










Key Stage 3		Autumn	Spring	Summer
Unit Title	2021-2022	Health and Well-being 	Relationships 	Health and Well-being 
Key areas		Personal safety	Good and toxic	Puberty and the body
Skills Focus		Knowing how to keep yourself safe at home, school and local community	What makes a good friend and spotting toxic friendships	what can I expect, what's normal and why does it happen
Key vocabulary		Safe, fire, road, recovery position, school, home, community	Friends, good and bad, relationships, different, safe, toxic	Male, female, hormones, puberty, emotions
Links to other subjects		Citizenship, life skills, careers	Citizenship, RE	Citizenship, life skills, Science
Key Stage 3			Autumn	Spring
Unit Title	2022-2023	Relationships 	Health and Well-being 	Living in the wider world 
Key areas		LGBTQA+	How can I change my life to be healthier	British values
Skills Focus		Different types of relationships	Changing our lives for the better	What does it mean to be British?
Key vocabulary		Lesbian, gay, transgender, bisexual, queer	Healthy, mental health, diet, exercise	Identity, personal, values
Links to other subjects		Citizenship, RE	PE, life skills	Citizenship, life skills, RE
Key Stage 3		Autumn	Spring	Summer
Unit Title	2023-2024	Relationships 	Living in the wider world 	Health and Well-being 
Key areas		Risk and keeping safe	Money - Needs and wants	Drugs
Skills Focus		Consent, selfies, online safety	What are needs and wants and why are the differences important	Awareness of the effects and laws
Key vocabulary		Safe, grooming, digital footprint, sexting, selfies	Money, finance, Need, wants	Drugs, addicts,
Links to other subjects		Citizenship, life skills, science	Citizenship, life skills	Citizenship, PE, ILS, Humanities

PSHE at Meadowside promotes democracy, tolerance, respect and individual liberty through enable students to develop their self-knowledge, self-esteem and self-confidence; encourage students to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely; encourage students to accept responsibility for their behaviour; an appreciation that living under the rule of law protects individual citizens and is essential for their wellbeing and safety; encourage respect for other people and an understanding of the importance of identifying and combatting discrimination.

Ks4 & Post 16		Autumn	Spring	Summer
Unit Title	2021-2022		Living in the wider world	Relationships and Sex Education
Key areas		Personal safety including first aid/CPR	Goal and targets	Being safe including consent, FGM, STI's & teen pregnancy
Skills Focus		Knowing how to keep yourself safe	Self-development	Issues and consequences
Key vocabulary		Safe, recovery position, community, online, knife	Self-Development – Developing yourself, skills, personality.	Consent, sexually transmitted, pregnant
Accreditation <small>Links to other subjects</small>		AQA Personal Safety Citizenship, life skills, careers	Careers, life skills, citizenship	Citizenship, RE, geography, history
Ks4 & Post 16		Autumn	Spring	Summer
Unit Title	2022-2023	Relationships and Sex Education	Health and Well-being	Living in the wider world
Key areas		LGBTQA+ Homophobia, discrimination and prejudice	Healthy lifestyles in and beyond school	British Values
Skills Focus			healthy diet, exercise, plans, health choices	Diversity, identity and tolerance
Key vocabulary		Lesbian, gay, transgender, queer, bi sexual, pansexual	healthy diet, benefits, heart and lung efficiency, eating disorders, choices, exercise	Identity, personal, values, diversity, tolerance and hate
Accreditation <small>Links to other subjects</small>		Citizenship, RE	AQA Healthy Lifestyles PE, Life skills	Citizenship, RE, careers
Ks4 & Post 16		Autumn	Spring	Summer
Unit Title	2023-2024	Health and Well-being	Living in the wider world	Relationships and Sex Education
Key areas		Mental Health including drugs	Taking control of your future	Domestic violence, abuse, conflict and running away
Skills Focus		How to maintain a healthy mind	Personal development	difference between healthy and abusive relationships
Key vocabulary		Mental health, wellbeing, stress, anxiety, relaxation	skills and qualities	Conflict, abuse, violence, healthy
Accreditation <small>Links to other subjects</small>		AQA Emotional wellbeing Careers, citizenship, PE	Careers, citizenship	RE, citizenship

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