

# 2023-2024 LIFE/RSHE Curriculum Annual Plan

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term	1	Teamwork and Enterprise Skills <i>[PHS C &amp; A]</i> [Start point quiz]	Effectively Communicating Consent in Relationships <i>[FBV 4] [PHS N]</i> [Start point quiz]	Respectful Relationships and Consent <i>[FBV 4] [PHS N]</i> [Start point quiz]	Launch Work Experience Process <i>[PHS C &amp; A]</i>	Introduction to Post-16 Pathways <i>[PHS C &amp; A]</i>
	2	Values and Career Choices – Booklet Lessons <i>[FBV 3] [PHS C &amp; A]</i>	Avoiding Assumptions <i>[FBV 4] [PHS N]</i>	Managing Conflict with Family and Friends <i>[PHS N]</i>	Exploring Job Sectors and Job Roles <i>[PHS C &amp; A]</i>	Application Process/CV Writing/Preparing for Next Steps – External Provider? <i>[PHS C &amp; A]</i>
	3	Values and Career Choices – Booklet Lessons <i>[FBV 3] [PHS C &amp; A]</i>	Forming Relationships and Commitment <i>[FBV 4] [PHS N]</i>	Contraception and Sexual Activity <i>[FBV 2] [PHS N]</i>	Researching Work Experience Opportunities <i>[FBV 3] [PHS C &amp; A]</i>	Application Process/CV Writing/Preparing for Next Steps – In-School Session <i>[PHS C &amp; A]</i>
	4	Saving, Budgeting and Spending <i>[PHS C &amp; N]</i>	Sexting <i>[FBV 2] [PHS N]</i>	Unprotected Sex and STIs <i>[FBV 2] [PHS N]</i>	Equality and Belonging <i>[FBV 3&amp;4] [PHS N]</i> [Start point quiz]	Readiness for Parenthood <i>[PHS N]</i> [Start point quiz]
	5	Exploring Career and Workplace Skills <i>[PHS C &amp; A]</i>	Introduction to Contraception <i>[PHS N]</i>	Pornography and Sharing Explicit Images <i>[FBV 2] [PHS N]</i>	Extremism and Radicalisation <i>[FBV 3&amp;4] [PHS N]</i>	Contraception <i>[PHS N]</i>
	6	Problem Solving <i>[PHS C &amp; N]</i>	Gender Identity and Sexual Orientation <i>[FBV 3&amp;4] [PHS N]</i>	How has pornography distorted sexual relationships? [End point quiz] <i>[PHS N]</i>	Pornography <i>[FBV 2] [PHS N]</i>	Marriage and Changing Relationships <i>[PHS N]</i>
	7	Creative Thinking and Speaking and Listening Skills <i>[PHS C &amp; N]</i> [End point quiz]	Types of Families [End point quiz] <i>[PHS N]</i>	CPR Life Saving Skills Refresher <i>[PHS N]</i>	Revenge Porn <i>[FBV 2] [PHS N]</i>	Abusive, Controlling or Unhealthy Relationships <i>[FBV 2&amp;4] [PHS N]</i>
Spring Term	15	Physical and Emotional Changes During Puberty <i>[PHS N]</i> [Start point quiz]	Alcohol: Units and Effects <i>[FBV 2] [PHS N]</i> [Start point quiz]	GCSEs and Options <i>[FBV 3] [PHS C &amp; A]</i> [Start point quiz]	Consent – Manipulation and Coercion <i>[FBV 2&amp;4] [PHS N]</i>	Assertive Communication <i>[FBV 4] [PHS N]</i>
	16	Healthy and Unhealthy Relationships <i>[PHS N]</i>	Smoking and Effects of Nicotine <i>[FBV 2] [PHS N]</i>	Setting My Goals for the Future <i>[FBV 3] [PHS C &amp; A]</i>	Pregnancy and Fertility <i>[PHS N]</i> [End point quiz]	What is Sexual Harassment? <i>[FBV 2&amp;4] [PHS N]</i> [End point quiz]
	17	Self-Worth and the Media <i>[PHS N]</i>	Vaping – Laws, Risks and Effects <i>[FBV 2] [PHS N]</i>	Employability <i>[PHS C &amp; A]</i>	The Budgeting Money Game <i>[PHS C &amp; N]</i>	Understand Money in Employment <i>[PHS C &amp; N]</i>
	18	Unwanted Contact and FGM <i>[FBV 2] [PHS N]</i>	Medicinal and Recreational Drugs <i>[FBV 2] [PHS N]</i>	Budgeting, Saving and Spending – Adult Life <i>[PHS C &amp; N]</i>	How Can I Ensure My Work Experience is Effective? <i>[PHS C &amp; A]</i>	Application Process/CV Writing/Preparing for Next Steps <i>[PHS C &amp; A]</i>
	19	Feeling Comfortable <i>[FBV 2] [PHS N]</i> [End point quiz]	Social Influence and Drugs <i>[PHS N] [FBV 2] [PHS N]</i>	Making Decisions About my Future <i>[FBV 3] [PHS C &amp; N]</i>	Work Experience Preparation <i>[PHS C &amp; A]</i>	Application Process/CV Writing/Preparing for Next Steps <i>[PHS C &amp; A]</i>
	20	CPR Life Saving Skills <i>[PHS N]</i>	Self-Harm and Coping Strategies <i>[PHS N]</i> [End point quiz]	Leadership <i>[FBV 1&amp;3] [PHS A &amp; N]</i> [End point quiz]	Work Experience Preparation <i>[PHS C &amp; A]</i>	Application Process/CV Writing/Preparing for Next Steps <i>[PHS C &amp; A]</i>
Summer Term	27	Living in a Diverse Society <i>[FBV 3&amp;4]</i> [Start point quiz]	Risks of Online Grooming <i>[PHS N]</i> [Start point quiz]	What is Cancer? Why Should I Self-Examine? <i>[PHS N]</i> [Start point quiz]	Emotional Wellbeing <i>[PHS N]</i> [Start point quiz]	<b>Exam Season</b>
	28	Bullying: Types, Effects and Responding <i>[FBV 3&amp;4] [PHS N]</i>	Age-Restrictions and the Media <i>[FBV 2] [PHS N]</i>	Drugs and Alcohol – addiction and dependence <i>[FBV 2] [PHS N]</i>	Mental Health Stigma and Media Influence <i>[PHS N]</i>	
	29	Cyberbullying <i>[FBV 3&amp;4] [PHS N]</i> [End point quiz]	Online Financial Safety and Gambling <i>[PHS N]</i>	Drugs – County Lines <i>[FBV 2] [PHS N]</i>	Impact of Substance Use <i>[FBV 2] [PHS N]</i>	
	30	First Aid <i>[PHS C &amp; N]</i>	How Can I Budget Effectively? <i>[PHS C &amp; N]</i>	Knife Crime and Carrying Weapons <i>[FBV 2] [PHS N]</i>	Gang Culture <i>[FBV 2] [PHS N]</i> [End point quiz]	
	31	First Aid <i>[PHS C &amp; N]</i>	How Can I Build Enterprise Skills? <i>[PHS C &amp; N]</i>	The Risk of Gangs <i>[FBV 2] [PHS N]</i>	Running a Business <i>[PHS C &amp; N]</i> [Start point quiz]	
	32	Water Safety <i>[PHS N]</i>	Aspirational Goals and Types of Employment <i>[FBV 3] [PHS C &amp; A]</i> [End point quiz]	Body Image and Being Influenced <i>[PHS N]</i> [End point quiz]	Gambling, Debt and Finance <i>[PHS N]</i> [End point quiz]	

Living in the Wider World

Sex and Relationships

Health and Wellbeing

**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