LIFE/RSHE Curriculum Annual Plan

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term	1	Values and Career Choices – Booklet Lessons *[FBV 3] [PHS C & A]*	Effectively Communicating Consent in Relationships *[FBV 4] [PHS N]*	Respectful Relationships and Consent *[FBV 4] [PHS N]*	Work Experience Preparation *[PHS C & A]*	Work Experience Reflection *[PHS C & A]*
	2	Values and Career Choices – Booklet Lessons *[FBV 3] [PHS C & A]*	Avoiding Assumptions *[FBV 4] [PHS N]*	Managing Conflict with Family and Friends *[PHS N]*	Work Experience Preparation *[PHS C & A]*	Planning for Post 16. *[PHS C & A]*
	3	Teamwork and Enterprise Skills *[PHS C & A]*	Forming Relationships and Commitment *[FBV 4] [PHS N]*	Unprotected Sex and STIs *[FBV 2] [PHS N]*	Planning for Post 16. *[PHS C & A]*	CV Writing/Preparing for Next Steps *[PHS C & A]*
	4	Saving, Budgeting and Spending *[PHS C & N]*	Sexting *[FBV 2] [PHS N]*	Contraception and Sexual Activity *[FBV 2] [PHS N]*	Skills and Qualities for Employment *[PHS C & A]*	Mortgages *PHS C & N]*
	5	Exploring Career and Workplace Skills *[PHS C & A]*	Introduction to Contraception *[PHS N]*	Pornography and Sharing Explicit Images *[FBV 2] [PHS N]*	Skills and Qualities for Employment *[PHS C & A]*	Tax and National Insurance *PHS C & N]*
	6	Problem Solving *[PHS C & N]*	Gender Identity and Sexual Orientation *[FBV 3&4] [PHS N]*	How has pornography distorted sexual relationships? *[PHS N]*	The Budgeting Money Game *[PHS C & N]*	Cost of Living *PHS C & N]*
	7	Creative Thinking and Speaking and Listening Skills *[PHS C & N]*	Types of Families *[PHS N]*	CPR Life Saving Skills Refresher *[PHS N]*	Equality and Belonging *[FBV 3&4] [PHS N]*	Readiness for Parenthood *[PHS N]*
Spring Term	15	Physical and Emotional Changes During Puberty *[PHS N]*	Alcohol: Units and Effects *[FBV 2] [PHS N]*	GCSEs and Options *[FBV 3] [PHS C & A]*	Extremism and Radicalisation *[FBV 3&4] [PHS N]*	Contraception *[PHS N]*
	16	Healthy and Unhealthy Relationships *[PHS N]*	Smoking and Effects of Nicotine *[FBV 2] [PHS N]*	Setting My Goals for the Future *[FBV 3] [PHS C & A]*	Pornography *[FBV 2] [PHS N]*	Marriage and Changing Relationships *[PHS N]*
	17	Self-Worth and the Media *[PHS N]*	Vaping – Laws, Risks and Effects *[FBV 2] [PHS N]*	Options Post 16. *[PHS C & A]*	Revenge Porn *[FBV 2] [PHS N]*	Abusive, Controlling or Unhealthy Relationships *[FBV 2&4] [PHS N]*
	18	Feeling Comfortable *[FBV 2] [PHS N]*	Medicinal and Recreational Drugs *[FBV 2] [PHS N]*	Understanding Life at University. *[PHS C & A]*	Consent – Manipulation and Coercion *[FBV 2&4] [PHS N]*	Assertive Communication *[FBV 4] [PHS N]*
	19	Unwanted Contact and FGM *[FBV 2] [PHS N]*	Social Influence and Drugs *[PHS N] [FBV 2] [PHS N]*	Budgeting, Saving and Spending – Adult Life *[PHS C & N]*	Pregnancy and Fertility *[PHS N]*	Recognising Abusive Relationships *[FBV 2&4] [PHS N]*
	20	Living in a Diverse Society *[FBV 3&4]*	Self-Harm and Coping Strategies *[PHS N]*	Find My Potential *[FBV 1&3] [PHS A & N]*	Deep Fakes *[FBV 2] [PHS N]*	Sextortion *[FBV 2&4] [PHS N]*
Summer Term	27	Bullying: Types, Effects and Responding *[FBV 3&4] [PHS N]*	Managing Risks *[PHS N]*	What is Testicular Cancer? Why Should I Self-Examine? *[PHS N]*	Reframing Negative Thinking *[PHS N]*	**Exam Season**
	28	Online Safety *[FBV 3&4] [PHS N]*	Age-Restrictions and the Media *[FBV 2] [PHS N]*	What is Breast Cancer? Why Should I Self-Examine? *[PHS N]*	Recognising Mental Health/Emotional Wellbeing. *[PHS N] [FBV 2]*	
	29	Water Safety *[PHS N]*	Online Financial Safety *[PHS N]*	Drugs - The Law and Managing Risks [FBV 2] [PHS N]	Body Modifications *[FBV 2] [PHS N]*	
	30	First Aid – Head Injuries *[PHS C & N]*	Understanding Credit and Debit *[PHS C & N]*	Drugs and Their Effects – Alcohol and Cannabis *[FBV 2] [PHS N]*	Gambling *[PHS N]*	
	31	First Aid – Asthma *[PHS C & N]*	Managing Your Online Presence *[FBV 3] [PHS C & A]*	Knife Crime and Carrying Weapons. *[FBV 2] [PHS N]*	Work Experience	
	32	CPR Life Saving Skills *[PHS N]*	Enterprise *[PHS C & A]*	Gangs *[FBV 2] [PHS N]*	Work Experience	

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