



CURIOSITY

COMPASSION

COURAGE



PSHE Academic outline 2024-25

	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>Healthy Lifestyles:</u></p> <ul style="list-style-type: none"> • Self-esteem, resilience and emotions Oak Academy: Emotions • Revision unifrog: Revision • Mental health Oak Academy: Mental health 	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> • Friendships Oak Academy: Friendships • Family units Oak Academy Families • Safe and positive relationships Oak Academy: Safe relationships • FGM Oak Academy: FGM • County Lines Oak Academy: County Lines 	<p><u>Healthy Lifestyles:</u></p> <ul style="list-style-type: none"> • Consent • Puberty and Periods Oak Academy: Puberty • Healthy lifestyles Oak Academy: lifestyles Oak Academy: Healthy Lifestyles 	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> • Smoking and vaping Oak Academy: Smoking • Careers unifrog • Bullying Oak Academy: Bullying • Staying safe online Oak Academy: internet safety 	<p><u>Healthy Lifestyles:</u></p> <ul style="list-style-type: none"> • Protected characteristics Oak Academy: Discrimination • Wants and needs Oak Academy: Managing money 	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> • Budgeting Oak Academy: Managing money • Celebrating diversity Oak Academy: Our identity and community
Year 8:	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> • Behaviour to achieve • Self awareness • Aspiration • Mental Health Oak Academy: School pressures 	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> • Alcohol Oak Academy: Smoking and alcohol • Drugs Oak Academy: Drugs • Vaccinations Oak Academy: Vaccinations 	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> • Sun safety • Finance Oak Academy: The Economy • Bullying Oak Academy: Bullying • First Aid 	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> • Tax and NI Oak Academy: Managing money • Domestic conflict Oak Academy: Unsafe relationships • Careers unifrog 	<p><u>Sex and Relationships</u></p> <ul style="list-style-type: none"> • Consent Oak Academy: Consent • Sexting Oak Academy: Sexting • Pornography Oak Academy: Porn 	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> • Contraception Oak Academy: Contraception • STI's Oak Academy: STI • Personal identity • Celebrating diversity



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



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		<ul style="list-style-type: none"> • Criminal justice system Oak Academy: Criminal Law 	<ul style="list-style-type: none"> • Menopause • Fertility and Reproductive health Oak Academy: Fertility 	<ul style="list-style-type: none"> • Bullying Oak Academy: Bullying • Anti-social behaviour Oak Academy: Antisocial behaviour 	Oak Academy: Grief	
Year 11: GCSE	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> • GCSE revision unifrog: Revision • Rest and sleep Oak Academy: Sleep • Perseverance 	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> • Privilege • Consent, rape and sexual assault Oak Academy: Sexual violence • What makes good sex? Oak Academy: Intimate relationships • Drugs and the law 	<p><u>Sex and Relationships:</u></p> <ul style="list-style-type: none"> • Relationship break ups • Managing conflict Oak Academy: Consent • Risk taking and personal safety 	<p><u>Healthy lifestyles:</u></p> <ul style="list-style-type: none"> • Body positivity Oak Academy: Body positivity • Addiction Oak Academy: Addiction • Employment Law 	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> • Trade unions • Health and safety at work 	