
		Cycle A LTP for KS3 PSHE		
		Y7&Y8		Y9
		LA	HA	Curriculum offer for the core of learners
Autumn 1	Key area of understanding	Health and Wellbeing: Healthy Mind	Health and Wellbeing: Healthy Mind	Community and Tolerance: My Community
	Knowledge & skills development	<ul style="list-style-type: none"> Identify and understanding the different types of emotions Understanding personal strengths and the importance of identifying our own and those around us. Understand the importance of improving our own self-esteem and self-confidence. Understanding how to deal with criticism Knowing what bullying and loneliness and knowing where help can be gained. 	<ul style="list-style-type: none"> Understanding the emotions one may feel and the behaviours that each emotion may present. Know how we could build our own self-confidence or our peers'. Know how our emotions could impact our self-esteem or self-confidence. Understand the term resilience and why it is important to help us succeed in life. 	<ul style="list-style-type: none"> Understand what is within our local and wider community. Recognise a community responsibility. Know how we can support our community. Identify the diversity within my community and the importance of this. Identify the different types of work within my community. Know the groups who can support me within my community.
Autumn 2	Key area of understanding	Health and Wellbeing: Healthy Body	Health and Wellbeing: Healthy Body	British Values: Equal Opportunities
	Knowledge & skills development	<ul style="list-style-type: none"> Understanding what personal hygiene is and the importance of a routine. Understanding the importance of sleep. Recognising and understanding healthy and unhealthy foods. Model a good oral hygiene routine. Identifying the benefits of physical exercise. 	<ul style="list-style-type: none"> Identifying the, benefits, short and long term consequences of: no sleep, physical exercise, diet and an ineffective hygiene routine. Impact of a poor oral hygiene routine. Creating a healthy diet. Understand what constitutes a healthy meal. 	<ul style="list-style-type: none"> Understand children rights Understand that with every right comes a responsibility. Know what is legal and illegal at 16 and 18. Know how to challenge stereotypes and expectations. Understanding gender equality.
Spring 1	Key area of understanding	British Values: Democracy and Liberty	British Values: Democracy and Liberty	Relationship and Sex Education: relationships
	Knowledge & skills development	<ul style="list-style-type: none"> Understanding what democracy. Knowing the role of government and parliament. Understanding the importance of voting and elections. Understanding liberty. Know the difference between right and an entitlement. Knowing what a stereotype is and recognising examples. 	<ul style="list-style-type: none"> Identify example of democracy in society. Identify the impact of a society without democracy. Identify how the government's decisions impacts our own lives. Understand the positive and negative qualities of a stereotype. Identify the impact of stereotypes on a person's wellbeing. 	<ul style="list-style-type: none"> Identifying healthy and positive relationships within a family. Understand how stereotypes can impact upon a relationship. Understand the relationships between boyfriends and girlfriends. Knowing appropriate behaviours within an online relationship. Knowing the importance of saying no. Understand the importance of a trusted adult.
Spring 2	Key area of understanding	Community and Tolerance: Environment	Community and Tolerance: Environment	Relationship and Sex Education: keeping safe and a changing adolescent body
	Knowledge & skills development	<ul style="list-style-type: none"> Identifying the positive and negatives within our environment. Recognising how the environment can be harmed. Understand how we can improve our environment. Understanding our roles within our environment. 	<ul style="list-style-type: none"> Identifying the positives and negatives within the national and global environment. Identify the choices and factors that are leading to these results. Become aware of how our individual choices can have and affect and contribute to a collective effort. 	<ul style="list-style-type: none"> Recognising the physical changes during puberty. Recognise the emotional changes during puberty. Identify ways we can support ourselves with the emotional and physical changes during puberty. Understand consent and that people should not be pressurised,


				manipulated or coerced.
Summer 1	Key area of understanding	Relationship and Sex Education	Relationship and Sex Education	Health and Wellbeing: Safety and Wellbeing
	Knowledge & skills development	<ul style="list-style-type: none"> Understanding the differences in families. Know what a respectful and caring relationship is. Understand how an online relationship is different to a physical relationship. Puberty Understand how we can keep ourselves safe. 	<ul style="list-style-type: none"> Recognising the differences in family. Develop an awareness of the correct terminology for different relationships within a family. Identify and compare the attributes of a physical and online relationship. Identify ways that we can keep safe at home and at school. 	<ul style="list-style-type: none"> Understand the impact of drugs. Understand the impact of alcohol. Know what addiction is and the dangers. Understand the characteristics of a poor diet. Identify strategies to support our emotional wellbeing. Understand and identify the importance of mindfulness.
Summer 2	Key area of understanding	Living in the Wider World: Money	Living in the Wider World: Money	Living in the Wider World: Employability
	Knowledge & skills development	<ul style="list-style-type: none"> Understand the importance of money Recognise the difference in attitudes towards money. Know how our spending can be influenced. Prioritising how we can spend our money. 	<ul style="list-style-type: none"> Understand how our priorities may change as we grow up. Be aware that our attitudes with money have been affected by our and our family's experiences with money. Know how we can keep our money safe. Understand how money can impact our emotions. 	<ul style="list-style-type: none"> Know how to develop strengths, interests, skills and qualities. Identify skills for employability. Identifying aspirations and understand how to reach them. Explore routes into work and training. Know how to challenge stereotypes and cultural expectations. Know the different types of work that people can do.

MTPs, that can be viewed and discussed upon request, provide in depth details for the full range of St Hugh's learners.

		Cycle B LTP for KS3 PSHE		
		Y7&Y8		Y9
		LA	HA	Curriculum offer for the core of learners
Autumn 1	Key area of understanding	Relationship and Sex Education: relationships	Relationship and Sex Education: relationships	Community and Tolerance: My Community
	Knowledge & skills development	<ul style="list-style-type: none"> Identify who is in my family Understand the importance of family. Recognise and identify a caring and respectful relationship. Understand the different types of online relationships. Recognise how an online relationship could be different to a physical relationship. 	<ul style="list-style-type: none"> Understand how family can support us and how we can support our own family. Understand how families can support our emotional wellbeing. Understand the importance of a respectful and caring relationship is. Be aware of some of the dangers of an online relationship. 	<ul style="list-style-type: none"> Understand what is within our local and wider community. Recognise a community responsibility. Know how we can support our community. Identify the diversity within my community and the importance of this. Identify the different types of work within my community. Know the groups who can support me within my community.
Autumn 2	Key area of understanding	Relationship and Sex Education: growing up	Relationship and Sex Education: growing up	British Values: Equal Opportunities
	Knowledge & skills development	<ul style="list-style-type: none"> Understand that we change as we grow up. Identify changes during puberty. Begin to understand how our emotions can change as we grow up. Understand how we can keep ourselves safe. 	<ul style="list-style-type: none"> Recognise differences as we grow up. Be aware that puberty happens to everybody at different times. Understand that being aware of our own changes can help us tolerate others behaviours during puberty. Know the importance of keeping ourselves safe. 	<ul style="list-style-type: none"> Understand children rights Understand that with every right comes a responsibility. Know what is legal and illegal at 16 and 18. Know how to challenge stereotypes and expectations. Understanding gender equality.
Spring 1	Key area of understanding	British Values: Law	British Values: Law	Relationship and Sex Education: relationships
	Knowledge & skills development	<ul style="list-style-type: none"> Know that choices have consequences. Understand the importance of rules in school and society. Identify the differences between rules and law. Identify the consequences for breaking rules and the law. Be aware that there are rules for online bullying. 	<ul style="list-style-type: none"> Know how the consequences vary in different places e.g. school and society. Be aware of how laws are in place for everyone's benefit. Know how consequences change for people at different ages. 	<ul style="list-style-type: none"> Identifying healthy and positive relationships within a family. Understand how stereotypes can impact upon a relationship. Understand the relationships between boyfriends and girlfriends. Knowing appropriate behaviours within an online relationship. Knowing the importance of saying no. Understand the importance of a trusted adult.
Spring 2	Key area of understanding	Community and Tolerance: Community Citizen	Community and Tolerance: Community Citizen	Relationship and Sex Education: keeping safe and a changing adolescent body
	Knowledge & skills development	<ul style="list-style-type: none"> Know the roles and responsibilities of being a citizen in your community. Understand the importance of belonging to different groups. Identify how people can volunteer in society. Be aware of people who can help them. Recognising diversity within the community. 	<ul style="list-style-type: none"> Know how a sense of belonging can support a person's wellbeing. Identify some volunteering opportunities within the local community. Know how people change on who can help me when at home and in the community. Identify examples of religious 	<ul style="list-style-type: none"> Recognising the physical changes during puberty. Recognise the emotional changes during puberty. Identify ways we can support ourselves with the emotional and physical changes during puberty. Understand consent and that people should not be pressurised,

				manipulated or coerced.
Summer 1	Key area of understanding	Health and Wellbeing: Personal Safety	Health and Wellbeing: Personal Safety	Health and Wellbeing: Safety and Wellbeing
	Knowledge & skills development	<ul style="list-style-type: none"> • Know how to be safe on the road. • Understand bike safety. • Understand the difference between good and bad strangers. • Understand fire safety. • Understand sun safety. • Awareness of the emergency services. 	<ul style="list-style-type: none"> • Know the importance of the emergency services. • Understand that it is our responsibility to keep ourselves safe. • Show an awareness of how to travel safely within the community. 	<ul style="list-style-type: none"> • Understand the impact of drugs. • Understand the impact of alcohol. • Know what addiction is and the dangers. • Understand the characteristics of a poor diet. • Identify strategies to support our emotional wellbeing. • Understand and identify the importance of mindfulness.
Summer 2	Key area of understanding	Living in the Wider World: The World of Work	Living in the Wider World: The World of Work	Living in the Wider World: Employability
	Knowledge & skills development	<ul style="list-style-type: none"> • Recognise our own personal abilities and our achievements. • Identify the skills for employability. • Recognise the different types of work. • Identify different jobs that could be done within the local community. 	<ul style="list-style-type: none"> • Understand what might influence a person's job or career choice. • Begin to understand the what an ambitious and realistic job aspiration is. • Begin to understand different career routes. • Identify how having a type of work can help support someone's wellbeing. 	<ul style="list-style-type: none"> • Know how to develop strengths, interests, skills and qualities. • Match skills for employability to specific job roles. • Identifying aspirations and understand how to reach them. • Explore routes into work and training. • Know how to challenge stereotypes and cultural expectations. • Know the different types of work that people can do.

MTPs, that can be viewed and discussed upon request, provide in depth details for the full range of St Hugh's learners.

		LTP for AQA unit awards trajectory KS4 PSHE	
		Y10	Y11
Autumn 1	Key area of understanding	Relationship and Sex Education: families and relationships	Relationship and Sex Education: families and relationships
	Knowledge & skills development	<ul style="list-style-type: none"> Understanding that no should influence the relationships that we want to make. Identify when a relationship changes to a negative one. Understand how people should behave within relationships. Identify the risks of an online relationship. Understand that what is shared online is available to the public. Identify a positive and negative relationship. 	<ul style="list-style-type: none"> Knowing the differences in family relationships. Recognising when a healthy relationships changes to a negative one. Understanding gangs. Knowing how consent can be given online. Understanding the importance of a trusted adult. Identifying how they accessed in the local community.
Autumn 2	Key area of understanding	Relationship and Sex Education: sex education	Relationship and Sex Education: sex education
	Knowledge & skills development	<ul style="list-style-type: none"> Understand what contraception is and the different types. Identify inappropriate touches and when help maybe required. Understand when a relationship may become sexual or intimate. Identify relationships when consent has been given. Recognise the physical and emotional changes people go through during puberty. 	<ul style="list-style-type: none"> Know how consent can be given and understand when it has been withheld. Know when a contraceptive has been affective. Understand the difference between sexual and peer pressure. Understanding the importance of a personal hygiene routine when going through puberty.
Spring 1	Key area of understanding	Community and Tolerance: Being a Community Citizen	Community and Tolerance: Equality
	Knowledge & skills development	<ul style="list-style-type: none"> Identifying and understanding the role and responsibilities of being a community citizen. Understand how our choices can impact our community. Know how to be a positive and effective citizen. Identifying current issues within a local and wider community. 	<ul style="list-style-type: none"> Identifying my community's cultural diversity. Recognising the different ethnic groups within my community. Equality and diversity within my community. Stereotypes, prejudices and discrimination within my community. Respectfully expressing opinions within my community.
Spring 2	Key area of understanding	Community and Tolerance: Being a Community Citizen	Health and Wellbeing: Personal Wellbeing
	Knowledge & skills development	<ul style="list-style-type: none"> Recognising the support groups available within my community. Identifying the local amenities within my community. Recognise the different cultures and customs within my community. Understand the importance of accepting and tolerating the different cultures and customs within my community. 	<ul style="list-style-type: none"> Understanding stress and anxiety Know how to maintain good health. Identifying and understanding the impact of drugs. Physical and psychological risks of alcohol and addiction. Know where to get help if required.
Summer 1	Key area of understanding	Health and Wellbeing: Wellbeing	Living in the Wider World: Financial Capabilities
	Knowledge & skills development	<ul style="list-style-type: none"> Managing self-esteem and self-confidence. Understanding body image. Understanding peer pressure and the impact of it. Understanding social media and the positive and negative impact of it. 	<ul style="list-style-type: none"> Identifying influences on financial decisions. Know the different types of support for financial decisions. Identify the different types of contracts for work. Identify the positive and negative differences between work contracts.
Summer 2	Key area of understanding	Living in the Wider World: Financial Capabilities	
	Knowledge & skills development	<ul style="list-style-type: none"> Knowing how to effectively manage a budget. Understanding debt. Knowing what financial exploitation is. Understand the impact finances can have on a person's health and wellbeing. 	

The above LTP demonstrates the progression and curriculum offer for the core of learners within the identified year group. Students will not be taught directly from accreditation specifications.

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Bespoke AQA unit accreditation is aligned to some of the key areas of understanding for the groups of learners across KS4. For the specific details regarding this accreditation and differentiation for all learners, please see the subject MTPs.