



CURIOSITY

COMPASSION

COURAGE



# PSHE Academic outline 2022-23

	Term 1 Aug-Oct	Term 2 Nov-Dec	Term 3 Jan-Feb	Term 4 Mar-Apr	Term 5 Apr-May	Term 6 Jun-Jul
Year 7:	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> <li>• Friendships <a href="#">Oak Academy: Friendships</a></li> <li>• Family units <a href="#">Oak Academy Families</a></li> <li>• Safe and positive relationships <a href="#">Oak Academy: Safe relationships</a></li> <li>• Healthy eating</li> <li>• Unhealthy lifestyles <a href="#">Oak Academy: lifestyles</a></li> <li>• Oral Hygiene <a href="#">Oak Academy: Dental care</a></li> </ul>	<p><u>Healthy Lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Self-esteem and resilience</li> <li>• Aspirational students</li> <li>• Revision <a href="#">unifrog: Revision</a></li> <li>• Mental health <a href="#">Oak Academy: Mental health</a></li> <li>• Protected characteristics <a href="#">Oak Academy: Discrimination</a></li> <li>• FGM</li> <li>• County Lines</li> <li>• Prevent</li> </ul>	<p><u>Healthy Lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Puberty <a href="#">Oak Academy: Puberty</a></li> <li>• Bullying <a href="#">Oak Academy: Bullying</a></li> <li>• Staying safe online <a href="#">Oak Academy: internet safety</a></li> </ul>	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Consent</li> <li>• Smoking</li> <li>• Vaping <a href="#">Oak Academy: Smoking and alcohol</a></li> <li>• Careers <a href="#">unifrog</a></li> </ul>	<p><u>Healthy Lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Drugs <a href="#">Oak Academy: Drugs</a></li> </ul> <p>Wants and needs <a href="#">Oak Academy: Managing money</a></p>	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> <li>• Budgeting <a href="#">Oak Academy: Managing money</a></li> <li>• Personal identity</li> <li>• Celebrating diversity <a href="#">Oak Academy: Our identity and community</a></li> </ul>
Year 8:	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Behaviour to achieve</li> <li>• Self awareness</li> <li>• Personal Safety</li> <li>• First Aid <a href="#">Oak Academy: First Aid</a></li> <li>• Cancer awareness</li> </ul>	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Revision <a href="#">unifrog: Revision</a></li> <li>• Vaping</li> <li>• Alcohol <a href="#">Oak Academy: Smoking and alcohol</a></li> <li>• Crime <a href="#">Oak Academy: Crime</a></li> <li>• Prevent</li> </ul>	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> <li>• Budgeting</li> <li>• Income and expenditure <a href="#">Oak Academy: The Economy</a></li> <li>• Bullying <a href="#">Oak Academy: Bullying</a></li> <li>• Staying safe online <a href="#">Oak Academy: internet safety</a></li> </ul>	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> <li>• Tax and NI <a href="#">Oak Academy: Managing money</a></li> <li>• Domestic conflict <a href="#">Oak Academy: Unsafe relationships</a></li> <li>• Careers <a href="#">unifrog</a></li> </ul>	<p><u>Sex and Relationships</u></p> <ul style="list-style-type: none"> <li>• Consent</li> <li>• Sexting <a href="#">Oak Academy: Sexting</a></li> <li>• Pornography</li> </ul>	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> <li>• Contraception</li> <li>• STI's</li> <li>• Personal identity</li> <li>• Celebrating diversity <a href="#">Oak Academy: Our identity and community</a></li> </ul>



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	<ul style="list-style-type: none"> <li>• Mental Health <a href="#">Oak Academy: School pressures</a></li> <li>• Vaccinations <a href="#">Oak Academy: Vaccinations</a></li> </ul>					
Year 9:	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Self managers</li> <li>• Growth Mind set</li> <li>• Interpersonal skills</li> <li>• Revision <a href="#">unifrog: Revision</a></li> <li>• Mental Health <a href="#">Oak Academy: Anxiety</a></li> <li>• Responsible Health <a href="#">Oak Academy: Healthy choices</a></li> <li>• Personal Hygiene <a href="#">Oak Academy: Personal Hygiene</a></li> </ul>	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Drugs <a href="#">Oak Academy: Drugs</a></li> <li>• Alcohol <a href="#">Oak Academy: Alcohol</a></li> <li>• Selfies <a href="#">Oak Academy: Online material</a></li> <li>• Self-harm</li> <li>• Knife crime</li> <li>• CSE</li> <li>• Prevent</li> </ul>	<p><u>Healthy Lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Body image men</li> <li>• Body image women <a href="#">Oak Academy: Body Image</a></li> <li>• Bullying <a href="#">Oak Academy: Bullying</a></li> <li>• Staying safe online <a href="#">Oak Academy: internet safety</a></li> </ul>	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> <li>• LGBT community</li> <li>• Consent</li> <li>• Safe sex and contraception</li> <li>• Careers <a href="#">unifrog</a></li> </ul>	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> <li>• Pregnancy</li> <li>• Domestic violence and abusive relationships <a href="#">Oak Academy: Respectful relationships</a></li> <li>• Young offenders</li> </ul>	<p><u>Living in the Wider World</u></p> <ul style="list-style-type: none"> <li>• Avoiding debt</li> <li>• Financial institutions</li> <li>• Consumer rights <a href="#">Oak Academy: Managing money</a></li> <li>• Personal identity</li> <li>• Celebrating diversity <a href="#">Oak Academy: Our identity and community</a></li> </ul>
Year 10: GCSE	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Time management <a href="#">unifrog: time</a></li> <li>• Memory and study <a href="#">unifrog: Revision</a></li> <li>• Social Anxiety</li> <li>• Menopause</li> </ul>	<p><u>Living in the wider world:</u></p> <ul style="list-style-type: none"> <li>• Choosing a career</li> <li>• Work experience</li> <li>• Rights in the workplace <a href="#">unifrog</a></li> <li>• Parenting types <a href="#">Oak Academy: Parenting</a></li> <li>• Prevent</li> </ul>	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> <li>• Consent <a href="#">Oak Academy: Consent</a></li> <li>• Forced and arranged marriage</li> <li>• Bullying <a href="#">Oak Academy: Bullying</a></li> </ul>	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> <li>• Harassment and stalking</li> <li>• Revenge porn <a href="#">Oak Academy: Dangers of viewing explicit material</a></li> <li>• Gay and trans community</li> </ul>	<p><u>Living in the wider world</u></p> <ul style="list-style-type: none"> <li>• Sexism and gender Prejudice <a href="#">Oak Academy: Stereotyping</a></li> <li>• Role models <a href="#">Oak Academy: Unhealthy comparisons</a></li> <li>• Managing grief</li> </ul>	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Binge drinking</li> <li>• Gambling <a href="#">Oak Academy: Addiction</a></li> <li>• Tattoos and piercings</li> <li>• Personal identity</li> <li>• Celebrating diversity <a href="#">Oak Academy: Our</a></li> </ul>



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	<ul style="list-style-type: none"> <li>• Self-examination <a href="#">Oak Academy: Self examination</a></li> <li>• Mental health <a href="#">Oak Academy: Stress</a></li> </ul>	<ul style="list-style-type: none"> <li>• Hate Crime</li> <li>• Criminal justice system</li> <li>• Social media and self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>• Staying safe online <a href="#">Oak Academy: Staying safe</a></li> </ul>	<ul style="list-style-type: none"> <li>• Careers <a href="#">unifrog</a></li> </ul>	<a href="#">Oak Academy: Grief</a>	<a href="#">identity and community</a>
Year 11: GCSE	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> <li>• GCSE revision <a href="#">unifrog: Revision</a></li> <li>• Rest and sleep <a href="#">Oak Academy: Sleep</a></li> <li>• Perseverance</li> <li>• Privilege</li> <li>• Contraception</li> <li>• Fertility and reproduction</li> </ul> <p><a href="#">Oak Academy: Approaching Adulthood</a></p>	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> <li>• Relationship types and sexuality</li> <li>• Consent, rape and sexual assault <a href="#">Oak Academy: Sexual violence</a></li> <li>• What makes good sex?</li> <li>• Chem sex and safe sex</li> <li>• Prevent</li> <li>• Drugs and the law</li> </ul>	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> <li>• Relationship break ups</li> <li>• Managing conflict <a href="#">Oak Academy: Consent</a></li> <li>• Bullying <a href="#">Oak Academy: Bullying</a></li> <li>• Staying safe online <a href="#">Oak Academy: Staying safe</a></li> </ul>	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> <li>• Body positivity</li> <li>• Risk taking and personal safety</li> <li>• Identity <a href="#">Oak Academy: Identity</a></li> <li>• Careers <a href="#">unifrog</a></li> </ul>	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> <li>• Trade unions</li> <li>• Health and safety at work</li> </ul>	