

# PSHE Long Term Plan 2016-2017 KS4

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	RELATIONSHIPS	RELATIONSHIPS	HEALTH AND WELLBEING	LIVING IN THE WIDER WORLD	LIVING IN THE WIDER WORLD	RELATIONSHIPS
<b>YEAR 1</b>	<p><b>Introduction To Diversity, Prejudice &amp; Discrimination</b></p> <p>SCARF 2 PROGRAMME Lancashire County Council Schools Citizenship / Cohesion Anti-Racism and Football</p> <ul style="list-style-type: none"> <li>Hate Crime Week 10<sup>th</sup> October - The Respect Programme</li> </ul>	<p><b>Introduction To Diversity, Prejudice &amp; Discrimination</b></p> <p>SCARF 2 PROGRAMME Lancashire County Council Schools Citizenship / Cohesion Anti-Racism and Football</p> <ul style="list-style-type: none"> <li>Anti-Bullying Week 14<sup>th</sup> November</li> <li>Road Safety Week 21st-27<sup>th</sup> November</li> <li>SKYPE THE SPEAKER Monday 12th December, small group to Skype House of Commons Speaker for Q&amp;A.</li> </ul>	<p><b>Mental Health First Aid</b></p> <p>MENTAL HEALTH FIRST AID LESSONS (6) FROM SCHOOLS MENTAL HEALTH FIRST AID</p> <p>Lesson 1 What is Mental Health Lesson 2 What is in your stress bucket? Lesson 3 Introducing ALGEE Lesson 4 Practicing ALGEE Lesson 5 Exploring options G and E Lesson 6 Second E 10 keys to happier living and how do you achieve them?</p> <p><a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>	<p><b>Democracy</b></p> <ul style="list-style-type: none"> <li>Identify What is Democracy</li> <li>What is the difference between Parliamentary Democracy and Presidential democracy?</li> <li>Rights to vote and Election. Explain why we have elections.</li> <li>British Democracy the EU Referendum. What has happened with the Brexit?</li> <li>The rights to vote</li> <li>Campaign an Election</li> </ul>	<p><b>Making Informed Career Choices</b></p> <ul style="list-style-type: none"> <li>Find out what employment, self-employment and volunteering mean and the benefits and drawbacks of each</li> <li>Knowing which careers to choose based on personal skills, attributes, qualifications and how to apply for courses/jobs</li> <li>Be able to complete CV's &amp; letters of application, fill in application forms</li> <li>Understand how to prepare for Interview and presenting ourselves confidently</li> <li>Understand how important pensions are</li> <li>Reflect on the challenges and opportunities they may face along their career paths</li> <li>Understand and identify where to get help &amp; advice</li> </ul>	<p><b>Sex &amp; Relationship Education</b></p> <ul style="list-style-type: none"> <li>Describe the short and long-term consequences of personal health choices relating to sexual activity</li> <li>Be aware of various types of contraception &amp; where to get help &amp; advice</li> <li>Understanding health/unhealthy relationships using the Disrespect NoBody Resource Pack</li> <li>Explain the importance of long term relationships such as marriage, civil partners, stable relationships and long term commitments</li> <li>Identifying when you are under pressure to have sex from media, peers or partners</li> <li>Understand healthy body image, self-esteem and confidence</li> </ul>
	LIVING IN THE WIDER WORLD	HEALTH AND WELLBEING	HEALTH AND WELLBEING	LIVING IN THE WIDER WORLD	LIVING IN THE WIDER WORLD	RELATIONSHIPS
<b>Year 2</b>	<p><b>Being A Critical Consumer</b></p> <ul style="list-style-type: none"> <li>Be able to carry out simple transactions, comparing prices and making judgements on best value</li> <li>Knowing your rights as a consumer</li> <li>Buy now, pay later understanding the pro's and con's</li> </ul>	<p><b>Drugs &amp; Alcohol Awareness</b></p> <ul style="list-style-type: none"> <li>Be aware of the different types of drugs and alcohol</li> <li>Understand the health risks involved with drug and alcohol abuse</li> <li>Understand the legal implications of drugs and alcohol</li> <li>Identify some of the causes and symptoms of mental and emotional ill health, and identify strategies for recognising, preventing and addressing these in themselves and others.</li> <li>Demonstrate confidence in finding professional advice and help others to do so.</li> <li>Identify reasons why people might use illegal drugs and explain how drug use can impact</li> </ul>	<p><b>Raising Awareness of Female Genital Mutilation</b></p> <ul style="list-style-type: none"> <li>Understanding what FGM is &amp; recent statistics of FGM</li> <li>Be aware of the legal implications of Female Genital Mutilation</li> <li>Understand the negative impact FGM has on an individual</li> <li>Knowing the rights of the individual and where to go to get help and advice</li> </ul>	<p><b>Financial Planning &amp; Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>Understanding sources of income</li> <li>Be able to create budgets including income and expenditure</li> <li>Spend some, save some, share some, understand how to plan and save effectively</li> <li>Be able to explain how finance will pay an important part in their lives and in achieving aspirations, and how changes in the economic environment may impact upon these.</li> </ul>	<p><b>Making Informed Career Choices</b></p> <ul style="list-style-type: none"> <li>Find out what employment, self-employment and volunteering mean and the benefits and drawbacks of each</li> <li>Knowing which careers to choose based on personal skills, attributes, qualifications and how to apply for courses/jobs</li> <li>Be able to complete CV's &amp; letters of application, fill in application forms</li> <li>Understand how to prepare for Interview and presenting ourselves confidently</li> <li>Understand how important pensions are</li> <li>Reflect on the challenges and opportunities they may face along their career paths</li> </ul>	<p><b>Behaviour And Practices In The Workplace</b></p> <ul style="list-style-type: none"> <li>Be aware of the legal protection all groups of people have against discrimination in the workplace</li> <li>Reflect on their own views about who does what at work and consider or challenge the opinions of others</li> <li>Weigh up what is fair and unfair in how people are treated at work</li> <li>Practise their debating skills</li> </ul>

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		on physical, mental and economic aspects of people's lives, relationships and the wider community.			-Understand and identify where to get help & advice	
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## PSHE Topics:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World