



**Key Stage 5  
PSHE & SEAL Long term plan**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Self-care, support and safety</b>	<b>Self-awareness</b>	<b>Managing feelings</b>	<b>Changing and Growing</b>	<b>Healthy lifestyles</b>	<b>The world we live in</b>
<ul style="list-style-type: none"> <li>- Feeling unwell</li> <li>- Feeling frightened/worried</li> <li>- Accidents and risk</li> <li>- Keeping safe online</li> <li>- Emergency situations</li> <li>- Public and private</li> <li>- Gambling</li> </ul>	<ul style="list-style-type: none"> <li>- Personal strengths</li> <li>- Skills for learning</li> <li>- Prejudice and discrimination</li> <li>- Managing pressure</li> </ul>	<ul style="list-style-type: none"> <li>- Self-esteem and unkind comments</li> <li>- Strong feelings</li> <li>- Romantic feelings and sexual attraction</li> </ul>	<ul style="list-style-type: none"> <li>- Puberty</li> <li>- Friendship</li> <li>- Healthy/unhealthy relationship behaviours</li> <li>- Intimate relationships, consent and contraception</li> <li>- Long term relationships and parenthood</li> </ul>	<ul style="list-style-type: none"> <li>- Elements of a healthy lifestyle</li> <li>- Mental wellbeing</li> <li>- Physical activity</li> <li>- Healthy eating</li> <li>- Body image</li> <li>- Medicinal drugs</li> <li>- Drugs, alcohol and tobacco</li> </ul>	<ul style="list-style-type: none"> <li>- Diversity, rights and responsibilities</li> <li>- Managing online information</li> <li>- Taking care of the environment</li> <li>- Preparing for adulthood</li> <li>Managing finances</li> </ul>
<p><b>SEAL Theme: Good to be me</b></p> <p><b>SEAL Value:</b> Determination (2021-2022) Teamwork (2022-2023) Courage (2023-2024)</p>	<p><b>SEAL Theme: Say no to bullying</b></p> <p><b>SEAL Value:</b> Friendship (2021-2022) Respectful (2022-2023) Co-operate (2023-2024)</p>	<p><b>SEAL Theme: Relationships</b></p> <p><b>SEAL Value:</b> Patience (2021-2022) Tolerance (2022-2023) Acceptance (2023-2024)</p>	<p><b>SEAL Theme: Changes</b></p> <p><b>SEAL Value:</b> Courage (2021-2022) Perseverance (2022-2023) Equality (2023-2024)</p>	<p><b>SEAL Theme: New Beginnings</b></p> <p><b>SEAL Value:</b> Kindness (2021-2022) Supporting Others (2022-2023) Teamwork (2023-2024)</p>	<p><b>SEAL Theme: Going for Goals</b></p> <p><b>SEAL Value:</b> Aspirations (2021-2022) Motivation (2022-2023) To be a good role model (2023-2024)</p>