



Key Stage 3&4
PSHE & SEAL Long term plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Self-care, support and safety	Self-awareness	Managing feelings	Changing and Growing	Healthy lifestyles	The world we live in
<ul style="list-style-type: none"> - Feeling unwell - Feeling frightened/worried - Accidents and risk - Keeping safe online - Emergency situations -Public and private -Gambling 	<ul style="list-style-type: none"> - Personal strengths - Skills for learning - Prejudice and discrimination - Managing pressure 	<ul style="list-style-type: none"> - Self-esteem and unkind comments - Strong feelings - Romantic feelings & sexual attraction 	<ul style="list-style-type: none"> - Puberty - Friendship - Healthy/unhealthy relationship behaviours - intimate relationships, consent and contraception - Long term relationships and parenthood <p align="center">** Report any concerns of inappropriate behaviours/sexual exploitation through safeguarding procedures **</p>	<ul style="list-style-type: none"> - Elements of a healthy lifestyle - Mental wellbeing - Physical activity - Healthy eating - Body image - Medicinal drugs - Drugs, alcohol & tobacco 	<ul style="list-style-type: none"> - Diversity, rights and responsibilities - Managing online information - Taking care of the environment - Preparing for adulthood - Managing finances
SEAL Value: Enthusiastic	SEAL Value: Friendship	SEAL Value: Try my best with my goals	SEAL Value: Pride	SEAL Value: Co-operate	SEAL Value: Perseverance