



Key Stage 5 PSHE & SEAL Long term plan

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| 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 and sexual attraction | <ul style="list-style-type: none"> - Puberty - Friendship - Healthy/unhealthy relationship behaviours - intimate relationships, consent and contraception - Long term relationships and parenthood | <ul style="list-style-type: none"> - Elements of a healthy lifestyle - Mental wellbeing - Physical activity - Healthy eating - Body image - Medicinal drugs - Drugs, alcohol and 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 |