



Long-Term Plan

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 7	Topics to be covered:	Identity Multicultural Britain Prejudice and discrimination Self-awareness Self-confidence Self-esteem	Consent and boundaries Respectful relationships Peer pressure and influence Excellent learners Oracy Skills Presentation lesson	Why is Politics Important? How is our country run? Exploring inside parliament Dangers of smoking Dangers of vaping Alcohol awareness Binge-drinking	Bullying Conflict resolution How to manage relationship and family changes Health and puberty Healthy routines Unwanted contact	Personal finance Saving Borrowing Budgeting Financial choices Nature vs Nurture Breaking down stereotypes Challenging Islamophobia	Healthy lifestyle Diet Exercise Lifestyle balance Healthy choices Mental health and well-being Mental health in the media Accessing support
	Skills to be developed:	Exploring issues Listening Empathy Self-assessment	Oracy Participation Presentation Listening Self-assessment	Exploring issues Listening Reading Analysis Evaluation Self-assessment	Empathy Reflection Exploring issues Self-assessment	Money management Financial management Budgeting Self-assessment	Critical thinking Self-assessment Decision making Identifying support
	Key assessments taking place:	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.
	Key vocab	Self-awareness Self-confidence Self-esteem	Consent Oracy Respect	Democracy Parliament Government	Bullying Change Puberty	Personal finance Debt Nature and nurture Islamophobia	Services Mental health Diet Physical health
	<p>Opportunities for retrieval practice: CPSHE is taught in six strands: Rights, Responsibilities and British Values (RRBV), Life Beyond School (LBS), Relationships and Sex Education (RSE), Health and Well-being (H&W), Staying Safe: Online and Offline (SSOO), and Celebrating Diversity and Equality (CDE). Each strand is revisited and is interleaved through a thematic approach to CPSHE at St Thomas More RC College. Additionally, pupils use bespoke booklets which allow students to revisit content in each lesson during the course of each unit.</p>						

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Year 8	Topics to be covered:	Homophobia in society Challenging homophobia Equality Act (2010)	Rights and Responsibilities United Nations Genocide Stereotypes and extremism	This is the Place Importance of happiness From failure to success What is anger	Body Image Body positivity Body image and media	Digital Literacy Online safety Media reliability and fake news	First Aid CPR How to put these into action
	Skills to be developed:	Exploring issues Empathy Listening Self-assessment Awareness of feelings	Collaboration Researching Accessing the knowledge of rights and responsibilities Self-assessment	Self-assessment Reflection Analysis Empathy	Reflection Self-assessment Empathy Reading Listening Exploring issues	Reading Technology Critical thinking Self-assessment	First Aid CPR Assessing a casualty Self-assessment
	Key assessments taking place:	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.
	Key vocab	Homophobia Support Equality Act (2010)	Stereotypes Human rights Extremism Genocide	Aspirations Success Self-manager Progress	Body image Positivity Media	Digital literacy Online safety Media reliability Fake news E-safety	First Aid CPR Defibrillator ABC Recovery
<p>Opportunities for retrieval practice: CPSHE is taught in six strands: Rights, Responsibilities and British Values (RRBV), Life Beyond School (LBS), Relationships and Sex Education (RSE), Health and Well-being (H&W), Staying Safe: Online and Offline (SSOO), and Celebrating Diversity and Equality (CDE). Each strand is revisited and is interleaved through a thematic approach to CPSHE at St Thomas More RC College. Additionally, pupils use bespoke booklets which allow students to revisit content in each lesson during the course of each unit.</p>							

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Year 9	Topics to be covered:	Stalking and harassment Equality Act (2010) HIV and AIDS	Extremism What is terrorism? Proud to be British: What are British Values? What is radicalisation?	Drugs education Classifications of drugs Illegal drugs Cannabis	GCSE Options Sources of careers information Labour Market Information and careers	Knife crime County Lines The law around knives and gang activity	What is LGBT? Supporting those who are LGBT Coming out
	Skills to be developed:	Reading Empathy Analysis Listening Self-assessment	Critical thinking Empathy Reflection Listening Reading Self-assessment	Self-awareness Identifying danger Self-assessment Reading Thinking Writing	Reflection Analysis Accessing information Self-assessment	Identifying danger Accessing support Reading Empathy Self-assessment	Empathy Reading Oracy Community awareness Self-awareness
	Key assessments taking place:	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines.
	Key vocab	Stalking Harassment Equality Act (2010) Discrimination HIV AIDS	Extremism Terrorism British Values Radicalisation	Addiction Class A, B, and C Legality Possession	Labour Market Information Pathways Careers	Knife Crime County Lines Government Intervention	LGBT Homophobia
<p>Opportunities for retrieval practice: CPSHE is taught in six strands: Rights, Responsibilities and British Values (RRBV), Life Beyond School (LBS), Relationships and Sex Education (RSE), Health and Well-being (H&W), Staying Safe: Online and Offline (SSOO), and Celebrating Diversity and Equality (CDE). Each strand is revisited and is interleaved through a thematic approach to CPSHE at St Thomas More RC College. Additionally, pupils use bespoke booklets which allow students to revisit content in each lesson during the course of each unit.</p>							

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Year 10	Topics to be covered:	Thinking about your future What are you like?: Labour Market Information Qualifications and your future Step into the future	Writing my CV Writing my personal statement Performing well at interview	Personal finance The economy and my decisions How can I make informed decisions with money? Why do my choices matter? Managing financial risk			
	Skills to be developed:	Accessing information Reflection Target-setting Self-assessment	Collaboration Research Listening Oracy Questioning	Adapting ideas Personal finance Reflection Self-assessment Reading Analysis			
	Key assessments taking place:	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines	Self-assessment Confidence checkers (in-line with PSHE Association criteria and DfE guidelines			
	Key vocab	Labour Market Information Qualifications Aspirations Careers	Curriculum vitae Personal statement Interview Questions Answers	Personal finance Economy Money			
<p>Opportunities for retrieval practice: CPSHE is taught in six strands: Rights, Responsibilities and British Values (RRBV), Life Beyond School (LBS), Relationships and Sex Education (RSE), Health and Well-being (H&W), Staying Safe: Online and Offline (SSOO), and Celebrating Diversity and Equality (CDE). Each strand is revisited and is interleaved through a thematic approach to CPSHE at St Thomas More RC College. Additionally, pupils use bespoke booklets which allow students to revisit content in each lesson during the course of each unit.</p>							

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Year 11	Topics to be covered:	CV/Personal statement review Consumer rights Employment rights Exploring a payslip	Sexual harassment in the workplace Peer on peer bullying Love and abuse				
	Skills to be developed:	Accessing information Reflection Target-setting Self-assessment	Empathy Research Listening Oracy Questioning Self-assessment				
	Key assessments taking place:	Self-assessment Confidence checkers (in-line with PSHE) Association criteria and DfE guidelines	Self-assessment Confidence checkers (in-line with PSHE) Association criteria and DfE guidelines				
	Key vocab	CV Consumer Employment Payslip	Harassment Peer Bullying Abuse				
	<p>Opportunities for retrieval practice: CPSHE is taught in six strands: Rights, Responsibilities and British Values (RRBV), Life Beyond School (LBS), Relationships and Sex Education (RSE), Health and Well-being (H&W), Staying Safe: Online and Offline (SSOO), and Celebrating Diversity and Equality (CDE). Each strand is revisited and is interleaved through a thematic approach to CPSHE at St Thomas More RC College. Additionally, pupils use bespoke booklets which allow students to revisit content in each lesson during the course of each unit.</p>						