

PSHE - Term 4 update

Each year group has a main PSHE theme per term which is linked to a big question. Each main theme is split into topics.

Here are the themes, big questions and topics that each year group will be studying this term.

Year 7 Healthy Me

Big Question - To what extent am I responsible for my mental and physical health?

The 'Healthy Me' theme covers the following topics;

1. Mindfulness
2. Nutrition and exercise
3. Sleep
4. Stress
5. Choices we make

Year 8 Healthy Me

Big Question - Can I become more responsible for my health and happiness?

The 'Healthy Me' theme covers the following topics;

1. Supporting myself and my health
2. Risks and substances
3. Protecting my physical health
4. Vaccinations
5. Health choices and peer pressure

Year 9 Healthy Me

Big Question - How can substance impact on well being?

The 'Healthy Me' theme covers the following topics;

1. The amazing teenage brain
2. Protecting the teenage brain
3. Risk taking and group behaviour
4. Life saving skills
5. Mental Health first aid



Year 10 Healthy Me

Big Question - When it comes to health, to what extent am I in control?

The 'Healthy Me' theme covers the following topics;

1. My health MOT
2. Extraordinary bodies
3. Extraordinary minds
4. STIs
5. Safer sex

Year 11 Relationship

Big Question - Is it possible to stay true to yourself and be in healthy relationships?

The 'Relationships' theme covers the following topics;

1. Intimate romantic relationships
2. Gender diversity and sexuality
3. Coming out as LGBT+
4. Who holds all the cards
5. Harmful and illegal cultural and social practices.