

**BRISTOL METROPOLITAN ACADEMY PSHE 2020/21 CURRICULUM PLAN**

BRISTOL METROPOLITAN ACADEMY	Week Beginning	Year 7	Year 8	Year 9	Year 10 (tutor time)	Year 11 (tutor time)
<b>PSHE Theme</b>		<b>Healthy Me</b>				
<b>Term 1</b>	01/09/2020	Covid Recovery Sessions	Covid Recovery Sessions	Covid Recovery Sessions	Covid Recovery Sessions	Covid Recovery Sessions
	07/09/2020	How to recognise and deal with anxiety and stress	Me and my health	Making healthier choices	Covid Recovery Sessions	Covid Recovery Sessions
	14/09/2020	Healthy choices on managing stress	Healthy choices on managing stress	Alcohol	My health MOT	Relaxation and managing stress
	21/09/2020	Healthy choices on substances	Healthy choices on substances	Using substances (including smoking)	What protects my health?	Hygiene and health
	28/09/2020	Healthy lifestyle choices: good nutrition, exercise and sleep	Substance misuse and exploitation	Life-saving skills	Extraordinary bodies	Under pressure
	05/10/2020	Healthy choices on medicines and immunisation	Healthy choices on medicines and immunisation	Effects of substances	Extraordinary minds	Pregnancy and choice
	12/10/2020	Assessment	Assessment	Assessment	Diseases, treatments and lifestyle choices	Staying safe in sexual relationships
	19/10/2020	Career Pilot	Career Pilot	Career Pilot	Assessment	Assessment
	26/10/2020					
<b>PSHE Theme</b>		<b>Being Me In My World</b>				
<b>Term 2</b>	02/11/2020	Who am I?	Who am I?	Expectations and perceptions of relationships	Liberty and safety in my world	
	09/11/2020	My influences	My 'family'	Peer approval	How I feel when things end	
	16/11/2020	Peer pressure and belonging	Family' factors	Family factors'	How social media affects me, my identity and culture	Becoming an Adult & Relationships and the law
	23/11/2020	My online identity	The power of first impressions	Being 'me' in a group	Rated!	The law and you
	30/11/2020	What are the consequences of what I say and do online?	Faith and beliefs	Consent	Risk	Me, the internet and the law
	07/12/2020	Assessment	Assessment	Assessment	Assessment	Emergency situation
	14/12/2020	Career Pilot	Career Pilot	Career Pilot	Catch-up opportunity (if any content missed)	Assessment
	21/12/2020					
	28/12/2020					
<b>PSHE Theme</b>		<b>Celebrating Difference</b>				<b>Relationships</b>
<b>Term 3</b>	04/01/2021	Prejudice and discrimination	Prejudice and discrimination	Equality	Equality: what does it mean to me in the UK?	Intimate romantic relationships
	11/01/2021	True or False?	Inequality	Understanding difference	Equality in the workplace	Gender diversity and sexuality
	18/01/2021	Challenging stereotypes	When things go right	The power of positive language	Multicultural society	Coming out as LGBT+
	25/01/2021	Discrimination in school	Bullying	Bullying	Power in relationships	Who holds all the cards?
	01/02/2021	Bullying	How can I make a difference?	Discrimination	Challenging inequality	The last taboos
	08/02/2021	Assessment	Assessment	Assessment	Assessment	Assessment
	15/02/2021					
<b>PSHE Theme</b>		<b>Dreams &amp; Goals</b>				
<b>Term 4</b>	22/02/2021	What are my dreams and goals	Your goals - long-term	My personal strengths	Relationships and goals	
	01/03/2021	Achieving my dreams and goals	What money can't buy	The power of planning	Me, my goals and my health	
	08/03/2021	Coping strategies	Online safety	My dreams for my life	Work/life balance	Managing anxiety and overwhelm
	15/03/2021	How responsible and irresponsible choices affect my dreams and goals	Money and earnings	Mental health and illness	A healthy balance	Money and debt
	22/03/2021	How making an irresponsible choice could affect a person's dreams and goals	The price of life	Media manipulation and mental health	A healthy balance	Dream jobs and skill set
	29/03/2021	Assessment	Assessment	Assessment	Assessment	Assessment
	05/04/2021					
	12/04/2021					
<b>PSHE Theme</b>		<b>Relationships</b>				
	19/04/2021	Positive qualities of healthy relationships	Being in control of myself	Power in relationships	Healthy, long-term relationships	
	26/04/2021	My changing supportive relationships	Being in control of my relationships	Assertiveness and saying no	Love and loss	

<b>All Years (tutor time)</b>
<b>Covid Recovery Sessions</b>
Managing difficult feelings, Looking forward for me, Looking forward - for the world
Resilience

Term 5	03/05/2021	Getting on and falling out	Being in control of personal space	Porn - is it real?	Helathy connections	
	10/05/2021	Discerning external factors in relationships	Managing control and coercion in relationships	Contrception	Relationships - don't believe what you see!	
	17/05/2021	Assertiveness in relationships	Being in control of media	Consequences of unprotected sex	Better together?	
	24/05/2021	Assessment	Assessment	Assessment	Assessment	
	31/05/2021					
PSHE Theme		Changing Me				
Term 6	07/06/2021	My changing body	Different types of relationship	Mental health	Changing society and me	
	14/06/2021	Having a baby	What's in a relationship	Change and our emotions	Managing change and decision making	
	21/06/2021	Types of relationships and their impact	Looks and smiles	Better sleep	Gender and sexual identity	
	28/06/2021	Image and self-esteem	Does watching pornography help people to understand relationships?	Resilience	Gender stereotypes and sexual identity	
	05/07/2021	My changing feelings	Alcohol and risk	Resilience	Physical and emotional changes	
	12/07/2021	Assessment	Assessment	Assessment	Assessment	

\*Year 11 gaps for exams