

Coverage	RSHE KS3	RSHE KS4	RHSE KS5	Curriculum Area KS3	Curriculum Area KS4	Assembly Programme
Relationships and						
Sex Education						
 Families That there are different types of committed, stable relationships. How these relationships might contribute to human happiness and their importance for bringing up children. What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. Why marriage is an important relationship choice for many couples and why it must be freely entered into. The characteristics and legal status of other types of long-term relationships. The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. 	Y7: Communication in relationships Y7: Healthy relationships Y8: Recognising fake news Y8: Where to seek support	Y10: Family conflict Y10: Identifying healthy and unhealthy relationships Y10: Managing conflict Y10: How to make informed decisions about marriage and other long- term commitments Y10: The legal status of long term commitments Y10: Parenting Y11: Types of relationships and families	Yr12: Health and Well Being: respect and relationships Yr12: Health and Well Being: Intimate and sexual relationships Yr12: Health and Well Being: LGBTQ+ Yr12: Health and Well Being: Mental Wellbeing Yr12: British Values: respect and tolerance Yr12: British Values: Protected Characteristics Yr12: British Values: Equality and Diversity Yr13: Preparing for Life: Relationships and Consent Yr13: Preparing for Life: Sexual Health Yr13: Preparing for Life: Sexual Violence	Y7 Geography: Population Y7 MFL: Family Y7 IT: E-safety – Child sexual exploitation and online grooming Y7 English: Moments in history Y7 English: Victorian Britain and Oliver Twist Y7 History: Normans – Family trees Y7 History: Tudors – Arranged marriages Y8 English: Blood Brothers Y8 English: Blood Brothers Y8 English: Of Mice and Men Y8 IT: E-safety – Exploitation Y8 IT: E-safety – Exploitation Y8 IT: E-safety – County lines Y9 MFL: Talking about different types of family Y9 IT: E-safety – Identifying healthy and unhealthy relationships Y9 IT: E-safety – Nudes in Relationships Y9 IT: E-safety – Online Blackmail Y9 History: Holocaust Y9 English: Animal Farm Y10 English: Macbeth Y9 RE: 'How have attitudes to relationships and family life changed?'	Y10 History: Nazi Germany policies on women and family Y10 Media: Print advertisements Y10 Media: TV crime drama Y10 English: A Christmas Carol Y10 English: Macbeth Y10 English Anthology poetry Y10 Health & Social: Factors affecting growth and development Y11 History: American West – Native American lifestyles Y11 GCSE PE: Engagement patterns, social groups, family, friends and peers Y11 Media: Radio Y11 English: An inspector calls Y10 & 11 RE: Thematic unit - 'Families and relationships'	Week 3 Respect Kindness and Tolerance Week 7 Celebrating Diversity and Equality Week 8 Integrity and Honesty Week 10 Respect and Tolerance Week 28 Healthy mind and body Week 29 Empathy Week 35 Community



 How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others/ relationships); and, how to seek help or advice, including reporting concerns about others, if needed. Respectful relationships The characteristics of positive and healthy friendships (in all contexts, including online) 172: Health and Well friendships (in all contexts, including online) 172: How to empathise with, and show with a bound advires, private, speero sholl, about point with, and show with, and show with, and show with, and show with a bound advires, private, speero sholl and with a with a mature and advires, private, speero sholl and with a with a
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consent and the Y7: Cyberbullying Y10: Analyse strategies to Wellbeing Y7 English: Victorian Y10 & 11 RE: Thematic unit - and body
management of Y8: Managing online challenge discrimination Yr12: British Values: Britain and Oliver Twist 'Families and relationships' Week 29 Empathy
conflict, reconciliation presence and prejudice based respect and tolerance Y7 Geography: Fantastic Y11 Media: Radio Week 35 Community
and ending Y8: The importance of bullying Yr12: British Values: places, amazing Africa Y11 English: An Inspector
relationships. This equality and diversity Y10: How to manage the Protected Y7 Geography: Urban Calls
includes different (non- Y8: Anti-bullying week influence of gender and Characteristics environments – London Y11 Health & Social: Barriers
sexual) types of Y8: How to celebrate sexual norms and Yr12: British Values: and Mumbai in accessing services and the
relationship. equality and diversity stereotyping Equality and Diversity Y7 RE: 'Why do people impact on health
Practical steps they can Y8: The Equality Act Y11: How to Yr13: Preparing for Life: suffer?' Y10 MFL: Social media and
take in a range of V8: What is prejudice? communicate personal Relationships and V8 IT E safety searching
different contexts to V8. What is values in relationships Consent V8 English: Romeo and
improve or support discrimination? Y11: Recognise the Yr13: Preparing for Life: Juliet Y11 GCSE PE: Factors
respectful relationships. V8: What is racism? importance of respect, Sexual Health Y8 English: Blood Brothers affecting participation in
How stereotypes, in V8: How to assertively pleasure and equality in Vr13: Preparing for Life: V8 English: Of Mice and sport
particular stereotypes communicate and intimate relationships Sexual Violence Men Y11 Sport Studies:
based on sex, gender, negotiate relationship Sex and relationship Sex and violence With Y8 Geography: The North Understand the issues which
affect participation in coart
V10 English: Machath
orientation of disability, To: Conserve
how they might for intimate images and discrimination?"



	normalise non-	Y9: Managing		Y7 & 9 MFL: Adjectives to		
	consensual behaviour	friendships		describe friends		
	or encourage	Y9: Relationship abuse		Y9 English: Animal Farm		
	prejudice).	Y9: Starting out in		Y9 English: Diverse voices		
•	That in school and in	romantic relationships		Y9 English: Letters in time		
	wider society they can	Y9: Anti-bullying week		Y9 English: All the World's		
	expect to be treated	Y9: Healthy		a Stage		
	with respect by others,	relationships -		Y9 History: Holocaust		
	and that in turn they	expectations		Y8 History: Civil rights		
	should show due			movement		
	respect to others,			Y9 RE: Situation ethics		
	including people in			and agape		
	positions of authority			Y9 RE: Same sex marriage,		
	and due tolerance of			civil partnerships and		
	other people's beliefs.			surrogacy		
•	About different types of			Y9 RE: Consent in		
	bullying (including			relationships		
	cyberbullying), the			Y9 RE: What is		
	impact of bullying,			appropriate sexual		
	responsibilities of			behaviour?		
	bystanders to report			All years RE: Embedded		
	bullying and how and			throughout the		
	where to get help.			curriculum as students		
•	That some types of			explore a range of		
	behaviour within			religions and viewpoints		
	relationships are			such as Christianity,		
	criminal, including			Sikhism, Islam and		
	violent behaviour and			Humanism and students		
	coercive control.			can reflect on and discuss		
•	What constitutes sexual			their own points of view.		
	harassment and sexual			Students are taught about		
	violence and why these			respect and the		
	are always			importance of this from		
	unacceptable.			the very first lesson in Y7		
•	The legal rights and			and this is a culture in the		
	responsibilities			RE classroom.		
	regarding equality					
	(particularly with					
	reference to protected					
	characteristics as					
	defined in the Equality					
	Act 2010) and that					
	everyone is unique and					
	equal.					
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On	line and media	Y7: Sharing information	Y10: Sexualisation of the	Yr13: Finance – online	Y7 IT: E safety searching	Y10 Geography: UK economy	Week 3 Respect Kindness
•	Their rights,	safely online	media	safety and money	Y8 Geography: The North	and internet access	and Tolerance
	responsibilities and	Y7: Balancing time	Y10: Pornography –	management,	and South divide	Y10 Media: Magazines	
	opportunities online,	online with other	blurred lines	budgeting and bank	Y8 Geography: Climate	Y11 Media: Video games	Week 5 Bullyingwe
	including that the same	activities	Y10: The law, sex and the	accounts	change in the news	Y10 Photography: Identity	don't tolerate it
	expectations of	Y7: Body image –	internet		Y8 IT: E safety searching	Y10 Food Technology:	Week 7 Celebrating
	behaviour apply in all	impact of social media	Y11: How and why to		Y9 IT: E safety searching	Assessing and gathering	Diversity and Equality
	contexts, including	Y7: Sexting	maintain a healthy			primary and secondary	Week 8 Integrity and
	online.	Y8: Managing online	balance between time			research	Honesty
•	About online risks,	presence	online and other			Y11 Food Technology:	Week 10 Respect and
	including that any	Y8: Health balance (real	activities			Assessing and gathering	Tolerance
	material someone	life vs. digital life)				primary and secondary	Week 29 Empathy
	provides to another has	Y8: Recognising fake				research	Week 34 Anti-
	the potential to be	online news				Y11 Photography: Renewal	Bullyingreaching out
	shared online and the	Y8: Managing requests				and decay	Week 35 Community
	difficulty of removing	for intimidate images				Y10 MFL: Social media and	
	potentially	Y8: Screen time and				mobile technology	
	compromising material	mental health					
	placed online.	Y9: Digital resilience					
•	Not to provide material	<u> </u>					
	to others that they						
	would not want shared						
	further and not to share						
	personal material which						
	is sent to them.						
•	What to do and where						
	to get support to report						
	material or manage						
	issues online.						
•	The impact of viewing						
	harmful content.						
	That specifically						
_	sexually explicit						
	material e.g.						
	pornography presents a						
	distorted picture of						
	sexual behaviours, can						
	damage the way people						
	see themselves in						
	relation to others and						
	negatively affect how						
	they behave towards						
	sexual partners.						
•	That sharing and						
	viewing indecent						
L	neming indecent	l	1	l	I	1	



 images of children (including those created by children) is a criminal offence which carries severe penalties including jail. How information and data is generated, collected, shared and used online. Being safe The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honourbased violence and FGM, and how these can affect current and future relationships. How people can actively communicate and recognise consent, and how and when consent 	Y7: Rights, responsibilities and how to advocate for them Y7: Communication in relationships Y7: Healthy relationships Y7: Introducing consent Y7: Sexting Y7: Cyberbullying Y8: Consent Y8: Managing requests for intimate images Y9: Honour based violence and FGM Y9: Relationship abuse Y9: Capacity to consent	Y10: Healthy relationships – family conflict Y10: Addressing relationship abuse Y10: Healthy relationships – managing conflict Y10: The law, sex and the internet Y11: How to communicate personal values in relationships	Yr12: Health and Well Being: respect and relationships Yr12: Health and Well Being: Intimate and sexual relationships Yr12/13: Health and Well Being: Mental Wellbeing Yr13: Preparing for Life: Relationships and Consent Yr13: Preparing for Life: Sexual Health Yr13: Preparing for Life: Sexual Violence	Y7 IT: E safety searching Y8 IT: E safety searching Y9 English: All the World's a Stage Y9 IT: E safety searching	Y10 Media: Music videos Y11 English: An Inspector Calls	Week 21 Cybercrime and online safety
can be withdrawn (in all contexts, including online). Intimate and sexual relationships, including sexual health • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual	Y7: Puberty – body changes Y7: Puberty – physical and emotional changes Y7: Puberty – periods Y7: Personal hygiene Y7: Communication in relationships Y7: Healthy	Y10: Healthy relationships – identifying healthy and unhealthy relationships Y10: Healthy relationships – addressing relationship abuse	Yr12: Health and Well Being: respect and relationships Yr12: Health and Well Being: Intimate and sexual relationships Yr12: Health and Well Being: LGBTQ+	Y7 Science: Male and female reproductive system Y7 Science: Menstrual cycle, fertilisation and foetal development Y8 Science: Organisms Y9 RE: Contraception – natural and artificial	Y10 Geography: Demographic transition Y10 History: Weimar Germany – Wall Street crash Y10 Science: Homeostasis and response Y10 Science: Evolution and inheritance Y10 Science: Infection and	Week 3 Respect Kindness and Tolerance Week 4 Being the best version of yourself Week 5 Bullyingwe don't tolerate it Week 6 Mental Health and wellbeing Week 17 Doing the Right



	respect, consent,	Y7: Introducing consent	Y10: Healthy	Yr12: Health and Well	methods, religious and	Y10 RE: Thematic unit –	Week 29 Empathy
	loyalty, trust, shared	Y7: Sexting	relationships – managing	Being: Mental	non-religious teachings	Families and relationships	
	interests and outlook,	Y7: Understanding	conflict	Wellbeing	Y9 RE: 'How have	Y11 English: An Inspector	
	sex and friendship.	drugs	Y10: Sexualisation of the	Yr12: British Values:	attitudes to relationships	Calls	
•	That all aspects of	Y7: Alcohol – risks and	media	respect and tolerance	and family life changed?'		
	health can be affected	influences	Y10: Pornography –	Yr12: British Values:	Y9 RE: Abortion – The law,		
	by choices they make in	Y8: How to assertively communicate and	blurred lines Y10: Substance use –	Protected Characteristics	religious and non- religious arguments in		
	sex and relationships,	negotiate relationship	assessing risks	Yr12: British Values:	support of and in		
	positively or negatively,	boundaries	Y10: Substance use	Equality and Diversity	opposition to abortion		
	e.g. physical,	Y8: Sexual orientation	managing influences	Yr13: Preparing for Life:			
	emotional, mental,	and gender identity	Y11: How to	Relationships and			
	sexual and reproductive	Y8: Consent	communicate personal	Consent			
	health and wellbeing.	Y8: Introduction to	values in relationships	Yr13: Preparing for Life:			
•	The facts about	contraception	Y11: Recognise the	Sexual Health			
	reproductive health,	Y8: Managing requests	importance of respect,	Yr13: Preparing for Life:			
	including fertility, and	for intimate images	pleasure and equality in	Sexual Violence			
	the potential impact of	Y9: Drugs and alcohol –	intimate relationships				
	lifestyle on fertility for	exploring attitudes	Y11: Choosing and				
	men and women and	Y9: Drugs and alcohol –	negotiating				
	menopause.	the law and managing	contraception				
•	That there are a range	risk Y9: Starting out in	Y11: Explore sexual				
	of strategies for	romantic relationships	health services, locally, nationally and online				
	identifying and	Y9: Capacity to consent	Y11: How to use and				
	managing sexual	Y9: Preventing STI's	access sexual health				
	pressure, including	Y9: Contraception	services				
	understanding peer	Y9: Condom negotiation	Y11: Recognise that				
	pressure, resisting	Y9: Unplanned	fertility can change over				
	pressure and not	pregnancy	time and evaluate the				
	pressurising others.	Y9: Relationship	implications of this				
•	That they have a choice	expectations					
-	to delay sex or to enjoy						
	intimacy without sex.						
•	The facts about the full						
•	range of contraceptive						
	choices, efficacy and						
	options available.						
	The facts around						
•							
	pregnancy including						
	miscarriage.						
•	That there are choices						
	in relation to pregnancy						
	(with medically and						



							-
	legally accurate,						
	impartial information						
	on all options, including						
	keeping the baby,						
	adoption, abortion and						
	where to get further						
	help).						
•	How the different						
	sexually transmitted						
	infections (STIs),						
	including HIV/AIDs, are						
	transmitted, how risk						
	can be reduced through						
	safer sex (including						
	through condom use)						
	and the importance of						
	and facts about testing.						
•	About the prevalence						
	of some STIs, the						
	impact they can have						
	on those who contract						
	them and key facts						
	about treatment.						
•	How the use of alcohol						
	and drugs can lead to						
	risky sexual behaviour.						
•	How to get further						
	advice, including how						
	and where to access						
	confidential sexual and						
	reproductive health						
	advice and treatment.						
Hea	alth education						
Men	ital Wellbeing	Y7: Ways to develop	Y10: Improving	Yr12: Health and Well	Y7 English: Much Ado	Y10 Health & Social: Factors	Week 4 Being the best
•	That mental wellbeing	self-confidence and	adaptability and	Being: respect and	About Nothing	affecting growth and	version of yourself
	is a normal part of daily	feelings of self-worth	resilience	relationships	Y7 English: Individual	development	
	life, in the same way as	Y7: Anti-bullying week	Y10: Reframing negative	Yr12: Health and Well	Voices Poetry	Y10 Media: Print	Week 6 Mental Health
	physical health.	Y7: Ways of promoting positive mental health	thinking Y10: Recognising mental	Being: Intimate and sexual relationships	Y7 English: Victorian Britain and Oliver Twist	advertisements	and wellbeing
•	That there is a normal	and emotional well-	ill-health	Yr12: Health and Well	Y8 Science: Genes	Y10 English: A Christmas	Week 20 Children's
	range of emotions (e.g.	being	Y10: Being kind to	Being: LGBTQ+	Y7 IT: E safety searching	Carol	Mental Health Week
1							
	happiness, sadness, anger, fear, surprise,		yourself	5		Y10 English: Macbeth	



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	nervousness) and scale	Y7: Importance of a	Y10: Anti-bullying week	Yr12/13: Health and	Y7 History: Reformation	Y10 RE: 'What makes us	Week 25 Caring for
	of emotions that all	healthy diet and	Y11: Anti-bullying week	Well Being: Mental	and counter-reformation	human?'	others, our community
	humans experience in	exercise choices	Y11: Strategies to	Wellbeing	Y8 English: Blood Brothers	Y10 History: Rise of the Nazi's	and The Easter Message
	relation to different	Y7: Good sleep habits	manage grief and loss	Characteristics	Y8 English: Romeo and	Y11 GCSE PE: Physical,	
	experiences and	Y7: Balancing time	Y11: Revisit common	Yr13: Preparing for Life:	Juliet	emotional and social health	Week 28 Healthy mind
	situations.	online with other	mental health concerns	Sexual Health	Y8 English: Of Mice and	and well-being	and body
•	How to recognise and	activities	Y11: How to build self-	Yr12/13: Exam stress	Men	Y11 History: American West,	Week 29 Empathy
	talk about their	Y7: Self-awareness: core	worth	and stress management	Y8 IT: E safety searching	the extermination of the	Week 32 Uniqueness
	emotions, including	values Y7: Coping with			Y8 History: English Civil War	Native Americans	Week 33 Talents
	having a varied	changes, loss and grief			Y8 History: Slavery	Y9 Science: Bioenergetics /	
	vocabulary of words to	Y7: Building resilience			Y8 History: industrial	Respiration and	
	use when talking about	Y7: Body image –			revolution	photosynthesis	
	their own and others'	impact of social media			Y8 & 9 History: World War		
	feelings.	Y7: Body image –					
•	How to judge whether	building body			Y8 Science: Organisms		
•	what they are feeling	confidence			Y9 English: Animal Farm		
	and how they are	Y7: Cyberbullying			Y9 English: Diverse Voices		
	•	Y7: Understanding			Y9 IT: E safety searching		
	behaving is appropriate	drugs			Y9 History: World War II &		
	and proportionate.	Y7: Alcohol – risks and			Holocaust		
•	The benefits of physical	influences			Y8 History: Black civil		
	exercise, time	Y8: Anti-bullying week			rights movement		
	outdoors, community	Y8: Managing online			Y9 English: The Search for		
	participation, voluntary	presence			Truth		
	and service-based	Y8: Healthy balance					
	activity on mental	(real life vs digital life)					
	wellbeing and	Y8: Respect and					
	happiness.	kindness					
•	Simple self-care	Y8: Managing emotions					
	techniques, including	relating to the future					
	the importance of rest,	Y8: Explore the link between physical and					
	time spent with friends	mental well-being					
	and family and the	Y8: Maintaining positive					
	benefits of hobbies and	mental health					
	interests.	Y8: Attitudes towards					
•	Isolation and loneliness	mental health					
1	can affect children and	Y8: Screen time and					
1	that it is very important	mental health					
1	for children to discuss	Y8: Where to seek					
	their feelings with an	support					
	adult and seek support.	Y9: Attitudes towards					
	That bullying (including	mental health					
•	cyberbullying) has a	Y9: Promoting					
	cyberbullying) has a	emotional well-being					



	negative and often	Y9: Digital resilience					
	lasting impact on	Y9: Unhealthy coping					
	mental wellbeing.	strategies					
•	Where and how to seek	Y9: Healthy coping					
	support (including	strategies					
	recognising the triggers	Y9: Change, loss and					
	for seeking support),	grief Y9: Drugs and alcohol –					
	including whom in	the effects					
	school they should	the chects					
	speak to if they are						
	worried about their						
	own or someone else's						
	mental wellbeing or						
	ability to control their						
	emotions (including						
	issues arising online).						
•	It is common for people						
	to experience mental ill						
	health. For many						
	people who do, the						
	problems can be						
	resolved if the right						
	support is made						
	available, especially if						
	accessed early enough.						
Inte	rnet safety and harms	Y7: Anti-bullying week	Y10: Sexualisation of the		Y7 Geography: Fantastic	Y10 Geography: UK economy	Week 10 Respect and
•	That for most people	Y7: Sharing information	media		places – amazing Africa	and internet access	Tolerance
	the internet is an	safely online	Y10: The law, sex and the		Y7 IT: E safety searching	Y10 Media: Print	Week 21 Cybercrime and
	integral part of life and	Y7: How to deal with	internet		Y8 IT: E safety searching	advertisements	online safety
	has many benefits.	abuse, bullying or hate	Y11: How and why to		Y9 IT: E safety searching	Y10 Media: Video games	
•	About the benefits of	speech online	maintain a healthy			Y10 Media: Music videos	
	rationing time spent	Y7: Ways of promoting	balance between time online and other			Y10/Y11 iMedia: R091	
	online, the risks of	mental health and emotional well-being	activities			Y10 MFL: Social media/mobile technology	
	excessive time spent on	Y7: Balancing time	activities			media/mobile technology	
	electronic devices and	online with other					
	the impact of positive	activities					
	and negative content	Y7: Sexting					
	online on their own and	Y7: Cyberbullying					
	others' mental and	Y8: Anti-bullying week					
	physical wellbeing.	Y8: Managing online					
•	How to consider the	presence					
	effect of their online						
L		1	1	I	I	l	



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	actions on others and	Y8: Healthy balance					
	know how to recognise	(real life vs digital life)					
	and display respectful	Y8: Recognising fake					
	behaviour online and	news online					
	the importance of	Y8: Managing requests					
	keeping personal	for intimate images					
	information private.	Y8: Screen time and					
•	Why social media,	mental health					
	some computer games	Y8: Where to seek					
	and online gaming, for	support					
	example, are age	Y9: Digital resilience					
	restricted.						
	That the internet can						
•	also be a negative place						
	where online abuse,						
	trolling, bullying and harassment can take						
	place, which can have a						
	negative impact on						
	mental health.						
•	How to be a discerning						
	consumer of						
	information online						
	including understanding						
	that information,						
	including that from						
	search engines, is						
	ranked, selected and						
	targeted.						
•	Where and how to						
	report concerns and get						
	support with issues						
	online.						
Phys	ical health and fitness	Y7: Importance of a	Y10: Being kind to	Yr12/13: Exam stress	Y7 Geography: Urban	Y10 Food Technology: Energy	Week 4 Being the best
•	The characteristics and	healthy diet and	yourself	and stress management	environments	intake and usage	version of yourself
	mental and physical	exercise choices	Y11: How to manage		Y8 MFL: Sport and	Y10 MFL: Healthy lifestyles	
	benefits of an active	Y8: Healthy balance	influences to make	Yr13: Preparing for	hobbies	Y10 Health & Social: Factors	Week 6 Mental Health
	lifestyle.	(real life vs digital life)	healthy lifestyle choices	future life: Independent	Y8 MFL: Healthy living	affecting growth and	and wellbeing
•	The importance of	Y8: Explore the link	Y11: How to access	living, diet, cholesterol,	Y8 Food Technology:	development	
	building regular	between physical and	health services	vaccinations and dental	Unbalanced diets and	Y11 Health & Social:	Week 28 Healthy mind
	exercise into daily and	mental well-being	Y11: How to monitor	health	health implications	Accessing health and social	and body
	weekly routines and	Y8: Recognising and	health		Y8 Science: Organisms	care services	Week 31 Doing your
	weekly routiles and	managing influences		Sports Leader Awards		l	bestbeing your best



 how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle (including obesity). How and when to seek support including which adults to speak to in school if they are worried about their health. 	that can impact our physical health Y9: Healthy coping strategies		Opportunities to work with clubs and societies in school	Y9 Geography: Green space Y9 Geography: Obesity rates in deprived UK urban areas Y9 Science: Photosynthesis Y9 MFL: Healthy living All years: Core PE lessons	Y11 GCSE PE: Physical, emotional and social health and well-being Y11 GCSE PE: The consequences of a sedentary lifestyle Y10 Science: Bioenergetics / Respiration and photosynthesis All years: Core PE lessons	
 Healthy eating What constitutes a healthy diet (including understanding calories and other nutritional content). The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). 	Y7: Importance of a healthy diet and exercise choices	Y11: How to manage influences to make healthy lifestyle choices	Yr13: Preparing for future life: Independent living, diet, cholesterol, vaccinations and dental health Yr12: Alcohol consumption and awareness	Y7 Maths: Charts and averages Y7 Maths: Ratio Y7 Food Technology: Eat Well Guide and healthy eating guidelines Y7 Food Technology: Impact of an unhealthy diet Y7 MFL: Food and drink Y7 Geography: International development Y8 Food Technology: Macro and micro nutrients and their function Y8 Food Technology: Health implications of an unbalanced diet Y8 Maths: Charts and averages Y8 Maths: Ratio Y8 MFL: Healthy living Y8 History: Industrial revolution Y8 History: Trench warfare	Y10 MFL: Healthy lifestyles Y10 Health & Social: Factors affecting growth and development Y11 GCSE PE: A balanced diet Y11 GCSE PE: Energy use All years – Food Technology: Preparing a range of healthy dishes Y10 History: Trench warfare	Week 4 Being the best version of yourself Week 6 Mental Health and wellbeing Week 28 Healthy mind and body Week 31 Doing your bestbeing your best



<u>Dr</u> .	Igs, alcohol and tobacco The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug- taking.	Y7: Understanding drugs Y7: Tobacco – risks and influences Y7: Alcohol – risks and influences Y9: Drugs and alcohol – exploring attitudes Y9: Drugs and alcohol – the law and managing risk Y9: Drugs and alcohol – the effects	Y10: Substance use and assessing risks Y10: Substance use and managing influences Y10: Help seeking and sources of support Y11: How to access health services with confidence Y11: How to monitor health	Yr12: Alcohol consumption and awareness	Y9 Maths: Charts and averages Y9 Maths: Ratio and proportion Y9 MFL: Healthy living Y9 History: World War II, rationing Y9 Food Technology: Nutrients and their functions Y9 Food Technology: Excess and deficiency of key nutrients All years – Food Technology: Preparing a range of healthy dishes Y7 Geography: Fantastic places – alcohol consumption in Russia and the impact on life expectancy Y7 Geography: Urban deprivation Y7 Maths: Charts and averages Y8 Science: Organisms Y9 English: All the World's a Stage Y8 MFL: Healthy living	Y10 GCSE PE: Performance enhancing drugs Y10 MFL: Healthy lifestyles Y10 History: Crime and punishment Y11 Sport Studies: The use of performance enhancing drugs Y11 English: An Inspector Calls	Week 4 Being the best version of yourself Week 6 Mental Health and wellbeing Week 28 Healthy mind and body Week 31 Doing your bestbeing your best
<u>He</u> .	alth and prevention How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage,	 Y7: Personal hygiene Y7: Importance of dental health Y7: Good sleep habits Y7: First Aid – asthma Y7: First Aid – allergies Y9: Testicular cancer Y9: Breast cancer 	Y11: How to monitor health Y11: How to assess and manage risks associated with cosmetic and aesthetic procedures including the use of sunbeds		Y7 History: Medieval life, plague Y8 Science: Organisms	Y10 Health & Social: Factors affecting growth and development Y10 Science: Infection and response Y10 Science: Waves	Week 4 Being the best version of yourself Week 6 Mental Health and wellbeing Week 28 Healthy mind and body Week 31 Doing your bestbeing your best
•	including skin cancer. The importance of sufficient good quality						



	sleep for good health					
	and that a lack of sleep					
	can affect weight,					
	mood and ability to					
	learn.					
•	About dental health					
	and the benefits of					
	good oral hygiene and					
	dental flossing,					
	including regular check-					
	ups at the dentist.					
•	About personal hygiene					
	and germs including					
	bacteria, viruses, how					
	they are spread and					
	treated, and the					
	importance of					
	handwashing.					
•	The facts and science					
	relating to allergies,					
	immunisation and					
_	vaccination.					
	asic first aid	Y7: First Aid – asthma	All years: Water safety	Y9 Food Technology:		
•	How to make a clear	Y7: First Aid – allergies All years: Water safety		Allergies and intolerances		
	and efficient call to	All years. Water safety				
	emergency services if					
	necessary.					
•	Concepts of basic first-					
	aid, for example dealing					
	with common injuries,					
-	including head injuries.					
	nanging adolescent body	Y7: Puberty – body		Y8 Science: Genes	Y10 Science: Homeostasis Y11 Health & Social: Human	Week 4 Being the best
•	Key facts about puberty	changes Y7: Puberty – physical			growth and development	version of yourself
	and the changing	and emotional changes			Browth and development	Week 5 Bullyingwe
	adolescent body,	Y7: Puberty – periods				don't tolerate it
	particularly from age 9	penedo				Week 6 Mental Health
	through to age 11,					and wellbeing
	including physical and					Ű
	emotional changes.					Week 25 Caring for
•	About menstrual					others, our community
	wellbeing including the					and The Easter Message



key facts about the			Week 27 Our Community
menstrual cycle.			 standards and
			expectations
			Week 28 Healthy mind
			and body
			Week 31 Doing your
			bestbeing your best