

West Park School P\$HE Program of Study

	Autumn 1 Health and Wellbeing	Autumn 2 Relationships	Spring 1 Living in the Wider World	Spring 2 Health and Wellbeing	Summer 1 Relationships	Summer 2 Living in the Wider World
7	<u>Physical and Mental Wellbeing</u> Transition, Mental health, Resilience, anger management and energy drinks	<u>Building Positive Relationships</u> Families, Domestic Conflict, friendship, bullying and online bullying.	<u>Care in the Community</u> Understanding 'wants and needs,' ethical shopping, the importance of the local community and First Aid	<u>Healthy Living</u> The importance of exercise, diet, healthy living and dental hygiene.	<u>Discrimination and Extremism</u> Tolerance (British values), racism, extremism and online extremism	<u>Making Financial Decisions</u> Budgeting, understanding financial vocabulary, financial products and financial transactions
8	<u>Emotional Wellbeing</u> Target setting, emotional literacy, behaviour management and mindfulness techniques	<u>Mature Relationships</u> Sharing indecent images and messages online, abusive relationships, CSE, online pornography and sexism in the workplace	<u>Employability Skills</u> Teamwork, communication and enterprising skills. Becoming an entrepreneur	<u>Drugs and Alcohol</u> Drugs, alcohol, vaping and cancer awareness	<u>Tolerance and Discrimination</u> BLM Movement. Stereotyping people with disabilities; homophobia and religion	<u>Economics</u> Budgeting and saving, income and expenditure, taxes and National Insurance and taxes in the public sector (e.g. NHS)
9	<u>Mental Health</u> Growth mindset, anxiety & depression, dealing with exam stress and eating disorders.	<u>Identity and Relationships</u> Body image (male and female), teenage pregnancy, pressure on sex and relationships and online grooming	<u>Human Rights</u> Employment rights, human rights abuses, charities (UNICEF) and foreign aid	<u>Making healthy choices</u> Vaccination and giving blood, selfie culture, drugs & the law and knife crime	<u>Tolerance and Extremism</u> British heritage, origins of extremism and different extremist groups and Transgender introduction	<u>Finance in the Wider World</u> Workplace skills, employability, financial institutions and consumer rights
10	<u>Habits for Success</u> Time and sleep management; mind and memory (revision and metacognition)	<u>Mature Relationships</u> Community cohesion, conflict management, racism, Trans & gender identity and same-sex relationships	<u>Living in the UK</u> UK government, criminal justice system, how does the law treat young offenders, fake news and the far-right.	<u>Being healthy and mature</u> Role Models, binge drinking, grief and bereavement, Tattoos and County Lines	<u>Healthy Relationships</u> Consent, Stalking, forced and arranged marriages, and different types of parenting	<u>Staying Safe in the Wider World</u> Risk Taking, Dark Web, Cyber Crime and online gambling
11	<u>Building for the Future</u> Planning a revision schedule, avoiding procrastination, links to social media and anxiety and personal identity	<u>Healthy Relationships</u> Relationship breakups, Body-shaming, positivity and body positivity	<u>Next Steps in the Wider World</u> Multi-culturalism, privilege, CPR and independent living			