

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Year 7	<b>Topic 1: Transition to Secondary School &amp; Topic 2: Personal safety in and outside school, including first aid</b>												
PSHE	Introduction to PSHE and ground rules and use of planners	Transition to secondary school	Dental Health	The equality Act	Peer influences	LGBTQ+ - Cyberbullying	Forming positive relationships	Helping others- Bystander effect	Sleep	How to respond in an emergency situation	Careers week	Peace	Quiz to be made
Assembly	HoY Welcome 35 To Thrive Rewards	Transition to secondary school	Road Safety	Bullying - Part 1	Bullying Part 2	Cyber Bullying – difference and how to keep safe online	Equality and Diversity – how people are different	Honesty	Managing change	Basic CPR/ first aid	Careers week	Building connections	How to manage your emotions
Year 8	<b>Topic 1: Alcohol and drug misuse and managing peer influence &amp; Topic 2 LGBTQ+</b>												
PSHE	Introduction to PSHE and ground rules	Peer influence: what is it	Alcohol basics – the law and risks	Smoking basics – the law and risks	E- cigarettes and the law	Interactive session smoking – peer influence	LGBTQ+ - Intro	HBT language and bullying	LGBTQ+ history month	LGBTQ+ role models and allies	Careers	Homophobic, transphobic and biphobia	LGBTQ+ smashing stereotypes and feeling proud workshop
Assembly	HoY Welcome and rewards ALL	Peer influence	Sympathy and empathy	Exam stress	Revision – how to revise	Anti Semitism	Islamaphobia	Rainbow Laces	Y8 options	Y8 options	Careers	Belong – British Values Asylum seekers, imigrants amd refugees	LGBTQ+ Quiz
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Year 9	<b>Topic 1: Peer pressure, assertiveness and risk, gang crime &amp; Topic 2: Dieting, lifestyle balance and unhealthy coping strategies</b>												
PSHE	Tutor expectations	The importance of sleep	Factors contributing to gang membership	Risks and consequences of belonging to a gang	Knife Free	Gangs peer pressure and alcohol	Physical health	Relationship between mental and physical health	Work-life balance and managing stress	Body image Relative vs online	Careers	Cancer self-examination	Healthy eating KS3 lesson 1
Assembly	HoY Welcome 35 To Thrive Rewards PSHE Intro	Healthy and unhealthy social groups	Group Think, passive, assertive and aggressive behaviour	Exit strategies to gang membership	Run, Hide, Tell	Substance misuse – alcohol and drugs	Mental Health	Peer pressure and smoking	Making informed healthy eating choices	Managing influences on body image	Careers	Taking responsibility for your own health	Healthy eating KS3 lesson 2
Year 10	<b>Topic 1: Transition to key stage 4 and developing study habits &amp; Topic 2: Mental health and ill health, tackling stigma</b>												
Tutor 1	Tutor expectations	Peer influence –	Goal setting for the year	Study skills 1 Revision timetables	Study skills 2: Revision strategies 1	Study skills 4: Revision conditions	Looking After Our Wellbeing	Taking the pressure off (Barclays Life Skills)	Promoting Mental Health	Mental Health illnesses	Careers	Portrayal of Mental Health in the Media	<b>Healthy and unhealthy friendship</b>
Assembly	HoY Welcome 35 To Thrive Rewards	Year 10 Study Expectations	Growth Mindset	Reframing negative thinking	Study skills 3 Revision strategies 2	Wellbeing	Managing change during	Mental health	Anxiety –	Signs of emotional or mental ill-	Careers	Challenging Stigma Stereotypes	Quiz Cycle 1

	PSHE		(Barclays Life Skills)				adolescence			health and support		and misinformation on mental health	
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<b>Year 11</b>	<b>Topic 1: Self-efficacy, stress management, and future opportunities &amp; Topic 2: Learning and revision skills to maximize potential</b>												
<b>Tutor 1</b>	Intervention, attendance and behaviour												
<b>Tutor 2</b>													
<b>Tutor 3</b>	Intervention, attendance and behaviour	Promoting emotional wellbeing and healthy coping strategies	Intervention, attendance and behaviour	CV Prep	Intervention, attendance and behaviour	Exam Stress	Intervention, attendance and behaviour						
<b>Assembly</b> <b>*Subject to change as per external speakers</b>	Study Expectations 35 To Thrive PSHE intro Rewards	Challenging stigma around mental health	Post-16 options	Growth Mindset	Mock Interview Prep: CV	Mock Interview Prep: First Impressions	Mock Interview Prep: Questions	Attendance and the impact	Positive thinking	Mock Interview Feedback	Online stress and FOMO	Careers week	Celebration
<b>Friday Morning</b>	English	Revision timetable	Maths	Developing 'digital resilience' in the context of online pressures	Science	English	Confidence and Assertiveness	Mental health – Anxiety, when is it a problem?	Maths	Science	English	Careers week	Maths