spitzer + personal examples at each level; Fact sheets on physical changes during puberty; 'Implications' and Tips for Teenage relationships'; Top tips for surviving puberty; Personal happiness plan [PHSE focus] Personal Wellbeing [SEAL Links] Self awareness and Managing feelings</p>	<p>Empathy [Title of unit] Risk [Length in weeks] 7 weeks [Main focus] Definition of Risk and Addiction; Describe what a drug is; To describe the main effects of, and laws relating to, alcohol; To describe the personal and social consequences of the misuse of alcohol for myself and others; To evaluate activities for risk and safety [Assessment focus] Definitions and understanding of risk, addiction and the four main types of drug ; Information and understanding of the main risks and dangers associated with alcohol abuse; Explanations of the four main types of drug and classification of drugs under those 4 types; National and local data on the use and misuse of drugs. [PHSE focus] Personal wellbeing; Financial wellbeing [SEAL Links] Self awareness, Empathy and Motivation</p>

+ Enterprise Day in Summer Term



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Autumn	<p>[Title of unit] Changes [Length in weeks] 7 weeks [Main focus] Personal identity; Body Image; Changing relationships; To know and appreciate the similarities and differences about the people in class; To manage relationships; To empathise with others; To consider risks when making decisions [Assessment focus] Non-negotiables; Summary of what makes a good friend; Magazine-style article on body image [PHSE focus] Personal Wellbeing [SEAL Links] Self awareness, Managing Feelings, Motivation, Empathy and Social Skills</p> <p>Materials from Year 8 SEAL Theme 1: Learning to be together + BBC E20 video on Body image</p>	<p>[Title of unit] Human Rights [Length in weeks] 7 weeks [Main focus] Rights of individuals – anti-bullying and standing up for those at risk; Recognising strong emotions and managing these positively; Anti-Racism; Asylum seekers: Rights and Responsibilities [Assessment focus] Extended piece of writing, arguing the case of a minority group and what we can do to alleviate the situation [PHSE focus] Citizenship Critical thinking and enquiry – research into action [SEAL Links] Self-awareness, Managing feelings, Empathy, Motivation</p> <p>Materials from Year 8 SEAL Theme 1: Learning to be together; Hayley's Story from 'Your Choice, Your Life'; Case Study 3 from Functional Skills Programme (Citizenship)</p>
Spring	<p>[Title of unit] Keep on Learning: Perseverance [Length in weeks] 7 weeks [Main focus] Motivation, Resilience and Doing difficult things [Assessment focus] Review of strengths and areas for development [PHSE focus] Personal Wellbeing [SEAL Links] Motivation, Managing feelings, Self awareness</p> <p>Materials from Year 8 SEAL Theme 2: Keep on learning</p>	<p>[Title of unit] Critical Consumers [Length in weeks] 5 weeks [Main focus] Demonstrate capability as critical consumers of goods and services; Rights and responsibilities; Ethical employers [Assessment focus] Group presentation on an ethical employer [PHSE focus] Financial Wellbeing [SEAL Links] Self awareness</p>



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<p>Summer</p>	<p>[Title of unit] Risky Behaviours [Length in weeks] 6 weeks [Main focus] Review of definition of risk; Understanding risk in both positive and negative terms; To understand that through life we take many risks and to analyse situations to gauge the level of risk involved; To describe different types of relationships; To explore risks in relationships; To consider and decide what makes a positive relationship; How to keep yourself safe online; How to use social media safely and responsibly; To describe ways to combat behaviours which cause a risk to health and fitness; To describe how to keep themselves and others healthy and safe; To be aware of the dangers of substance misuse (specifically, the dangers of cannabis use) [Assessment focus] Analysis of 'risky scenarios' and advice to peers on relationship issues; A model for analysing 'risky situations' [PHSE focus] Personal Wellbeing; Financial well-being [SEAL Links] Self awareness and Managing feelings</p>	<p>[Title of unit] Footprints: Moving On [Length in weeks] 7 weeks [Main focus] Exploring feelings about change and moving on; What footprints do we leave behind – self-esteem and self-worth; Who I'd like to be [Assessment focus] Footprint activity and Johari-Window personal analysis/reflection [PHSE focus] Personal Wellbeing [SEAL Links] Motivation, Self awareness</p> <p>Materials from SEAL Year 9 Theme 2: Keep On Learning</p>