

IVANHOE SCHOOL

PSHRE Curriculum Plan 23-24

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A journey to excellence

PSHRE Curriculum Plan

Year 7

Topic 1 Growing Up	Lessons:
	1. Who Am I?
	2. Puberty and Hygiene
	3. Healthy Friendships
	4. What is Bullying (1)
	5. What is Bullying (2)
Topic 2 Health and Safety	6. Managing Emotions and Assessment scenario
	Lessons:
	1. Internet Safety
	2. Personal Safety (to include road safety)
	3. Sleep Hygiene
	4. Vaccination and Society
	5. Organ Donation and Society

Careers Modules (2 x 1 hour lessons per Topic)
1. Best of me
2. Linking careers to the curriculum
3. Employability Skills

Year 8

Topic 1 Keeping Myself and Others Safe	Lessons:
	1. Balanced Diets
	2. Managing My Mental Health
	3. County Lines
	4. Knife Crime
	5. Dangers of Alcohol and Psychoactive Substances
Topic 2 What Are Extreme Beliefs?	6. Vaping and Smoking
	Lessons:
	1. What is Hate Crime
	2. What is Sexism?
	3. What are Extreme Beliefs?
	4. What is Radicalisation?
	5. What is FGM?

Careers Modules (2 x 1 hour lessons per Topic)
1. Beginning your careers journey
2. Being a researcher
3. Employability skills

Year 9

Topic 1 Making Safe Choices	Lessons:
	1. Personal Safety
	2. County Lines – Grooming
	3. Online Gaming and Gambling
	4. Addiction
	5. Body Image and Unrealistic Expectations
Topic 2 Managing Relationships	Lessons:
	1. Family Relationships
	2. What is Domestic Abuse
	3. Marriage and Civil Partnerships
	4. Forced and Arranged Marriage
	5. What is Consent
	6. Contraception

Careers Modules (3 x 1 hour lessons per Topic)

1. Marketing me on paper
2. Talk smart

Year 10

Topic 1 Managing Risks	Lessons:
	1. Basic First Aid
	2. Peer Pressure
	3. Harassment and Stalking
	4. Self-Harm and Mental Health
	5. Eating Disorder
Topic 2 Gender, Sex and Relationships	Lessons:
	1. Gender Stereotyping
	2. Sexuality
	3. Understanding LGBT relationships
	4. What is Sexual Harassment and Abuse
	5. What is Child Sexual Exploitation (including sexualised imagery)
	6. What is Unsafe Sex

Careers Modules (3 x 1 hour lessons per Topic)

1. Exploring Post 16 Options
2. Talk Smarter

Year 11

*Please note that Year 11 are scheduled to have fewer PSHRE lessons as their academic year is effectively shorter than other year groups due to GCSE exams

Topic 1 Next Steps/ Careers	Lessons
	1.Careers action plan
	2.Preparing your applications
	3.Preparing your applications
	4.Intro to interviews
	5.Mock interviews
	6.PS16 and completing applications
Citizenship	Lessons
	1. What is unconscious bias?
	2. What is privilege?
	3. What is far-right extremism?
	4. British Values
	5. Sustainability and 'Climate Justice'