

<b>Key Stage 3</b>		Autumn	Spring	Summer
Unit Title	2025-2026	<b>Health and Well-being</b>	<b>Living in the wider world</b>	<b>Relationships</b>
Key areas		Hygiene and the body, puberty	Awareness of others, money, rules and laws	LGBTQAI+
Skills Focus		Keeping clean, washing yourself, getting changed clean clothes	British laws and rules, different countries	Different relationships, History of LGBTQAI+, rights
Key vocabulary		Male, female, puberty, hygiene, cleanliness, washing	Identity, personal, values	Lesbian, gay, trans, bisexual, queer, Asexual, intersex
Links to other subjects		Citizenship, life skills, Science	Citizenship, life skills, RE	Citizenship, RE, history
<b>Key Stage 3</b>		Autumn	Spring	Summer
Unit Title	2026-2027	<b>Health and Well-being</b>	<b>Relationships</b>	<b>Health and Well-being</b>
Key areas		Positive Wellbeing	Being online and the risks	Personal safety including lockdown procedures
Skills Focus		Anxiety, happiness chemicals, depression, relaxation	Consent, online safety	Aware of how to keep yourself safe including <b>ACT - lockdown procedures (RUN, HIDE, TELL)</b>
Key vocabulary		Dopamine, serotonin, endorphins, oxytocin, self-care	Safe, grooming, digital footprint	Safe, community, online, knife, <b>RUN, HIDE, TELL</b>
Links to other subjects		Science, citizenship	Citizenship, life skills, science, Computing	Citizenship, life skills, careers
<b>Key Stage 3</b>		Autumn	Spring	Summer
Unit Title	2027-2028	<b>Relationships</b>	<b>Living in the wider world</b>	<b>Health and Well-being</b>
Key areas		Positive relationships and toxic	Rights and responsibilities	Drugs
Skills Focus		What makes a good friend/relationship and spotting toxic relationships	What are your rights and responsibilities in your environment	Awareness of legal/illegal, the effects, consequences and laws
Key vocabulary		Friends, good and bad, relationships, different, safe, toxic	Rights, community, environment	Medicine, drugs, addicts, law, consequences
Links to other subjects		Citizenship, RE	Citizenship, life skills, history	Citizenship, PE, ILS, Humanities, History, Geography

PSHREE 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.

<b>Ks4 &amp; Post 16</b>		Autumn	Spring	Summer
Unit Title	2025-2026	<b>Health and Well-being</b>	<b>Health and Well-being</b>	<b>Living in the wider world</b>
Key areas		Physical and mental health – <b>RISE up</b>	Body image, puberty, self-esteem and peer pressure	Money and finance
Skills Focus		Changing our lives for the better – habits and 4 happiness chemicals	Perception of our bodies.	Preparing for the future/adulthood
Key vocabulary		Healthy, mental & physical health, diet, exercise	Male, female, body	economics, enterprise, future, banking, saving
<b>Accreditation</b> <small>Links to other subjects</small>		PE, life skills, careers, Citizenship	PE, Life skills, Science	Maths, careers, life skills, citizenship
<b>Ks4 &amp; Post 16</b>		Autumn	Spring	Summer
Unit Title	2026-2027	<b>Relationships and Sex Education</b>	<b>Living in the wider world</b>	<b>Health and Well-being</b>
Key areas		Being safe including consent, FGM, STI's & teen pregnancy	Personal development	Personal safety including first aid/CPR and lockdown
Skills Focus		Issues and consequences	Self-awareness and growth mind-set	Knowing how to keep yourself and others safe including <b>ACT - lockdown procedures (RUN, HIDE, TELL)</b>
Key vocabulary		Consent, sexually transmitted, pregnant	Self-Development, self-awareness– Developing yourself including confidence & self esteem	Safe, recovery position, community, online, knife, RUN, HIDE, TELL
<b>Accreditation</b> <small>Links to other subjects</small>		Citizenship, RE, geography, history	Careers, life skills, citizenship	Citizenship, life skills, careers
<b>Ks4 &amp; Post 16</b>		Autumn	Spring	Summer
Unit Title	2027-2028	<b>Living in the wider world</b>	<b>Health and Well-being</b>	<b>Relationships and Sex Education</b>
Key areas		British Values – democracy, tolerance, individual liberty	Illegal Drugs and the law including county lines	LGBTQAI+ and rights
Skills Focus		Diversity and identity and tolerance	Awareness of the effects and laws	Homophobia, discrimination and prejudice, history, rights, laws
Key vocabulary		Identity, personal, values, diversity, self-knowledge, self-confidence, self esteem	Drugs, addicts, law, safety, county lines	Lesbian, gay, transgender, queer, bisexual, pansexual
<b>Accreditation</b> <small>Links to other subjects</small>		Citizenship, RE, careers	Citizenship, PE, ILS, Humanities	Citizenship, RE, life skills

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