

2023-2024 Form Time PSHE&C

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	1	What are my first impressions of high school? [PHS N]	Why is maintaining a healthy lifestyle important? [PHS N]	What options do I have this year? [FBV 3] [PHS C & A]	What are my first impressions of GCSE's? [PHS C & A]	How will I succeed in my final year at high school? [PHS C & A]
	2	Who am I? [FBV 3] [PHS N]	What does healthy eating look like? [PHS N]	What can option subjects provide for you? [FBV 3] [PHS C & A]	What career aspirations do I have for myself? [FBV 3] [PHS C & A]	What career aspirations do I have for myself? [FBV 3] [PHS C & A]
	3	What is self-esteem? [PHS N]	What are the dangers of sugar consumption? [PHS N]	How do I know if I am making the right choices? [FBV 3] [PHS C & A]	Work Experience – where could I go? [FBV 3] [PHS C & A]	What employment qualities do I have? [PHS C & A]
	4	What is motivation? [PHS N]	How much should we exercise? What types of exercise could I do? [PHS N]	Future opportunities – A Levels, T-Levels, vocational courses [FBV 3] [PHS C & A]	Assessing my strengths and weaknesses [FBV 3] [PHS C & A]	What job roles interest me? [FBV 3] [PHS C & A]
	5	What is resilience? [PHS N]	How do I deal with something going wrong with my health? [PHS N]	Apprenticeships [FBV 3] [PHS C & A]	Apprenticeships [FBV 3] [PHS C & A]	What can I do to support my dreams/aims? [FBV 3] [PHS C & A]
	6	How will I succeed at Pakefield? [PHS N]	How can I ensure I have good personal hygiene? [PHS N]	Support with choosing your options [FBV 3] [PHS C & A]	Future opportunities – A Levels, T-Levels, vocational courses [FBV 3] [PHS C & A]	Voluntary work/experience [PHS C & A]
	7	My plans for my time in KS3 [PHS N]	Where can I go to support me with my health? [PHS N]	Planning My Future – Links to Careers Fair [FBV 3] [PHS C & A]	Planning My Future – Links to Careers Fair [FBV 3] [PHS C & A]	Planning My Future – Links to Careers Fair [FBV 3] [PHS C & A]
Autumn 2	8	Is everyone treated equally? [FBV 1&4]	How do rules and laws differ? [FBV 2]	What is news?	What are human rights? [FBV 2&3&4]	Where does the government spend our money? [FBV 1]
	9	What are stereotypes? [FBV 3&4]	Where do laws come from? [FBV 2]	How can I judge the reliability of a news article?	Do I have the right to say whatever I want? [FBV 2&3&4] [PHS N]	What is devolution?
	10	How might people with disabilities be treated? [FBV 3&4]	What crimes occur near me? [FBV 2]	How can I verify information? [PHS N]	How can I revise effectively? [PHS A]	Am I allowed to vote? [FBV 1] [PHS N]
	11	What is racism? [FBV 3&4]	What are hate crimes? [FBV 2]	How might I be manipulated? [PHS N]	What strategies can I use for my revision? [PHS A]	Is our current electoral system fair? [FBV 1]
	12	How can we deal with racism? [FBV 3&4]	Who is involved in the legal process? [FBV 2]	What does a democratic country look like? [FBV 1]	How much time should I spend revising for each subject? [PHS A]	How democratic is the UK? [FBV 1]
	13	What are faiths and values? [FBV 3&4]	Are all courtrooms the same? [FBV 2]	How else might a country be run? [FBV 1]	Can I create a revision timetable for myself? [PHS A]	Y11 MOCKS
	14	What are my rights and responsibilities in the school community? [FBV 3&4]	What happens in a court? [FBV 2]	What is foreign aid? [FBV 2&3&4]	Revision strategies [PHS A]	Y11 MOCKS
Spring 1	15	What is health? [PHS N]	What are vaccinations for? [PHS N]	How can I optimise my physical health? [PHS N]	Y10 MOCKS	How can I prepare for 21 st Century jobs? [PHS C & A]
	16	How can my screen time affect my health? [PHS N]	What is a HPV Vaccination? [PHS N]	How can I cope with grief? [PHS N]	Should my privacy be protected at all times? [FBV 2&3&4] [PHS N]	What are National Insurance, Tax and Pensions? [PHS C & N]
	17	How much sleep should I be getting? [PHS N]	What is the Teenage Booster Vaccine? (Td/IPV) [PHS N]	What are eating disorders? [PHS N]	Is everyone free to practice the faith of their choice? [FBV 2&3&4]	What is the minimum wage? [PHS C & N]
	18	What are the benefits of physical activity? [PHS N]	Why is it important to take prescription medication? [PHS N]	How can social media affect me? [PHS N]	How might citizens become involved in the legal system? [FBV 2]	How can I manage stress? [PHS C & N]
	19	How can I manage my personal hygiene? [PHS N]	What do antibiotics do to my body? [PHS N]	What is mental health? [PHS N]	How do courts decide on sentences? [FBV 2]	How can I deal with disappointment? [PHS C & N]
	20	How can I look after my teeth? [PHS N]	Which common health conditions should I be aware of? [PHS N]	What services are available to manage my health? [PHS N]	What does the UK have to do with the Commonwealth?	How am I going to effectively prepare for my upcoming exams? [PHS C & N]
Spring 2	21	What is Parliament? [FBV 1]	How am I influenced? [PHS N]	Who holds power in the UK? [FBV 1]	What is the Equality Act? [FBV 2&3&4]	Y11 MOCKS
	22	What happens in a General Election? [FBV 1]	What is extremism? [FBV 3]	What does the Cabinet do? [FBV 1]	How can we balance human rights? [FBV 2&3&4]	Y11 MOCKS
	23	What do MPs do? [FBV 1]	What does 'county lines' mean?	What advice would I give to the Cabinet in an emergency? [FBV 1]	What is international law? [FBV 2]	What is 'Jury Service'? [FBV 2]
	24	How are political parties similar and different? [FBV 1]	What is grooming?	The media: informing or influencing?	What is the EU?	How can I vote in a General Election? [FBV 1] [PHS N]
	25	Can young people make a change? [FBV 1]	What do I do if I am being negatively influenced? [PHS N]	Is the media legal, decent, honest and truthful?	What does the UK have to do with the United Nations?	What do the councils do for communities? [FBV 1]
Summer 1	27	What is mental health? [PHS N]	What is social media? [PHS N]	What is body image? [PHS N]	Work Experience [PHS C & A]	Exam Season
	28	Why is it important to look after my mental wellbeing? [PHS N]	What are the positives and negatives of social media? [PHS N]	How does the media influence our views on body image? [PHS N]	Work Experience [PHS C & A]	
	29	What strategies can I use to help my mental wellbeing? [PHS N]	How can I ensure I am safe on social media? [PHS N]	How does the media influence how I feel about the way I look? [PHS N]	Work Experience [PHS C & A]	
	30	What mental health conditions are there? [PHS N]	What are the dangers of social media? [PHS N]	How does the media portray stereotypes? [PHS N]	Revision strategies [PHS A]	
	31	How can I support someone who is struggling with their mental health? [PHS N]	How can I use social media in a positive way? [PHS N]	How does the media portray positive and negative things in life? [PHS N]	Revision strategies [PHS A]	
	32	Where can I go to get support with my mental health? [PHS N]	How can social media impact my mental health? [PHS N]	How can I develop my resilience? [PHS N]	Revision strategies [PHS A]	
Summer 2	33	What is risk? [PHS N]	What things might we be at risk of? [PHS N]	How do people get easily influenced into making unsafe choices? [PHS N]	What risks may there be in the workplace? [PHS C & N]	
	34	How do we manage a risky situation? [PHS N]	How could I be influenced when it comes to risky behaviour? [PHS N]	How could alcohol influence decision making? [PHS N]	How do employers keep employees safe in the workplace? [PHS C & N]	
	35	How can I deal with peer pressure? [PHS N]	How can I stay safe near train lines? [PHS N]	How can mental health affect decision making? [PHS N]	What is Employment Law? [FBV 2] [PHS C & N]	
	36	Who can help me if I am at risk? [PHS N]	How can I be safe when I am out cycling? [PHS N]	Who could I go to for support when it comes to decision making? [PHS N]	How do I ensure that I have a suitable online profile ready for employment? [PHS C & N]	
	37	How can I stay safe around water this summer? [PHS N]	How can I stay safe around water this summer? [PHS N]	How can I stay safe around water this summer? [PHS N]	How can I stay safe around water this summer? [PHS N]	
	38	How can I be safe near the roads? [PHS N]	How can I ensure I have a safe online profile? [PHS N]	How can I manage risk online? [PHS N]	How can I ensure that I make sensible decisions over the holidays? [PHS N]	
	39	How can I be safe online? [PHS N]	How can I look after my mental wellbeing over the holidays? [PHS N]	How am I going to prepare for my first year of GCSEs? [PHS N]	How can I look after my mental wellbeing over the holidays? [PHS N]	

Rollover Weeks
Citizenship Education
LIFE/PSHE Content
Careers Links
Revision Skills

Pakefield High School's Values Key:

PHS C – Connect
PHS A – Achieve
PHS N - Nurture

Fundamental British Values (FBV) Key:

FBV 1 – Democracy
FBV 2 – Rule of Law
FBV 3 – Individual Liberty
FBV 4 – Mutual Respect and Tolerance

