



Term	PSHE Theme	Topics to be covered in the half term
Autumn 1	<b>Health and wellbeing</b> SEND links- Healthy lifestyles	Healthy lifestyle choices. Responding in an emergency. Basic first aid. Managing emotions. Using medications safely. Caffeine and energy drinks. Vaping. Addictions Positive social norms.
Autumn 2	<b>Health and wellbeing</b> SEND links- Healthy lifestyles and Self care and safety	Develop digital resilience. Body image influences. Coping strategies. Toxic friendships. Personal safety Gangs Drug and alcohol dependence.
Spring 1	<b>Living in the wider world</b> SEND links- Self Awareness and The World I live in	Being courteous and having manners. Managing screen time. Being enterprising- problem solving skills, teamwork etc. Using social media safely. Age restrictions. Recognising grooming. Peer pressure. Bullying.
Spring 2	<b>Living in the wider world</b> SEND links- The World I live in	Difference and diversity. Setting SMART targets. Recognising strengths and skills.

Long term plans for Lower School PSHE lessons 2024-25, cycle 2 of 3



		Assessing risk with gambling. Challenge discrimination and stereotyping.
Summer 1	<b>Relationships and Sexual Health Education</b> SEND links- Managing feelings, and Changing and Growing	Managing friendships. Types of bullying, Features of stable families. Positive relationships. Unhealthy relationships. Expectations in romantic relationships.
Summer 2	<b>Relationships and Sexual Health Education</b> SEND links- Self care and support, and Changing and Growing	Puberty changes. Personal hygiene. Consent and the law. Sending nudes pressure. Conflict in relationships. Readiness for sexual activity- including delaying sex.