

RSE Curriculum Audit

Core Theme:	Students need to know:	How it is covered in PSHE			How it is covered in other curriculum areas:		
		KS3	KS4	KS5	KS3	KS4	KS5
RELATIONSHIPS AND SEX EDUCATION							
Families	that there are different types of committed, stable relationships.	Yr 7 HT1 Yr 9 HT 1	Yr 10 HT 1 Yr 11 HT	Yr 12 HT 2 Yr 13 HT 3	English Y8 – Noughts and Crosses text exploring the different family arrangements across two diverse groups of characters and exploring what creates stability. English Y9 – HT1 – Fiction Frenzy – looking at short story regarding family disintegration and thinking about what constitutes family relationships Y9 Drama HT2 Improvisation- students explore identification of relationships between friends/family/colleagues etc.	English Y10 HT2 – An Inspector Calls – Birling family / family relationships / money within families English – Y10/11 - Language Paper 2 – Comparison of Viewpoints and Perspectives: text and context specific (E.g. Jay Rayner and Henry with their fathers.) Philosophy and Ethics (Y11 HT1 & Y10 HT6) – One of the ethical themes covered is on families and relationships where we look at different family types	Y12 Drama HT2-4 Theatre Workshop – students develop characters with a focus on clearly presenting relationships on stage Y12 H&SC – types of relationships, impact on social and emotional development

						Y10 H&SC HT1– types of relationships (family, intimate, friends) and impact on social development	
	how these relationships might contribute to human happiness and their importance for bringing up children.	Yr 9 HT 3	Yr 10 HT 2 Yr 11 HT 4	Yr 12 HT 3 Yr 13 HT3	English Y8 – Noughts and Crosses – exploration of the family dynamic in across two diverse groups and identifying how these relationships impact on the younger generations. English Y9 – HT1 – Fiction Frenzy – looking at short story regarding family disintegration and thinking about what constitutes family relationships	Y10 Drama HT1+2 Vision for Performance – students look at the text Hard to Swallow and discuss the protagonists struggle in relation to her upbringing Y10 H&SC HT1 – attachment and bonding and influences on it. English Y10 HT2 – An Inspector Calls – Birling family / family relationships / money within families	Y12 H&SC – attachment and bonding theories, types and impact on development. Y12 Psychology – theories of attachment, research into types of attachment and effects of secure and insecure attachment and deprivation. Law – Discussion of cases involving crime within domestic abuse scenarios

						Philosophy and Ethics (Y11 HT1 & Y10 HT6) – One of the ethical themes covered is on families and relationships where we look at the importance for religious believers of bringing up children within their faith	
	what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.	Yr 7 HT 5	Yr 10 HT 4 Yr 11 HT4	Yr 12 HT 3 Yr 13 HT 3	English Yr 9 HT 3 – Biblical Allusions – Porphyria's Lover – looking at martial relationships and how that plays into power	English Y10 HT2 – An Inspector Calls – marriage of Gerald and Sheila / affair and Sheila's options as a woman Philosophy and Ethics (Y11 HT1 & Y10 HT6) – One of the ethical themes covered is on families and	Y12 Drama HT2-4 Theatre Workshop – exploration of set text which is centred around the legal status of marriage Law – some discussion around the legal rights of a married couple. Particularly around ownership and rape.

						relationships where we look at the nature of marriage compared to cohabitation.	
	why marriage is an important relationship choice for many couples and why it must be freely entered into.	Yr 9 HT 3	Yr 10 HT 4 Yr 11 HT 4	Yr 12 HT 3 Yr 13 HT 3	English Y8– Noughts and Crosses – considering the impact of a marriage breakdown. Y9 HT2 – expected life events, impact of marriage on development	English Year 10 HT 2 – An Inspector Calls – thinking about engagement of Sheila and Eric after clear infidelity London – poetry ‘London’ - thinking about impact of prostitution on institution of marriage English Y10 HT2 – An Inspector Calls – marriage of Gerald and Sheila / affair and Sheila’s options as a woman Philosophy and Ethics (Y11 HT1 & Y10 HT6) –	Y12 Drama HT 2-4 Theatre Workshop – exploration of set text which highlights freedom within a marriage. Law – Some discussion of forced marriage and intention.

						One of the ethical themes covered is on families and relationships where we look at reasons for marriage.	
	the characteristics and legal status of other types of long-term relationships.	Yr 9 HT 3	Yr 10 HT 3 Yr 11 HT 3	Yr 12 HT 3 Yr 13 HT 3		Philosophy and Ethics (Y11 HT1 & Y10 HT6) – One of the ethical themes covered is on families and relationships where we look at marriage and cohabitation.	Law – discussion of legal status of cohabiting couples.
	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	Yr 9 HT 3	Yr 10 HT 3 Yr 11 HT 3	Yr 12 HT 3 Yr 13 HT 3	English Year 9 – Biblical Allusions HT3 – thinking about what is considered “normal” in terms of parents taking care of children English Y8 Noughts and Crosses – looking at the	Y10 H&SC – development during infancy and childhood, typical development and activities to promote it English Y10 HT2 – An Inspector Calls – Birling	Y12 H&SC – development in infancy and childhood, theories of development, typical development patterns Y12 Psychology – attachment styles, behaviours that promote secure

					parent/child relationships and the impact of parenting styles and non-existent parenting.	parents and their relationship with their children – thinking about honesty and influence of parents on children Philosophy and Ethics (Y11 HT1 & Y10 HT6) – One of the ethical themes covered is on families and relationships where we look at parents raising children within their religious faith.	attachment. Psychopathology – theories of family dysfunction influencing disorder development
	how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.	Yr 7 HT1 Yr 8 HT 5 Yr 9 HT 3	Yr 10 HT 1 Yr 11 HT 2	Yr 12 HT 1 Yr 13 HT 1	Yr 7,8 &9 assembly- Prevent Duty ICT Yr7 and 8 E safety – relationships, grooming and child sexual exploitation. English Year 9 – Disturbed Voices	Yr,10 &11 assembly Prevent Duty Drama: Throughout the key stage when students are developing drama and evaluating theatre	Yr 12 &13 – Prevent Duty Assembly Drama: Throughout the course when students are developing drama and evaluating theatre H&SC – whistleblowing and complaints procedures

					poetry – discussion of unhealthy intimate relationships and identification of ‘warning signs’ that show things are not right.		
Respectful relationships , including friendships	the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.	Yr 7 HT2 Yr 8 HT 5 Yr 9 HT	Yr 9 HT 1 Yr 10 3 Yr 11 HT 4	Yr 12 HT 3 Yr 13 HT 3	Yr 7,8 &9 – Bullying assembly Year 7 – Music; musicals, stereotypical relationships between characters. English Y8 – Noughts and Crosses – exploration of the development of friendships and the importance of trust and honesty; looking at what happens when those things are lost. English Y8 – Of Mice & Men: George and Lennie / Candy and his dog. Analysis of	Yr 10 &11 Bullying assembly English Year 10 HT 2 – An Inspector Calls – thinking about engagement of Sheila and Eric after clear infidelity Y10 Drama HT5-6 Theatre Makers and Performance Project – students explore FACE/DNA and discuss respectful relationships between	Y12 Drama HT2-4 Text in Performance – sex text exploration where protagonist has a series of unhealthy relationships

					friendship, companionship, responsibility and trust. CT – YR7&8 E Safety – Online grooming, child sexual exploitation, online relationships. How to report concerns	friendships groups Y10 H&SC – social development including types of relationships, social factors influencing development	
	practical steps they can take in a range of different contexts to improve or support respectful relationships.	Yr 7 HT 2 Yr 8 HT 2 Yr 9 HT 1	Yr 10 HT Yr 11 HT	Yr 12 HT 2 Yr 13 HT 2	ICT – YR7&8 E Safety – Online grooming, child sexual exploitation, online relationships.		Y12 Drama HT1 Introduction to Theatre Practitioners – students explore Forum Theatre to promote social change
	how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).	Y 7 HT 3 Yr 8 HT 3 Yr 9 HT 3	Yr 10 HT 3 Yr 11 HT 3	Yr 12 HT 3 Yr 13 HT 3	Yr 7&8 British values assembly Year 7 Music; African music, Year 8 Samba and blues. English Y8– Noughts and Crosses – the main theme of the text	Year 10 – HT 2 – An Inspector Calls – the impact of patriarchal concerns on the treatment of women. Y10 H&SC – social and cultural barriers to receiving care, social and	Year 12 &13 British values assembly Year 12 Drama HT 2-4 Text in Action - Patriarchal concerns relating to the maltreatment of women in the 1920's Y13 H&SC – social and cultural barriers to receiving care

					<p>is stereotypes and race. Students explore the impact of discrimination on family relationships and friendships which extend beyond social boundaries.</p> <p>RS - Y8 – HT2/3 – We do a topic on ‘prejudice and discrimination’ including looking at stereotypes, gender discrimination, racism, religious discrimination.</p> <p>ICT – Yr7&8 E safety – online grooming and concerning online behaviours. How to report concerns.</p> <p>Year 9 – HT 3 – Biblical Allusions – the origin of patriarchy and stereotypical views of gender</p>	<p>cultural factors influencing development</p> <p>Philosophy and Ethics (Y11 HT1 & Y10 HT6) – One of the ethical themes covered is on families and relationships where we look at gender equality and gender prejudice and discrimination.</p>	<p>Law – Discussion of the impact of other cultures on intent in crime. Discussion of honor killings.</p>
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					English Year 9 – Disturbed Voices poetry – discussion of how stereotypes based on gender can be damaging and recognition of the effect this may have.		
	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people’s beliefs.	Yr7 HT 1 Yr 8 HT 3 Yr 9 HT 1	Yr10 HT 1 Yr 11 HT 1	Yr 12 HT 2 Yr 13 HT 2	Yr 7& 8&9 assembly- respect for all- Remembrance English Y8 – Noughts and Crosses – this theme is explored in the school setting within the play. Y7 RS HT1-4, students look at a topic on ‘why are people religious?’ and ‘comparison of religious beliefs’. Y8 RS HT look at religious prejudice.	Yr ,10&11- Assembly- Respect for all- Remembrance Drama: Throughout the course during devising when students create theatre and justify choices Y11 H&SC – care values in practice	Yr 12 &13 – assembly- respect for all- Remembrance Drama: Throughout the course during devising when students create theatre and justify choices H&SC – equality laws in workplaces, diversity and discrimination Law – Discussion of the Equality Act and also the rule of law.

					ICT – Yr 7,8 &9 E Safety – information posted online and the implications of posting personal beliefs and comments.		
	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	Yr 7 HT 2 Yr 8 HT 1 Yr 9 HT 1	Yr 10 HT 1 Yr 11 HT 2	Yr 12 HT 2 Yr 13 HT 2	Year 7&879 assembly- Anti bullying week Year 8 Music; loops and samples online safety. English Y8– Noughts and Crosses – this theme is explored in the school setting within the play. ICT – YR7&8 – Esafety – cyberbullying in different situation. What to do to prevent it and how to get help	Yr 10 &11- Assembly anti bullying Year 10 Drama HT 3+6 Performance Skills and Project – students study two plays which offer opportunity to discuss bullying and how to seek help	Yr 12 &13 – Anti Bullying assembly Law – discussion of when bullying can be harassment or assault. Also looking at the new cyber-crimes that have changed the definition of bullying and harassment
	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	Yr 8 HT 1 Yr 9 HT 1	Yr 10 HT 3 Yr 11 HT 3	Yr 12 HT 2 Yr 13 HT 2	English Y8 – Noughts and Crosses – this theme is explored in the school	English Year 10 HT 2 / Year 11 throughout – An Inspector Calls – thinking about	Y12 Drama HT 2-4 Text in Action – throughout Machinal thinking about the

					<p>setting within the play.</p> <p>ICT – Yr7&8 – online grooming and unhealthy online relationships. 4 stages of grooming and coercive behaviors and where to get help.</p>	<p>engagement of Sheila and Eric after clear infidelity; thinking about abuse of power, sexual abuse</p> <p>London – poetry ‘London’ - thinking about impact of prostitution on institution of marriage</p>	<p>power struggles between man and women</p> <p>Law – Discussion of crimes, intent and what the consequences are.</p>
	<p>what constitutes sexual harassment and sexual violence and why these are always unacceptable.</p>	<p>Yr 8 HT 5</p> <p>Yr 9 HT 5</p>	<p>Yr 10 HT 5</p> <p>Yr 11 HT 5</p>	<p>Yr 12 HT 5</p> <p>Yr 13 HT 3</p>		<p>Year 10 HT2 / Yr 11 throughout – An Inspector Calls – sexual abuse of female character by 3 male characters</p> <p>Yr10/11 Recruitment and selection processes, human resources and issues at work.</p>	<p>Discussion of sex related crimes including rape, sexual assault, sexual harassment.</p>
	<p>the legal rights and responsibilities regarding equality (particularly with reference to the protected</p>	<p>Yr 8 HT 3</p>	<p>Yr 10 HT 3</p> <p>Yr 11 HT 3</p>	<p>Yr 12 HT 3</p> <p>Yr 13 HT 3</p>	<p>English Y8 – Noughts and Crosses – the main</p>	<p>Y11 Drama HT1-3</p>	<p>Y12 Drama HT2-4</p>

	characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.	Yr 9 HT 3			theme of the text is stereotypes and race. Students explore the impact of discrimination on family relationships and friendships which extend beyond social boundaries – analysis of the morals displayed by the characters in relation to human rights.	Devising Drama – developing from stimulus material where equality is a focus Y11 H&SC – care values in H&SC settings Yr10/11 Business – Equality act in regards to recruitment and selection.	Text in Action – reference to legal rights and the importance of striving for equality particularly between genders Y13 H&SC – equality act in H&SC settings, codes of practice, workplace policies and procedures Yr 13 BTEC Business – unit 8 recruitment and selection. Law – Discussion of the Equalities Act 2010
Online and media	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	Yr 7 HT2 Yr 8 HT 4 Yr 9 HT 4	Y10 HT 3	Yr 12 HT 2 Y13 HT 2	Yr7&8 ICT – Esafety, how to stay safe when online and rights and responsibilities.	Yr10/11 DIT rights and responsibilities of online behaviors.	Yr 13 IT – Internet of everything, online responsibilities when designing and using online systems and hardware.
	about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.	Yr 7 HT 2 Yr 8 HT 2 Yr 9 HT 2	Yr 10 HT 2 Yr 11 HT 2	Yr 12 HT 2 Yr 13 HT 2	Yr7, 8 &9 ICT – E safety – data security and use of personal data.	Yr10,11 – DIT GDPR, e safety recap, cloud computing.	Y12 Drama HT5-6 Text in Performance – exploration of the set text ‘Chatroom’ Yr13 IT – Mobile devices, data sharing and storage.

	not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	Yr 8 HT 6 Yr 9 HT	Yr 10 HT 1 Yr 11 HT 1	Yr 12 HT 3 Yr 13 HT 3	Yr7&8 ICT – E safety – data security and use of personal data.	Y11 H&SC – role plays demonstrating confidentiality in practice KS4 DIT – E safety – data security and use of personal data. GDPR	Y13 H&SC – GDPR in H&SC work settings Yr13 IT – Mobile devices, data sharing and storage. GDPR
	what to do and where to get support to report material or manage issues online.	Yr 8 HT 5 Yr 9 HT 5	Yr 10 HT 2 Yr 11 HT 2	Yr 12 HT 2 Yr 13 HT 2	Yr7&8 ICT E Safety module – online images, receiving inappropriate images, where and how to report content.		
	the impact of viewing harmful content.	Yr 8 HT 5 Yr 9 HT 5	Yr 10 HT 5 Yr 11 HT 4	Yr 12 HT 5 Yr 13 HT 2	Yr7&8 ICT E Safety module – online images, receiving inappropriate images, where and how to report content.		
	that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.	Yr 9 HT 5	Yr 10 HT 5 Yr 11 HT 4	Yr 12 HT 5 Yr 13 HT 5	Yr7&8 ICT E Safety module – online images, receiving inappropriate images, where and how to report content. Online Body Image		

					lessons and impact of social media.		
	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	Yr 9 HT 5	Yr 10 HT 5 Yr 11 HT 3	Yr 12 HT 5 Yr 13 HT 3	Y7,8 &9 ICT E safety module – E safety, online grooming, sex offenders, child sexual exploitation.		
	how information and data is generated, collected, shared and used online.	Yr 8 HT 5 Yr 9 HT 5	Yr 10 HT 4 Yr 11 HT 2	Yr 12 HT 2 Yr 13 HT 2	Year 7/8 Maths: Retaining Hegarty Maths password. Ensuring it remains personal to themselves. Yr7, 8 &9 – ICT – Understanding computer systems module	Year 10/11 Music; BTEC Unit 2. Y10/11 Drama Performing from a Text – exploration of set text ‘Girls Like That’ Y11 H&SC – care values including confidentiality in practice Yr 11 DIT – Spreadsheet unit – use of data collection. Cloud computing and data storage.	Y13 H&SC – GDPR regulations in H&SC settings
Being safe	the concepts of, and laws relating to, sexual consent, sexual	Yr 8 HT 5	Yr 10 HT 2 and 3	Yr 12 HT 5	Yr7&8 ICT e safety – Child sexual		

	exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.	Yr 9 HT 3		Yr 13 HT 3	exploitation lesson, grooming and online relationships.		
	how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).	Yr 9 HT 3	Yr 10 HT 2 and 3	Yr 12 HT 5 Yr 13 HT 3			
Intimate and sexual relationships, including sexual health	how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.	Yr 7 HT 5 Yr 8 HT 4 Yr9 HT 3	Yr 10 HT 2-3 Yr 11 HT 2	Yr 12 HT 2 Yr 13 HT 2		Year 10 HT 2 / Year 11 throughout – An Inspector Calls consent of Eva Smith – issues of rape / manipulation Y10 H&SC – social development, types of relationships, life events – marriage / living with a partner	Y12 H&SC – social development, types of relationships
	that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional,	Yr 7 HT 5 Yr 8 HT 4 Yr9 HT 3	Yr 10 HT 2-3 Yr 11 HT 2	Yr 12 HT 2 Yr 13 HT 2	English Year 9 – Disturbed Voices poetry – the extremely damaging effects	Y10 & Y11 H&SC – lifestyle choices and the impact on	Y12 H&SC -

	mental, sexual and reproductive health and wellbeing.				from a negative relationship e.g. Havisham, Salome, Medusa.	P.I.E.S. development	
	the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.	Yr 7 HT 4 Yr 8 HT 3 Yr 9 HT 4	Yr 11 HT 2 and 4	Yr 12 HT 4 Yr 13 HT 2	Science Yr 7 HT3 – Human reproduction Science Yr 8 HT1 – Breathing (Effects of smoking)	Science Y10 HT 1.2 - Menstual cycle, IVF, infertility and contraception. Year 9HT3.2/10 HT 1.1 - Sexually transmitted diseases and effects on fertility.	Y12 H&SC – development in early adulthood including pregnancy
	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	Yr 7 HT 5 Yr 8 HT 4 and 5 Yr 9 HT 3 and 4	Yr 10 HT 2 and 3 Yr 11 HT 2	Yr 12 HT 5 Yr 13 HT 3	Yr7&8 ICT Child Sexual exploitation.		
	that they have a choice to delay sex or to enjoy intimacy without sex.	Yr 8 HT 5 Yr 9 HT 3, 4 and 5	Yr 10 HT 3	Yr 12 HT 5 Yr 13 HT 3			Y12 Drama HT2-4 Text in Action – exploration of set text where female chooses to delay intimacy
	the facts about the full range of contraceptive choices, efficacy and options available.	Yr 8 HT 3 Yr 9 HT 4	Yr 11 HT 2	Yr 12 HT 3 Yr 13 HT 3		Y10 HT 1.2 - Contraceptives types and the scientific basis of how they work and efficacy.	

	the facts around pregnancy including miscarriage.		Yr 10 HT 2 Yr 11 HT 4	Yr 12 HT 3 Yr 13 HT 3	Science Yr 7 HT3 Human reproduction (Pregnancy)	Y10 HT 1.2 - The menstrual cycle and conception.	Y12 H&SC – development in early adulthood including pregnancy
	that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).		Yr 10 HT 2 Yr 11 HT 4	Yr 12 HT 4 Yr 13 HT 2	Y7 Geog HT2 China 1 child policy?	English – Yr 10 HT 2 / Year 11 throughout – An Inspector Calls – loss of baby/ character unable to seek support	Philosophy and Ethics – topic on Paper 2 on sexual ethics
	how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.	Yr 8 HT 3 Yr 9 HT 5	Yr 11 HT 2	Yr 12 HT 4 Yr 13 HT 3		Y10 H&SC – lifestyle choices including unprotected sex Y11 Philosophy and Ethics – We look at religious and ethical issues for and against abortion	
	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	Yr 8 HT 3 Yr 9 HT 5	Yr 11 HT 2	Yr 12 HT 4 Yr 13 HT 2		Year 9HT3.2/10 HT 1.1 - Some sexually transmitted diseases (transmission, pathogen type and treatments for gonorrhoea)	
	how the use of alcohol and drugs can lead to risky sexual behaviour.	Yr 7 HT 6		Yr 12 HT 6		English – Yr 10 HT 2 / Year 11	Y12 H&SC – effect of lifestyle factors,

		Yr 8 HT 3 Yr 9 HT 5		Yr 13 HT 2		throughout – An Inspector Calls – Eric and his drinking problem leading to sexual assault Y10 H&SC – lifestyle choices – alcohol and misuse of drugs	including alcohol, on development
	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Signposted in all lessons	Signposted in all lessons	Signposted in all lessons			
Mental wellbeing	that mental wellbeing is a normal part of daily life, in the same way as physical health.	Yr 7 HT 1 Yr 8 HT 1 Yr 9 HT 4	Yr 10 HT 1 Yr 11 HT 1	Yr 12 HT 2 Yr 13 HT 2	English Y8 – Noughts and Crosses – the play explores the concept of mental health and the impact that this can have on a family and on the individual themselves – the theme of suicide is tackled in the text. English Year 9 – Disturbed Voices poetry – deep exploration of mental health	Y10/11 Drama Exploration of set text Hard to Swallow Y10 H&SC – physical and emotional development, Y10/11 GCSE PE: Mental health and well-being, reducing stress and tension, release of feel good hormones during exercise,	Y12 Psychology – Psychopathology; depression and OCD, theories of cause and associated treatments Y12 H&SC – depression and OCD, causes and treatments Y12 BTEC Sport Unit 2 Positive lifestyle factors and their effects on health and well-being

					issues in all poems.	able to control emotions	Psychological benefits of activity (relieves stress, reduces depression, improves mood)
	that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	Yr 7 HT1 Yr 8 HT1	Yr 9 HT1 Yr 10 HT1 Yr 11 HT1	Yr 12 HT 2 Yr 13 HT 2	Year HT 6 Geography – Geography of happiness. How people feel around the world English Y8– Noughts and Crosses – the play explores the concept of mental health and the impact that this can have on a family and on the individual themselves – the theme of suicide is tackled in the text. Y7 Food – increased fruit & vegetables for mental as well as bodily health	English – Y10 HT1 and Y11 Throughout – Poetry – complexity of human emotion Year 11 Music; BTEC Unit 4 Composition Drama: throughout the course where students analyse and create character with clear characteristics and emotions displayed Year 10 HT 1 Geography – Urban issues, how different areas can make people feel	Drama: throughout the course where students analyse and create character with clear characteristics and emotions displayed Y12 H&SC – emotional development

						Y9 H&SC – emoitonal development	
	how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Yr 7 HT1 Yr 8 HT4	Yr 9 HT1 Yr 10 HT1 Yr 11 HT1	Yr 12 HT2 Yr 13 HT2	Year 9 – HT 1 Fiction Frenzy – building vocabulary for human emotion English Y8 – Noughts and Crosses – the play explores the concept of mental health and the impact that this can have on a family and on the individual themselves – the theme of suicide is tackled in the text. Yr7&8 ICT esafety – discussion about feelings and attitudes towards staying safe online in different situations.	Year 11 Music; BTEC Unit 4 Composition Drama: throughout the course where students analyse and create character with clear characteristics and emotions displayed	Drama: throughout the course where students analyse and create character with clear characteristics and emotions displayed Y12 BTEC Sport Unit 2: Stress management techniques: assertiveness training, goal setting, time management, physical activity, positive self-talk, relaxation, breathing techniques, meditation, alternative therapies, changes to work-life balance.
	how to judge whether what they are feeling and how they are behaving is appropriate and proportionate	Yr 7 HT 1 Yr 8 HT 3 Yr 9 HT 3	Yr 10 HT 1 Yr 11 HT 3	Yr 12 HT 2 Yr 13 HT 2			Y12 & Y13 Psychology – symptoms of common disorders, diagnosis
	the benefits of physical exercise, time outdoors, community	Yr 7 HT 4 Yr 8 HT 4	Yr 10 HT 4	Yr 12 HT 2	Yr 7&8 assembly- Healthy Lifestyles	Yr 9,10 &11 Assembly-	Yr 12 &13 Assembly- Healthy lifestyles

	participation, voluntary and service-based activity on mental wellbeing and happiness.	Yr 9 HT4	Yr 11 HT4	Yr 13 HT 2	Science Year 8 HT1 – Breathing Science Yr 8 HT2 – Respiration (Effect of exercise)	Helathy Lifestyles Y10/11 Drama Exploration of set text Hard to Swallow Y9 & Y10 H&SC – PIES benefits of exercise, health improvement planning Y10/11 GCSE PE Release of serotonin during exercise (feel good hormones) Y9 Food – food and activity diary – review Eatwell and Government guidelines and make pledges for improvement (self-reflection and case studies)	Y12 BTEC Sport Unit 2: Exercise/physical activity: physical (strengthens bones, improves posture, improves body shape), reduces risk of chronic diseases (CHD, cancer, type 2 diabetes), psychological (relieves stress, reduces depression, improves mood), social (improves social skills, enhances self-esteem), economic (reduces costs to National Health Service, reduces absenteeism from work).
	simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	Yr 7 HT1 Yr 8 HT 4 Yr 9 HT4	Yr 10 HT 2 Yr 11 HT4	Yr 12 HT4 Yr 13 HT4		Y9 H&SC – physical, social, emotional and intellectual development	Y12 H&SC - physical, social, emotional and intellectual development. Societal effects of ageing and how to deal with them

	isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Yr 7 HT2 Yr 8 HT 4 Yr 9 HT4	Yr 10 HT 4 Yr 11 HT4	Yr 12 HT4 Yr 13 HT4	English Yr 9 HT 1 – Fiction Frenzy - ‘Compass and Torch’ stories about effects of loneliness on child English Y8 Noughts and Crosses – the play explores the concept of mental health and the impact that this can have on a family and on the individual themselves – the theme of suicide is tackled in the text.	Y10/11 Drama Exploration of set text Hard to Swallow Y9 H&SC – factors impacting on development Y10 H&SC – identifying factors influencing health	
	that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Yr 8 HT 1 Yr 9 HT1	Yr 10 HT 1 Yr 11 HT3	Yr 12 HT2 Yr 13 HT2	Yr7&8 ICT – E safety cyber bullying and sexting.		Y12 Drama HT5-6 Text in Action – exploration of set text ‘Chatroom’
	where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else’s mental wellbeing or ability to control their emotions (including issues arising online).	Yr 7 HT 1 Yr 8 HT 4 Yr 9 HT4	Yr 10 HT 2 Yr 11 HT4	Yr 12 HT4 Yr 13 HT4	English Y8– Noughts and Crosses – the play explores the concept of mental health and the impact that this can have on a family and on the		

					individual themselves – the theme of suicide is tackled in the text.		
	it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	Yr 7 HT1	Yr 9 HT 1 Yr 10 HT 1 Yr 11 HT 1	Yr 12 HT 4 Yr 13 HT 4	English Y8 – Noughts and Crosses – the play explores the concept of mental health and the impact that this can have on a family and on the individual themselves – the theme of suicide is tackled in the text.	Y10/11 Drama Exploration of set text Hard to Swallow and the character Patricia Y11 H&SC: H&SC services	Y12 & Y13 Psychology: Psychopathology, treatments for disorders. Y13 H&SC: H&SC services
Internet safety and harms	that for most people the internet is an integral part of life and has many benefits.	Yr 7 HT5 Yr 8 HT 3 Yr 9 HT4	Yr 10 HT 4 Yr 11 HT2	Yr 12 HT2 Yr 13 HT2	Yr7&8 ICT Esafety Module	Yr9,10 and 11 DIT – Safety and staying safe online, types of devices and health risks when online.	
	about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others’ mental and physical wellbeing	Yr 7 HT 5 Yr 8 HT 5	Yr 10 HT 2 Yr 11 HT1	Yr 12 HT2 Yr 13 HT2	Yr7&8 ICT Esafety Module	Yr9,10 and 11 DIT – Safety and staying safe online, types of devices and health risks when online.	

	how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.	Yr 7 HT 2 Yr 8 HT 5	Yr 10 HT 3 Yr 11 HT3	Yr 12 HT3 Yr 13 HT3		Y10/11 Drama Performing from a Text – exploration of text ‘Girls Like That’	
	why social media, some computer games and online gaming, for example, are age restricted.	Yr 7 HT2 Yr 8 HT 5	Yr 10 HT 3 Yr 11 HT3	Yr 12 HT3 Yr 13 HT3	Yr7 & 8 ICT Games design and e safety		
	that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Yr 7 HT2 Yr 8 HT 5	Yr 10 HT 3 Yr 11 HT3	Yr 12 HT3 Yr 13 HT3	Yr 7 & 8 E safety module – syber bullying .	Y10/11 Drama Performing from a Text – exploration of text ‘Girls Like That’	Y12 Drama HT5-6 Text in Action – exploration of set text ‘Chatroom’
	how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	Yr 7 HT Yr 8 HT Yr 9 HT	Yr 10 HT 4 Yr 11 HT4	Yr 12 HT4 Yr 13 HT4		KS4 BTEC Enterprise/GCSE Business – consumer protection, E commerce and M commerce.	BTEC Business/A Level Economics – consumer protection, E commerce and M commerce.
	where and how to report concerns and get support with issues online.	Yr 7 HT 1 &2 Yr 8 HT6	Yr 10 HT 4 Yr 11 HT4	Yr 12 HT4 Yr 13 HT4	Y7&8 E safety Module	KS4 DIT – Online safety	
Physical health and fitness	the characteristics and mental and physical benefits of an active lifestyle.	Yr 7 HT 3	Yr 10 HT 2 Yr 11 HT 3	Yr 12 HT2 Yr 13 HT2	Yr 7&8 assembly- Healthy Lifestyles Y7 Food Eatwell guide & Government	Yr 9,10 &11- Healthy Lifestyles Y9 & Y10 H&SC: PIES	Yr 12 &13 – Healthy Lifestyles Y12 H&SC: PIES development throughout life and the

					<p>healthy lifestyle aims</p> <p>Y8 Food lifestyle choices, nutrition, deficiencies and excesses linked to lifestyle and diet</p>	<p>development through life, influence of lifestyle factors and health improvement planning</p> <p>Y9 Food - life stages, health, nutrition and self-reflection of own lifestyle</p> <p>Y10/11 Food menu planning based on energy needs</p>	<p>influence of lifestyle factors</p> <p>BTEC Sport</p> <p>Unit 1: Physical benefits of participation in sport:</p> <p>Positive adaptations to the skeletal, muscular, cardiorespiratory, energy systems.</p>
	<p>the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</p>	<p>Yr 7 HT 3</p> <p>Yr 8 HT 6 I</p>	<p>Yr 10 HT</p> <p>Yr 11 HT 3</p>	<p>Yr 12 HT</p> <p>Yr 13 HT</p>		<p>Y10 H&SC: government guidelines for exercise, types of exercise, health improvement planning</p> <p>Y10/11 GCSE PE Physical, mental and social well-being under reasons for participation in physical activity</p>	

						– improved levels of health and fitness	
	the risks associated with an inactive lifestyle (including obesity).	Yr 7 HT 3 Inactive lifestyle- obesity	Yr 10 HT Yr 11 HT 3	Yr 12 HT Yr 13 HT	Yr 7 & 8 Food malnutrition – excesses and deficiencies – UK health concerns	Year 10 HT 1 – Geography – mapping obesity levels in Newcastle and how the link to other urban issues Y10 H&SC: short- and long-term effects of lack of exercise Y10/11 GCSE PE: Consequences of sedentary lifestyle and obesity and how it may affect performance in physical activity and sport. Obesity and health impact (mental, physical, social) Year 9/10/11 Consequences of lifestyle choice diet related	Y12 H&SC: physical development and common disorders Yr12 economics – lifestyle choices, inequality

						illnesses & menu planning for medical need	
	how and when to seek support including which adults to speak to in school if they are worried about their health.	YR 7 HT 3	Yr 10 HT 2 Yr 11 HT 3	Yr 12 HT2 Yr 13 HT2			
Healthy eating	what constitutes a healthy diet (including understanding calories and other nutritional content).	Yr 7 HT 3 Yr 8 HT 6	Yr 10 HT 4 Yr 11 HT 3	Yr 12 HT 5 Yr 13 HT 1	Science Year 8 HT1 – Digestion (Balanced Diet) Y7 Food – Eatwell guide, macro and micro nutrients, excesses and deficiencies through lifestages Y8 Food - Eatwell guide, macro and micro nutrients, excesses and deficiencies through lifestages	Year 11 HT1 Geography – distribution of food resources Y19 & Y10 H&SC: government guidelines for healthy eating, health improvement planning Y10/11 GCSE PE: - Energy use - Nutrition – reasons for having a healthy, balanced diet, role of macro/micro nutrients - Importance of hydration Year 9/10/11 Food Eatwell guide, macro	Y12 BTEC Sport Unit 2: Balanced diet: eatwell plate (food groups), benefits of a healthy diet (improved immune function, maintenance of body weight, reduces risk of chronic diseases – diabetes, osteoporosis, hypertension, high cholesterol), fluid intake requirements (moderation of caffeine intake), strategies for improving dietary intake (timing of meals, eating less/more of certain food groups, five a day, reducing salt intake, healthy alternatives).

						and micro nutrients, excesses and deficiencies through lifestages	
the principles of planning and preparing a range of healthy meals.	Yr 7 HT3 Yr 8 HT 6 Yr 9 HT 4	Yr 10 HT 4 Yr 11 HT3	Yr 12 HT2 Yr 13 HT2	Y7 /8 food practicals and underpinning theory	Y10 H&SC: health improvement planning, including short- and long-term targets to improve diet Y9/10/11 food practicals and underpinning theory		
the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	Yr 7 HT 6 Yr 8 HT 2 Yr 9 HT4	Yr 10 HT 4 Yr 11 HT4	Yr 12 HT5 Yr 13 HT4	Science Year 8 HT1 – Digestion (Balanced diet) Y7 Food HT1 – dangers of poor diet e.g. hidden sugars linked to tooth decay/diabetes Y8 Food HT1 – lifestyle choices and dietary related	Year 11 HT1 Geography – distribution of food resources Y10 H&SC: short and long term effects of a poor diet Y9 HT 2.2 Non-communicable disease, heart disease,		

					diseases linked to malnutrition (excess western diet) HT6 making wise choices, takeaway reviews	diabetes, some cancers linked to lifestyle. Y9 Food – HT1 Nutrition – deficiencies and excesses – UK related issues/health concerns. HT6 menu planning based on need.	
Drugs, alcohol and tobacco	the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	Yr 7 HT 6 Yr 8 HT 1	Yr 10 HT 4 Yr 11 HT 4	Yr 12 HT5 Yr 13 HT3	English Yr 7 HT 3 Ruby in the Smoke – use of opium and its effects Science Yr 8 HT 1 – Breathing (Smoking)	Y9 Drama HT2 Improvisation-directed creation of performance with TIE messages when 'Joyriding' due to illegal substances Y9 & Y10 H&SC: effect of lifestyle on development. Government guidelines for alcohol, short- and long-term effects of smoking, alcohol	Y12 H&SC: PIES effects of lifestyle choices Y12 BTEC Sport Unit 2: Smoking: health risks associated with smoking (CHD, cancer, lung disease, bronchitis, infertility). Alcohol: health risks associated with excessive alcohol consumption (stroke, cirrhosis, hypertension, depression). • Stress: health risks associated with excessive stress (hypertension, angina, stroke, heart attack,

						and misuse of drugs Y9 HT 2.2 Non-communicable disease, heart disease, diabetes, some cancers linked to lifestyle.	stomach ulcers, depression). • Sleep: problems associated with lack of sleep (depression, overeating). • Sedentary lifestyle: health risks associated with inactivity.
Health and prevention	how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.		Yr 10 HT 2 Yr 11 HT 4	Yr 12 HT 5 Yr 13 HT 3	Y7/8 Food lifestages malnutrition. Y8 Maths BMI calculations in substitution.	Y10 H&SC: physiological and lifestyle health indicators Y9 HT 2.2 Non-communicable disease, heart disease, diabetes, some cancers linked to lifestyle. Y9/10/11 Food lifestages malnutrition GCSE Foundation Maths. BMI calculations	
	about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.		Yr 11 HT 4	Yr 12 HT 5			

	the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Yr 7 HT 4	Yr 10 HT 2 Yr 11 HT2	Yr 12 HT Yr 13 HT	Y7/8 Eatwell guide/ government 8 tips healthy lifestyle	Y9 & 10 H&SC: Factors influencing PIES development	Y12 H&SC: Circadian rhythms
	about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	Yr 7 HT 4	Yr 11 HT4	Yr 12 HT Yr 13 HT			
	about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing	Yr 7 HT4 Yr 8 HT4	Yr 10 HT 4 Yr 11 HT4	Yr 12 HT4 Yr 13 HT4	Y7 /8 personal hygiene / food hygiene – staphylococcus aureus and food borne related illnesses	Y9 & Y10 H&SC: personal hygiene practices, impact of poor practices on development	
	the facts and science relating to immunisation and vaccination	Yr 7 HT 6	Yr 11 HT4	Yr 12 HT 5		Y9/10/11 Food borne related illness and the importance of personal hygiene for food safety/health	
Basic first aid	how to make a clear and efficient call to emergency services if necessary.	Yr 7 HT5 Yr 8 HT 5 Yr 9 HT5	Yr 10 HT 5 Yr 11 HT5	Yr 12 HT Yr 13 HT			
	concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Yr 7 HT5	Yr 10 HT 5 Yr 11 HT4	Yr 12 HT Yr 13 HT	Science Year 7 and 8 throughout – response section in risk assessments		

Changing adolescent body	key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	Yr 7 HT1 Yr 8 HT4 Yr9 HT3	Yr 10 HT 1 Yr 11 HT 4	Yr 12 HT2 Yr 13 HT2	Science Year 7 HT 3 Human reproduction (puberty) Y7/8 Food Nutritional needs – links with sufficient protein for growth and lack of iron - anaemia – teenage girls through menstrual cycle	Y9 H&SC: physical and emotional development in adolescence Y9/10/11 Food lifestage nutrition – protein, iron needs	Y12 H&SC: physical and emotional development in adolescence
	about menstrual wellbeing including the key facts about the menstrual cycle.	Yr 7 HT4 Menstrual well being	Yr 10 HT 2 Yr 11 HT2		Science Year 7 HT3 Human reproduction (Menstrual cycle)	Y9 H&SC: physical development in adolescence	