Grange Park School

Learning for Life - Personalised Pathways for All

KS5

Personal Skills

Continue your lifelong love of learning and personal development

Culture and Society

Prejudice and Discrimination

Respectful Relationships

Healthy Relationships
Managing Conflict

Sexual Health

Consent
Contraception
Sexual Health

Social Media

Self Esteem
Online reputation

Emotional Wellbeing

Understanding emotions
Mental health

YEAR 11

Understanding Emotional Wellbeing

Factors that influence emotional health

Effective communication

Mental health support

Understanding Sexual Health and Wellbeing

Awareness of healthy relationships

Social communication and awareness of emotions

Safe reproductive health and pregnancy

YEAR 10

Role of relationships in social health and wellbeing

Types of family
The role of the parent

Healthy long term relationships and potential breakdowns

Personal social skills
Where to get help

Improving Physical health and wellbeing

Effects of smoking, alcohol and drugs

Healthy lifestyles

Personal care
Motivational tools

Intimate relationships

Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography

Respectful relationships

Families and parenting, healthy relationships, conflict resolution, and relationship changes

Employability skills

Employability and online presence

Healthy Lifestyles

Diet, exercise, lifestyle balance and healthy choices, and first aid

YEAR 9

Community and careers

Equality of opportunity in careers and life choices, and different types and patterns of work.

Discrimination

Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia

Digital Literacy

Online safety, digital literacy, media reliability, and gambling hooks

Identity and relationships

Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception

Emotional wellbeing.

Mental health and emotional wellbeing, including body image and coping strategies

Peer influence, substance use and gangs

Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation

Setting goals

Learning strengths, career options and goal setting as part of the GCSE options process

YEAR 8

Drugs and alcohol

Alcohol and drug misuse and pressures relating to drug use.

Health and puberty

Healthy routines, influences on health, puberty, unwanted contact, and FGM

Building relationships.

Self-worth, romance and friendships (including online) and relationship boundaries

Financial decision making

Saving, borrowing, budgeting and making financial choices.

Diversity

Diversity, prejudice, and bullying

Developing skills and aspirations

Careers, teamwork and enterprise skills, and raising aspirations

Transition and safety

Transition to secondary school and personal safety in and outside school, including first aid

YEAR 7

ECONOMIC WELLBEING AND TRANSITION

Understanding different job roles and wages.

CITIZENSHIP

Understanding how people contribute to society.

SAFETY AND THE CHANGING BODY

Online safety and the dangers of sharing online.

FAMILIES AND RELATIONSHIPS

Different family relationships.
Respect.
Emotional Boundaries.

HEALTH AND WELLBEING

Embracing failure.
Dealing with difficult situations.
How to deal with failure.

Rest, Relaxation and Sleep.
Balanced diet.
Keeping safe in the sun.

YEAR 6

ECONOMIC WELLBEING AND TRANSITION

Risks associated with money and how to budget.

Understanding different job roles and wages.

CITIZENSHIP

Laws and Government.
Prejudice and Discrimination.
Freedom of Expression

SAFETY AND THE CHANGING BODY

Puberty discussions; identifying and explaining how bodies change, linking it to changes in their own body.
Naming male and female body parts.

FAMILIES AND RELATIONSHIPS

Understanding the roles of victim, bully and bystander.

HEALTH AND WELLBEING

Embracing failure.
Dealing with difficult situations.
How to deal with failure.

YEAR 5

Rest, Relaxation and Sleep.
Keeping safe in the sun.
Balanced diet.

Emotional boundaries.
Understanding the roles of victim, bully and bystander.

FAMILIES AND RELATIONSHIPS

Different family relationships.
Respect.

SAFETY AND THE CHANGING BODY

Puberty discussion; identifying and explaining how bodies change, linking it to changes in their own body.
Naming male and female body parts.

CITIZENSHIP

Laws and Government.
Prejudice and discrimination.
Freedom of Expression
Understanding how people contribute to society.

ECONOMIC WELLBEING AND TRANSITION

Understanding different job roles and wages.

Risks associated with money and how to budget.

welcome

PSHE LEARNING JOURNEY – GRANGE PARK SCHOOL