SKILLS FOR WORK AND FURTHER EDUCATION

RSHE Curriculum Map 2024-2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Relationships	**Living in the Wider World**	**Living in the Wider World**	**Relationships**	**Health & Wellbeing**	**Health & Wellbeing**
	Healthy and happy Friendships	**Similarities and differences**	**Caring and responsibilities**	**Families and committed**	**Healthy bodies, healthy minds**	**Coping with change**
KS2	Forming Friendships. Impact of behaviours on others. Personal boundaries and space. Safe/unsafe situations. Strategies for resilience. Solving friendship difficulties. Identity. Peer pressure off and online. Positive emotional health and wellbeing. Evolving relationships. Coping with emotions from friendship issues.	Similarities and differences between people and how to respect and celebrate these. Our strengths and abilities. Understanding and challenging stereotypes. Identity and diversity. Different perspectives. Setting goals for ourselves. Keeping safe online. Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	Identifying our special people and how they keep us safe. Different communities and groups we belong to. Our responsibilities and respect for others. Rights and responsibilities within families and wider society. UN Convention on Rights of the child. Loneliness and isolation.Care in the community. Looking after elders.	What a family is. Why families are important and special. Different types of committed relationships and the basic characteristics. The range of relationships we experience in our lives. Characteristics of healthy, positive and committed relationships. How relationships evolve as we age. Human reproduction, including different ways to start a family.	Our amazing body and the things it can do. Correct names for body parts. Ways to stay healthy. Safe/unsafe household products and medicines. Looking after our physical and mental wellbeing with healthy eating and keeping clean. Influences on our wellbeing and physical health. Valuing our bodies and mind. Healthy lifestyle habits. Managing our emotional and mental health.	Growing from young to old. What changes have happened since we were born. Exploring how bodies and needs change as we grow older. Setting goals and aspirations for life. Coping with feelings around changes in our lives. How bodies change as they enter puberty, including hygiene and menstruation. Emotions and puberty. Ways to manage responsibilities and emotional effects of life changes. Transitioning to the next stage of school.
	Health and Wellbeing	**Living in the Wider World**	**Relationships**	**Health and Wellbeing**	**Relationships**	**Living in the Wider World**
Year 7 SfW	**Transition and Safety:**Transition to secondary school. Personal safety in and outside school including first aid. Introduction to Black History Month (October).	**Developing skills and aspirations:** Different types of jobs and careers. Developing teamwork skills and enterprise skills. Raising aspirations.	**Diversity:** Diversity, prejudice and bullying. Living and being at school in a diverse society. Identity, rights and responsibilities. Responding to bullying, including online.	**Health and Puberty:** Healthy routines, influences on health, puberty, unwanted contact, and FGM (Where appropriate).	**Building Relationships:** self-worth, romance and friendships (including those online) and relationship boundaries.	**Financial decision making:** Saving money, borrowing money, budgeting and making financial choices.
Year 7 SfFE	**Transition and Safety:**Transition to secondary school. Personal safety in and outside school including first aid. Introduction to Black History Month (October).	**Developing skills and aspirations:** Different types of jobs and careers. Developing teamwork skills and enterprise skills to raise money for charity, or school. Raising aspirations.	**Diversity:** Diversity, prejudice and bullying. Living and being at school in a diverse society. How to challenge prejudice, stereotypes and discrimination. Identity, rights and responsibilities. Responding to bullying, including online.	**Health and Puberty:** Healthy routines, influences on health, puberty, unwanted contact, and FGM (Where appropriate).	**Building Relationships:** self-worth, romance and friendships (including those online) and relationship boundaries. How to recognise and challenge media stereotypes.	**Financial decision making:** Saving money, borrowing money, budgeting and making financial choices. How to manage risk taking behaviour.
Year 8 SfW	**Drugs and Alcohol:**The dangers of alcohol and smoking. Peer pressure. Introduction to Black History Month (October), focusing on the theme of prominent females.	**Community and Careers:** Equality of opportunity in careers and life choices. Different types and patterns of work.	**Discrimination:** Discrimination in all its' forms including; rascism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia, and transphobia.	**Emotional Wellbeing**: Mental health and emotional well being, including body image and coping strategies.	**Identity and relationships:** gender identity, sexual orientation, consent and the dangers of sexting. Introduction to contraception.	**Digital Literacy:** Online safety and how to use social networking sites safely, including age restrictions. Media reliability and gambling hooks in online gaming sites.
Year 8 SfFE	**Drugs and Alcohol:**The dangers of alcohol, smoking and drugs. Pressures relating to drug use, including peer pressure online and offline. Introduction to Black History Month (October), focusing on the theme of Celebrating our sisters (prominent females)	**Community and Careers:** Equality of opportunity in careers and life choices. Different types and patterns of work.	**Discrimination:** Discrimination in all its' forms including; rascism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia, and transphobia.	**Emotional Wellbeing**: Mental health and emotional well being, including body image and coping strategies, inlcuding those that are unhealthy. How to develop digital resilience.	**Identity and relationships:** gender identity, sexual orientation, consent and the dangers of sexting, including how to manage requests and pressures to send images. Introduction to contraception.	**Digital Literacy:** Online safety and how to use social networking sites safely, including age restrictions. Media reliability and gambling hooks in online gaming sites**.**
Year 9 SfW	**Peer Influence, Substance use and Gangs:** Healthy and unhealthy friendships, assertiveness, substance misuse. Black History Month (October)	**Setting Goals:** Distinguishing learning strengths. Looking at different career options and goal setting for possible qualification options process. Mapping out a path for the future.	**Respectful relationships:** Families and parenting, healthy relationships, conflict resolution and relationship changes.	**Healthy Lifestyles:** Diet, exercise, lifestyle balance and healthy choices, and first aid. How to get a balance between work, leisure, exercise and sleep.	**Intimate Relationships:** Relationships and sex education includes consent, contraception, the risks of STIs.	**Employability Skills:** Enterprise and employability inlcuding working as part of a team and habits and strategies to support success.
Year 9 SfFE	**Peer Influence, Substance use and Gangs:** Healthy and unhealthy friendships, assertiveness, substance misuse (Gang dangers - if appropriate). Black History Month (October) - Key people who are humanitarians past and present. Black History Month (October) - Key people who are humanitarians past and present.	**Setting Goals:** Distinguishing learning strengths. Looking at different career options and goal setting for GCSE, or other qualification options process. Mapping out a path for the future and identifying people with whom can support you.	**Respectful relationships:** Families and parenting, healthy relationships, conflict resolution and relationship changes.	**Healthy Lifestyles:** Diet, exercise, lifestyle balance and healthy choices, and first aid. How to get a balance between work, leisure, exercise and sleep. Taking responsibility for physical health, including the importance of self examinations.	**Intimate Relationships:** Relationships and sex education includes consent, contraception, the risks of STIs. Attitudes to pornography, including the portrayal of relationships in the media and online, and how that might affect expectations.	**Employability Skills:** Employability and online presence. Enterprise and employability. Managing your 'personal brand' online.

Year 10 SfW	**Mental Health and Wellbeing:** The link between Mental health and physical health, including during periods of transition or change. Black History Month, celebrating 5 key women in history.	**Financial Decision Making:** The impact and consequences of financial decisions and how this can lead to debt. The benefits of saving money. The impact of gambling.	**Healthy relationships;** Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media.	**Exploring Influence:** The influence and impact of drugs, gangs, role models and the media.	**Addressing Extremism and Radicalization:** Communities, belonging and challenging extremism. Equality Act, diversity and values.	**Work Experience:** Preparation for and evaluation of work experience. Readiness for work. Team building skills.
Year 10 SfFE	**Mental Health and Wellbeing:** Mental health and physical health, stigma, safeguarding, health, including during periods of transition or change. Black History Month, (October) celebrating 5 key women in history.	**Financial Decision Making:** The impact and consequences of financial decisions and how this can lead to debt. The benefits of saving money for financial gain now and in the future. The impact of gambling financially, and on mental health.	**Healthy relationships;** Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.	**Exploring Influence:** The influence and impact of drugs, gangs, role models and the media.	**Addressing Extremism and Radicalization:** Communities, belonging and challenging extremism. Equality Act, diversity and values. How social media may distort, mis-represent and target beliefs to influence others.	**Work Experience:** Preparation for and evaluation of work experience. Readiness for work. Team building skills.
Year 11 SfW	**Building for the Future:** Self-efficacy, stress managment, and thinking about future opportunities for College or work. Black History Month (October) celebrating 5 key women in history.	**Next Steps:** Application processes, and skills needed for further education, including college and apprenticeships.	**Communication in Relationships:** Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse.	**Independence:** Responsible health choices, and safety in independent contexts. Emergency first aid skills, lifestyle links to long term health conditions, registering with healthcare professionals	**Families:** Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.	**Maximising Future Potentials:** Learning and revision skills, Work experience opportunities, future aspirations and developing your special skills.
Year 11 SfFE	**Building for the Future:** Self-efficacy, stress managment, and developing on future opportunities for College or work. Black History Month (October) celebrating 5 key women in history.	**Next Steps:** Application processes, and skills needed for further education, including college and apprenticeships. Employment and career progression.	**Communication in Relationships:** Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse.	**Independence:** Responsible health choices, and safety in independent contexts. Emergency first aid skills, lifestyle links to long term health conditions, registering with healthcare professionals. Managing influences and risks to cosmetic and aesthetic body changes.	**Families:** Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships. How to manage change, loss, grief and bereavement.	**Maximising Future Potentials:** Learning and revision skills, Work experience opportunities, future aspirations and developing your special skills.
Year 12-13 SfW	**Mental Wealth and Wellbeing:** Looking after yourself, self-esteem, and the importance of sleep on your wellbeing. Checking over your healthy and unhealthy relationships and checking on others around you. Black History Month (October) looking at celebrating Black women veterans.	**Personal Finance:** The risks associated with gambling. The risks associated with debt. Effective spending and budgeting for Christmas, or the festive season.	**Effective Management of Relationships:** Internet safety and online relationships. Managing conflict and break ups. Domestic abuse and forced marriage.	**Taking Responsibility:** Of your health and the choices you have re: Drugs, alcohol, smoking. Managing role models and peer/internet pressures. Understanding the dangers of cosmetic and aesthetic practices to alter your body.	**Family Matters:** Exploring family life. Parenting skills. Different sexualities, genders and beliefs inc. Religion. Using contraception effectively.	**Preparation for Independence:** Developing independence skills for work, further education, or life. Financial stability, effective communication and relationship building. Completing Princes Trust Accreditation.
Y12-13 SfFE	**Mental Wealth and Wellbeing:** Looking after yourself, self-esteem, and the importance of sleep on your wellbeing. Checking over your healthy and unhealthy relationships and checking on others around you. Black History Month (October)	**Personal Finance:** The risks associated with gambling. The risks associated with debt. The current financial state of the country. Effective spending and budgeting for Christmas, or the festive season.	**Effective Management of Relationships:** Internet safety and online relationships. Managing conflict and break ups. Domestic abuse and forced marriage.	**Taking Responsibility:** Of your health and the choices you have re: Drugs, alcohol, smoking. Managing role models and peer/internet pressures. Understanding the dangers of cosmetic and aesthetic practices to alter your body.	**Family Matters:** Exploring family life. Parenting skills. Different sexualities, genders and beliefs inc. Religion. Using contraception effectively and having appropriate conversations with those whom matter.	**Preparation for Independence:** Developing independence skills for work, further education, or life. Financial stability, effective communication and relationship building. Completing Princes Trust Accreditation.
Additional Information	For all year groups and pathways additional topics may be taught related to current affairs to incorporate citizenship, SMSC and British Values. Debate work will also be factored in, to encourage healthy conversations and enabling pupils to understand different perspectives and opinions.					
Mental Health within the curriculum	In addition to this curriculum map, a Mental health in the curriculum scheme of work based upon the Mentally Healthy Schools and Anna Freud Mental health calendars will be available. This termly scheme of work includes mental health days/weeks, as well as emotional wellbeing ideas for students and staff.					

SKILLS FOR LIFE

RSHE Curriculum Map 2024-2025

Term	RSHE Strand	Key stage 2 SfL Topic areas	Key stage 3-5 SfL Topic areas
Au 1	**Self-awareness**	*Things we are good at*Kind and unkind behaviour*Playing and working together*People who are special to us*Getting on with others*	*Personal strengths*Skills for learning*Prejudice and discrimination*Managing pressure*

Au 2	**Self-care, support and safety**	*Taking care of ourselves*Keeping safe*Trust*Keeping safe online*Public and private*	*Feeling unwell*Feeling frightened/worried*Accidents and risk*Keeping safe online*Emergency situations*Private and public*Gambling*
Sp 1	**Managing feelings**	*Identifying and managing feelings*Managing strong feelings*	*Self-esteem and unkind comments*Strong feelings*Romantic feelings and sexual attraction*Expectations of relationships/abuse*
Sp 2	**Changing and growing**	*Baby to adult*Changes at puberty*Dealing with touch*Different types of relationships*	*Puberty*Friendship*Healthy and unhealthy relationship behaviour*intimate relationships, consent and contraception*Long-term relationships and parenthood*
Su 1	**Healthy lifestyles**	*Healthy eating*Taking care of physical health*Keeping well*	*Elements of a healthy lifestyle*Mental wellbeing*Physical activity*Healthy eating*Body image*Medicinal drugs*Drugs, alcohol and tobacco*
Su 2	**The world I live in**	*Respecting differences between people*Jobs people do*Rules and laws*Taking care of the environment*Belonging to a community*	*Diversity/rights and responsibilities*Managing online information*Taking care of the environment*Preparing for adulthood*Managing finances*
Notes	Class groups have the autonomy to choose which topic they would like to cover dependent on student needs. Some topics may take half or a whole term dependent on student need and ability. Topic areas could be covered over a rotational 3 year period. There is an overlap between the topic areas to add depth and to help consolidate learning. Mental health and online safety are explicitly covered in some topic areas but are also integrated throughout the strands where appropriate.		

Prince's Trust

RSHE Curriculum Map 2024-2025

Princes Trust Qualification Personal Development and Employability Skills
The Personal Development and Employability (PDE) accreditation is well suited to being tailored to the individual needs of learners. Learners may complete a minimum of 2 units to gain a qualification. The Qualification is offered at Entry 3, Level 1 and Level 2 and can be completed in a timescale that suits learners' pace of learning. Each unit comprises of a set of learning outcomes to achieve in a portfolio layout. It is all coursework based. PDE recognises a breadth of personal skills, qualities and attitudes required by employers across a range of sectors.

Units Offered
Career Planning
Community Impact
Customer Experience
Digital Skills
Experiencing the World of Work
Managing Money
Personal Development

Preparing for the World of Work	
Presentation Skills	
Project Based Learning	
Sustainability	
Teamwork Skills	
Undertaking an Enterprise Project	
Wellbeing	
Wellbeing - Healthy Eating	
Wellbeing - Physical Activity	
Princes Trust Qualification Developing Resilience - NEW! Level 1 Award. A choice of 3 units.	
Personal Resilience	
Physical Health	
Positive Wellbeing	
Aspirations	
Healthy Relationships	
Strong Communities	
Year 11	**Year 12 and 13**
Choose from 2 units = Award	Choose from an additional 4 units to = Certificate
SfWork - Entry Level 3	SfWork - Entry Level 3
SfFE - Level 1/Level 2	SfFE - Level 1/Level 2
Year 11	
Extended certificates available with 9 units.	
Diploma at L1 and L2 available with 13 units.	