

RSHE – ANNUAL CURRICULUM OVERVIEW

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7 *	Transition/introduction to Secondary school: Differences and similarities between primary and Secondary. Reflection, chance to create a new identity. Establish ground rules for RSHE learning. Mental wellbeing: Talking about emotions	Respectful Relationships: Respect and friendship (grooming, exploitation, and gangs) Prejudice and Bullying: Why people bully and how to challenge this. Families: Relationships and human happiness	Online and Media: Rights and responsibilities of keeping safe. Internet Safety and harms: Reality vs the online world	Our Community: Religion overview, research within school on different religions and beliefs between peers. - <i>Visit to Cathedral and Mosque</i> Environment – Environmental factors, local and worldwide. Behavioural impacts on the world. - <i>Visit to Recycling centre.</i>	Healthy Lifestyles: Physical Fitness and healthy eating	Health and Prevention: Basic health Changing Adolescent Body: Puberty and menstrual wellbeing
8 *	Families: Stable relationships and marriage, managing change and loss Respectful relationships: Stereotypes and bullying, challenging discrimination	Mental Wellbeing: Recognising concerns. Health and Prevention: Sleep and routines Puberty Puberty and menstrual wellbeing	Online and Media: Harmful contact Internet Safety and Harms: Body Image <i>Childnet body image resource</i>	Our Community: Religious education, focus on top world religions. - <i>Visit to Cathedral and Mosque</i> Environment - Explore the environmental factors locally and its impact on the planet. - <i>Visit to Recycling centre.</i>	Drugs and Alcohol: Smoking, Alcohol and Cannabis - <i>CGL ASPIRE worker to attend weekly sessions over 6 weeks</i>	First Aid: Assessing a patient, calling for help, recovery position, AED, and CPR Risk and Harms: Explore risk taking and harmful behaviour
9 *	Families: Unsafe relationships and managing behaviour at home Being safe: The law (consent, exploitation and harassment)	Respectful relationships: Sexual harassment and violence Intimate Relationships: Positivity and health	Online and Media: Indecent Image sharing Internet Safety and Harms: Relationships and social media	Our Community: Religious education; world religions, religious festivals, famous religious leaders.	Mental Wellbeing: Common types of ill health Health and Prevention: Immunisation and vaccination	Drugs and Alcohol: Prescription and illegal drugs. Consequences and punishment. - <i>CGL ASPIRE worker to attend weekly sessions over 6 weeks.</i> - <i>Prison visit</i>
10	Drugs and Alcohol: Addiction and alcohol dependency. Mental Wellbeing: Impact of our actions on mental health. Managing change, beliefs, and bereavement First Aid: CPR, bleeding and how to cope in an emergency	Intimate Sexual Relationships: Reproductive health and impact of drugs/alcohol Being Safe: Communicating consent (including FGM)	Online and Media: Dangers of viewing explicit material. Internet Safety and Harms: Online relationships and harmful behaviour	Our Community: Religious education - <i>Shari'ah law</i> - <i>Lawbreakers and types of crime (Christianity)</i> - <i>Lawbreakers and types of crime (Islam)</i>	Money management: Debt, Gambling, and money management Lifeskills: Day to day living and understanding of how household items work, benefits, bills	Crime and Criminality: Understanding civil and criminal law, The CPS, court rooms, procedures, and convictions <i>HT workbook – Crime and Criminality</i>
11	Healthy Lifestyles: Choices approaching adulthood. Health and Prevention: Self-care and self-awareness Mental Wellbeing: Entering adulthood	Being Safe: Honour based violence and FGM, domestic abuse and forced marriage, challenging extremism and radicalisation. Intimate Sexual Relationships: Pregnancy and parenting	Drugs and Alcohol: Dangers of recreational drug use and consequences Exploring how to access support: Doctors, Dentist, homelessness, teenage parents, opticians etc. - <i>Prison speaker</i>	The wider world: Exploring different jobs, CV's, interviews, and wage slips. Beyond school: Understanding college.	Economics and Money management: Mortgages, Rent, credit scores, APR, finance, bank accounts, etc	Politics: Government and Justice, British values, and Human Rights Diversity, Equality and Identity: Employee rights, discrimination and how to challenge it.

*RBA operate a 'stage not age' approach for KS3. Learning will be personalised based on knowledge requirements of each individual learner.

Politics: Government and Justice, British values and Human Rights. Diversity, Equality and Identity: Employee rights, discrimination and how to challenge it

Stand Alone lesson for those withdrawn from Sex Education

Relationships
Health
Living in the wider world
Statutory Requirements topics

Religious ceremonies/dates & Calendar dates to be stand-alone topics throughout the curriculum e.g.

Christmas, Eid, Hanukah, Remembrance etc.