



PSHE/RSE Curriculum Summary



Yr7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Belonging at Eggar's	Aspiring for greatness	Achieving Equality	Health & Puberty	Healthy Relationships	Reducing Risks
PSHE Foci	Living in the Wider World	Health & Wellbeing	Relationships	Living in the Wider World	Relationships	Health & Wellbeing
Enquiry question	<i>How do you show belonging at Eggar's?</i>	<i>How can you develop good habits for success?</i>	<i>Why are we lucky to have opportunities for equality?</i>	<i>How can you keep yourself healthy during puberty?</i>	<i>How can you build positive relationships?</i>	<i>Why is it important to stay safe?</i>
Summary	Understanding the transition to secondary school and how their own sense of self is impacted by the goals we set.	Understanding self-esteem and empowerment to identify unhealthy coping methods and develop strategies for success.	Exploring our values towards bullying, diversity and prejudice, including how the law is used to protect.	Establishing routines for good health and their importance during puberty, as well as coping with unwanted contact.	Understand different types of relationship (including online) and the boundaries we create to protect our self-worth.	Developing knowledge of the risks we face from financial instability and basic First Aid to keep ourselves safe.
Yr8						
Topic	Positive & Powerful	Conflict & Discrimination	Careers & the Community	Substance Misuse	Healthy Relationships	Reducing Risks
PSHE Foci	Health & Wellbeing	Relationships	Living in the Wider World	Living in the Wider World	Relationships	Health & Wellbeing
Enquiry question	<i>How can positive influences help us belong?</i>	<i>How can we aspire to end conflict?</i>	<i>What do you need to achieve your career goals?</i>	<i>Why is substance misuse damaging?</i>	<i>What is consent and why is it important?</i>	<i>How can you stay safe?</i>
Summary	Understanding the importance of mental & emotional wellbeing, including body image and coping strategies.	Understand the different forms of conflict, how they impact self-esteem & the community.	Explaining how life choices help shape careers, including different types & patterns of work, as well as equality of opportunity.	Understanding alcohol and drug misuse, pressures relating to misuse and the role of law to protect us.	Understand the concepts of gender identity, sexual orientation, consent and 'sexting'.	Developing a deeper understanding of risks, including: online safety, digital literacy, media reliability, and gambling.

Yr9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Positive Influences	Respectful Relationships	Setting Goals	Choosing You	Healthy Relationships	Responding to Change
PSHE Foci	Health & Wellbeing	Relationships	Living in the Wider World	Health & Wellbeing	Relationships	Living in the Wider World
Enquiry question	<i>What is a positive influence?</i>	<i>How can we build respectful relationships?</i>	<i>Where could your future take you?</i>	<i>Why is it important to prioritise your health?</i>	<i>What is 'safe sex' & why does it matter?</i>	<i>How can you manage change effectively?</i>
Summary	Understanding negative influences in our lives & methods to identify concerns for our health.	Analysing your key skills for employment & the benefits to exploring career options.	Understanding the influence of extremism & the responsibility to challenge these ideas.	Explaining key indicators for good wellbeing & the importance of prioritising to protect this.	Understanding the different responsibilities change in initiate relationships, inc. legalities.	Developing knowledge of health services & the ways in which they keep us safe or add to our lives.

Yr10

Topic	Exploring Influence	The World of Work	Addressing Extremism	Working on Wellbeing	Healthy Relationships	Reducing Risks
PSHE Foci	Health & Wellbeing	Living in the Wider World	Relationships	Living in the Wider World	Relationships	Health & Wellbeing
Enquiry question	<i>How can you recognise healthy influences?</i>	<i>What makes you employable?</i>	<i>Why is it important to tackle extremism?</i>	<i>Why is your wellbeing important?</i>	<i>How can responsibility change in relationships?</i>	<i>How can we prevent our health deteriorating?</i>
Summary	Understanding negative influences in our lives & methods to identify concerns for our health.	Analysing your key skills for employment & the benefits to exploring career options.	Understanding the influence of extremism & the responsibility to challenge these ideas.	Explaining key indicators for good wellbeing & the importance of prioritising to protect this.	Understanding the different responsibilities change in initiate relationships, inc. legalities.	Developing knowledge of health services & the ways in which they keep us safe or add to our lives.

Yr11

Topic	Future Building	Next Steps	Communication in Relationships	Independence	Healthy Relationships
PSHE Foci	Health & Wellbeing	Living in the Wider World	Relationships	Health & Wellbeing	Relationships
Enquiry question	<i>How can you overcome challenges to your wellbeing?</i>	<i>What makes you stand out to an employer/college?</i>	<i>Why is it important to stay true to your personal values?</i>	<i>How can you take charge of your health?</i>	<i>How can changing relationships impact us?</i>
Summary	Understanding how grief, stress, exams, etc. impact our wellbeing & explaining how we can manage these scenarios positively.	Developing a sense of self in which to apply for colleges that will help achieve future career aspirations.	Identifying core values for the different relationships we have & articulating our feelings when these are or are not met.	Understanding choices we make, their impact on our personal health & the importance of making healthy decisions.	Understanding the complicated nature of family structures & how to identify unhealthy aspects.