

## Co-op Academy Walkden Subject Curriculum Overview: PSHE 2022/23

Year Group		AU1 Health & Wellbeing	AU2 Living in the wider world	SP1 Relationships	SP2 Relationships	SU1 Health & Wellbeing	SU2 Living in the wider world
7	Core Theme	<u>Transition and safety</u>	<u>Developing skills and aspirations</u>	<u>Building relationships</u>	<u>Diversity</u>	<u>Health and puberty</u>	<u>Financial decision making</u>
	Unit of Work	Transition to secondary school and personal safety in and outside school, including basic first aid.	Communities, The Rochdale Pioneers Careers, teamwork and enterprise skills, and raising aspirations.	Family, identity, friendships (including online) cyberbullying and relationship boundaries.	Diversity in relationships, prejudice, and bullying - physical and mental disabilities.	Healthy routines, influences on health, Tobacco and Vaping, puberty and FGM	Saving, borrowing, budgeting and making financial choices, risky behaviours. Financial careers.
8	Core Theme	<u>Emotional wellbeing</u>	<u>Community and Careers</u>	<u>Respectful relationships</u>	<u>Identity and relationships</u>	<u>Drugs and Alcohol</u>	<u>Digital literacy</u>
	Unit of Work	Mental health and emotional wellbeing, including body image, eating disorders and coping strategies/support groups. Bereavement	Equality of opportunity in careers and life choices, and different types and patterns of work. Co-op Values and ways of being - career opportunities.	Families and parenting, healthy relationships, conflict resolution, and relationship changes. Trust and relationship breakdowns. Divorce/separation How does it affect the family?	Gender identity, sexual orientation. Sex and the law, consent, LGBTQ. Introduction to contraception choices.	Alcohol and drug misuse and pressures relating to drug use. Classification of drugs and what you need to know.	Online safety, digital literacy, 'sexting' and the law and gambling hooks, what are the risks of gambling?

9	Core Theme	<u>Maintaining Healthy lifestyles</u>	<u>Setting goals</u>	<u>Families</u>	<u>Intimate relationships</u>	<u>Peer influence, substance use and gangs</u>	<u>Employability skills</u>
	Unit of Work	Diet, exercise, lifestyle balance and healthy choices, and wellbeing	Learning strengths, career options and goal setting as part of the GCSE options process	<p>Different families and parental responsibilities, teenage pregnancy, marriage and forced marriage.</p> <p>Learning strengths, career options and goal setting as part of the GCSE options process</p>	Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography.	Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation.	Employability and online presence - your digital footprint. Making the most of your online skills.