

RSHE	Autumn Term		Spring Term		Summer Term	
Year 7	1	2	3	4	5	6
Topic Summary	Transition and Settling In (LWW)	Relationships (RSE)	Staying Healthy (H&W)	Puberty (H&W)	First Aid Skills (H&W)	Health Relationships (RSE)
<b>Thinking Hard</b>	Creating independence: What has made me the person I am today? What are the external influences in my life? How does our environment influence our actions?	Autonomy and Advocacy: How can I keep positive relationships online and through social media? Kindness when online, using social media to show Gratitude.	Acquiring knowledge: How can we remain physically and emotionally healthy? How are mental and physical wellbeing linked?	Creating independence and acquiring knowledge: What is puberty and how will it affect me? Developing body satisfaction and self-concept.	Creating independence: personal safety and responsible decision-making in relation to drugs, alcohol use of tobacco and vaping. Acquiring knowledge: first aid and treatment for common injuries.	Acquiring knowledge: What is the difference between a "healthy" and an "unhealthy" relationship? Creating independence: Understanding rights and responsibilities and how to respect and advocate for them, including online.
<b>Developing Character</b>	What are the Cowplain School core values? What are my personal values? What are the "school rules" and who can help with transition? Demonstrating respect in the school community.	Developing empathy and compassion for others; recognising and challenging bullying, including online. Digital Literacy: Keeping positive relationships online.	The importance of Grit, Mindfulness, Optimism in managing personal stress.	The importance of self-assurance as our physical bodies change. Mindfulness as a key to managing change and our moods.	Promoting self-assurance surrounding skills and strategies to make responsible decisions.	How our values of Mindfulness, Kindness, Self-assurance can be the keys to healthy relationships. Assertively communicate boundaries in relationships as well as seeking help, if needed.
<b>Understanding Diversity</b>	Physical diversity - What makes you "you" - a look at our differences.	Respecting human rights: What are protected characteristics? Understanding mental and physical diversity: how to recognise loneliness and isolation and strategies to include others.	Understanding mental and physical diversity: What do we mean by being discerning? What sorts of things make you feel stressed? Diversity in stressful experiences.	Understanding mental and physical diversity: What is body image and why does it matter?. The changes to boys and girls during puberty.	Understanding mental and physical diversity: with regards to diet and exercise and knowing that there is a diversity in the healthy range.	Understanding mental and physical diversity: How might peer group pressure influence my lifestyle choices? Respecting human rights: Every individual is unique and there are opportunities for all. Protected characteristics are not allowed under law to be a barrier to opportunity.
<b>Literacy Reading, Oracy</b>	Developing Oracy: being able to identify values and explain how they can be demonstrated. Literacy: Always write a clear and well-structured reflection at the end of the lesson. Key Vocabulary: dreams, goals.	Reading: Read a poem written by a bully. Students interpret the poem from the bully's viewpoint.	Literacy - (written response) Stress, the effect it has on you and how to manage it more effectively. Literacy - (written response) How might healthier choices now impact your future life positively? Jigsaw reading activity on healthy eating. Key Vocabulary: stress, physical wellbeing, mental wellbeing	Oracy: Students verbally offer advice from a range of situations involving puberty. Key vocabulary: puberty, periods, menstrual cycle, penis, foreskin, ejaculation.	Article: 'Diary of a Teenage Alcoholic'.	Article: 'What Does Being In Love Mean?'.
<b>Gatsby, Careers</b>	Dreams and goals; setting goals to make your dreams a reality.					
<b>Mental and Physical Well-being</b>	Mental health - settling in to secondary school.	Healthy friendships and relationships.	Regulating emotions. Dealing with the impact of stress both emotionally and mentally. Link between physical and mental wellbeing.	Menstrual wellbeing. Managing influence on body satisfaction online and in the media. How hormones affect our emotions.	Managing peer influence in relation to substances, including alcohol, nicotine, energy drinks.	Understanding and setting personal boundaries in relationships.
<b>Cross-Curricular Links</b>		Computer Science - Digital literacy and online safety	PE: healthy diet and exercise. Science: dental health.	Science: puberty; brain development during puberty; pituitary glands; why girls have a period; female and male sex organs.	Science: drugs, alcohol and tobacco.	Computer Science: online relationships. E&P: human rights.
<b>Extra-Curricular Links</b>					First Aid	
<b>Precise Learning Endpoints</b>	Learning the Cowplain Way and fitting in to the Cowplain community. Self-awareness of one's own identity.	Understand how to manage influences on relationships How to be safe online - digital literacy Recognising and challenging bullying both in person and online.	Understand how to be physically and mentally healthy.	Understand the range of changes which are preparing students for adulthood.	Strategies for managing peer influence in relation to substances. Basic first aid treatment for common injuries and when to contact emergency services.	Understand what can make a relationship healthy or unhealthy; understand relationship boundaries; understand FGM, and human rights and how to advocate for them.
Personal Development	Autumn Term		Spring Term		Summer Term	
Year 8	1	2	3	4	5	6
Topic Summary	Digital Literacy (LWW)	Diversity and Equality (LWW)	GCSE Choices and Your Future (LWW)	Substance Education and Managing Influence (H&W)	Healthy Relationships (RSE)	Keeping Safe (RSE)
<b>Thinking Hard</b>	Critically assess the reliability of media source and identifying fake news.	Creating independence: identifying the impact of stereotypes.	Developing autonomy: self-awareness of academic strengths and interests; understanding employment trends and their impact on decision-making. What are the eight essential skills for the workplace? What are some jobs that didn't exist 15 years ago?	How can I stay safe and healthy? Why is it so hard to quit smoking? Is vaping safer than smoking?	Why is sex so important to humans? What makes intimate relationships healthy?	What is consent? How do I protect myself?
<b>Developing Character</b>	Safely managing personal information online; developing strategies for maintaining a positive online presence.	Self-assurance and mindfulness when communicating concerns about challenging prejudice and discrimination.	Why Self-assurance and Optimism are vital when considering career options. What are three jobs you would never want to do? Can money buy happiness? Positive and negative aspects of winning the lottery.	Can peer pressure be a good thing? Why do people drink? How our values of Grit, Mindfulness, Optimism can help us deal with peer pressure in relation to drugs alcohol and nicotine. Strategies for dealing with negative peer pressure situations.	The importance of Self-assurance and Mindfulness when making decisions about intimate relationships. Expectations of friendship and how they change over time.	The importance of Self-Assurance in decision making about intimate relationships.

<b>Understanding Diversity</b>	Understanding the importance of equality and diversity. How to recognise and challenge stereotypes.	Different careers and routes to employment; we are all unique and have different skills and talents. Everyone has different skills - what skill do you need to improve?	How might peer group pressure influence my lifestyle choices? How can I make positive, informed choices relating to substances? Why do people start to smoke?	Understand protected characteristics relating to gender and sexuality. Why do some people have different expectations of what a 'good friend' means? Intimate relationships vs. celibacy.	We are all different with regards to physical and mental health and that's ok. Attitudes towards mental health conditions and misconceptions.	
<b>Literacy Reading, Oracy</b>	Reading real and fake news stories and explaining one's reasoning for why it is real or fake.	Oracy - students to share and elaborate on personal opinions linked to careers and future choices. Literacy (written explanation) - extended explanation of items of importance. Key vocabulary - skill, employability skills, wants, needs.	Literacy (extended writing) - explaining a negative situation where you might face peer pressure. Key vocabulary - peer pressure.	Oracy - class discussion: Are there similarities in positive sibling relationships and friendships?	Oracy - class discussion around consent, sexting and contraception.	
<b>Gatsby, Careers</b>	What you post online could affect your future job prospects.	Three types of employability skills, exploring your career journey.				
<b>Mental and Physical Well-being</b>	Bipolar and other mental health conditions may be classed as neurodiverse.	Managing emotions relating to future employment and career choices.	Dealing with positive and negative peer pressure.	Understanding the warning signs of a controlling relationship.	Physical wellbeing: how to stay safe sexually.	
<b>Cross-Curricular Links</b>			PE: importance of physical activity in addition to online activity. Science: contraception, effects of smoking on the body.	Computer science: sending intimate images - staying safe online.	Science: contraception.	
<b>Extra-Curricular Links</b>	Computer Science: online presence.					
<b>Precise Learning Endpoints</b>	Understand what fake news is, its purpose and how to identify it. Understand the importance of managing personal info online and maintaining a positive online presence.	Understand the importance of equality and diversity; Understand and challenge stereotypes and their impacts; Reporting concerns relating to prejudice and discrimination.	Understand personal and academic strengths and what career pathways exist; understand current employment trends; how to manage emotions relating to future employment.	Understand the effects of drugs, alcohol and nicotine; how to manage peer pressure in relation to substances; how to manage online influence.	Identify features of healthy and unhealthy relationships; setting boundaries and consent; understand the law surrounding consent; where to find support.	Understand what consent is and how it is given. Understand what sexting is and how to avoid this. Understand the different types of contraception.

<b>Personal Development</b>	<b>Autumn Term</b>		<b>Spring Term</b>		<b>Summer Term</b>	
<b>Year 9</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

<b>Topic Summary</b>	<b>Transition to KS4 and Careers (LWW)</b>	<b>Risk Management and Substance Education (H&amp;W)</b>	<b>Emotional Wellbeing (H&amp;W)</b>	<b>Healthy Relationships (RSE)</b>	<b>Financial Wellbeing and Education (LWW)</b>	<b>Risk Management (RSE)</b>
<b>Thinking Hard</b>	What skills and abilities do I possess? What ambitions do I have for the future? What can I do to be successful at KS4?	What is the link between self-esteem and risky behaviour? Risks and consequences of substance misuse; why might parents allow children to taste alcohol before they are 18? Video clip - Japan is now encouraging 18-30 year olds to drink. Why?	How are body image and mental health linked? How can we plan for a healthy future? Case study questions relating to supporting a friend with poor mental health. What is the best way to support a friend who is struggling with grief?	What are the reasons for changes in family life over the last 50 years? What choices do we have about sex? What does the law say about sexual consent? Should the age of consent be changed? If so, what should it be?	What impact do the media and advertising have on financial decision making? How easy is it to get into debt? How do shops make money from store credit cards? Buying on credit - what's the actual cost?	Which contraception is most effective? What are the types of STI and how do I avoid them? What are the consequences of pregnancy? How do I keep myself safe? (Cancer awareness.)
<b>Developing Character</b>	Optimism and curiosity about future career pathways, including university and apprenticeships. How can grit help me be successful? - Ted Talk video.	Developing self-assurance which enables you to help somebody who has a bad reaction to drugs? Signs of high self-esteem - optimism, self-assurance, awareness of strengths and limitations. How do you decide whether or not to take a risk? Mindfulness. How can good self-esteem help me deal with risk?	Curiosity about different types of mental health conditions; strategies for managing change.	Personal relationship values and their influence on relationship expectations. Where might you get help if you have problems in your family?	Self-control when considering how to spend (or save) money. What do experts recommend teens do to manage their money?	Consequences of unintended pregnancy. How to make informed decisions about sexual health. Accessing reliable advice and support surround both pregnancy and STIs.
<b>Understanding Diversity</b>	Variety of pathways and qualifications for post-16 education. Interests and strengths which help me choose a suitable career path.	Why do people join gangs? Exploring risky behaviour - why do some teens display more risky behaviour than others?	What different types of mental ill health exist? Different strategies for managing change - not a 'one size fits all' approach. LGBTQ+ are more likely to experience mental health problems relating to their identity and not being accepted for who they are. There is no correct way to handle grief - everyone is different.	Different types of families. Exploring different types of relationships, including same sex. Healthy vs unhealthy relationships. Portrayal of sex in the media, including pornography and relationship expectations.	Rich or poor - can you be satisfied with what you have? Wants vs Needs - we are all different.	Pregnancy choices - everyone is different.
<b>Literacy Reading, Oracy</b>	Literacy - write a letter to yourself give advice on what you need to do over the next 3 years to be successful at TCS.	Student activity: read an article on the current laws surrounding alcohol. Students must then answer questions relating to what they have read. Key vocabulary - self esteem, positive risk, negative risk.	Oracy - focus on students explaining their ideas in depth. Article - 'Children Less Happy With Their Lives, Report Finds'. Case Study - 'Pete's Mental Health' - read together as a class. Key Vocabulary - mental health, OCD, eating disorders, self-harm.	Oracy - Physical abuse is more serious than emotional abuse. Do you agree?; Should the law on consent be changed? Why? Key vocabulary - consent, freedom, capacity.	Sources of debt - including payday lenders, credit cards, short and long term loans. Writing an email to clients, advising them on budgeting and saving. Key vocabulary - current account, debt and credit, pay day lenders, mortgage, loan, interest.	Article - 'The New Vending Machines Offering Free STI tests in the South West'.

<b>Gatsby, Careers</b>	Planning career pathways - what can you do now to achieve your future career? How do you progress at work? Career journey and key skills for work.					
<b>Mental and Physical Well-being</b>	Health and Safety at Work Regulations 1999.	What does good self-esteem look like? What sorts of things can negatively impact your wellbeing?	Coping with change; Mental Health Quiz; different types of mental health disorders - including eating disorders; unhealthy coping strategies for managing mental health. Managing grief.	Abusive vs. healthy relationships - emotional and physical abuse. Where to get help if you are in an unhealthy relationship.	Impact of debt and its impact on mental health.	Making informed decision about sexual health; review of basic first aid
<b>Cross-Curricular Links</b>		Science and Psychology: development of the limbic system and the prefrontal cortex in teens in relation to risky behaviour. Science: alcohol's effect on the liver.	Science - eating disorders. Psychology - stages of grief.		Financial Education - budgeting and debt. Maths - interest rates.	Science - sexually transmitted infections; cancer awareness; the importance of self-examination and early detection.
<b>Extra-Curricular Links</b>						First Aid and life-saving skills.
<b>Precise Learning Endpoints</b>	Learning skills for KS4; planning your career journey; identify skills for employability; understand the law and rights relating to young people's employment. Understand career opportunities and job opportunities, and the importance of making the right choices.	How to manage difficulties, challenges and peer pressure in friendship; managing pressure relating to gangs and substance use; risks and consequences of substance misuse. "Understand how the choices I make and the risks I take impact on my health and relationships Understand how prejudice, discrimination and bullying can arise and how these can affect mental health"	Understanding how to maintain mental health and emotional wellbeing; healthy and unhealthy coping strategies; how to manage loss or change.	Understand that respect and choice underpin healthy intimate relationships.	Understand how to save, borrow and manage money; understand the common forms of fraud and online scams; risks of gambling and where to get support.	How to make informed decisions about sexual health; unplanned pregnancy; health prevention measures; further develop first aid and life-saving skills.
<b>Personal Development</b>	<b>Autumn Term</b>		<b>Spring Term</b>		<b>Summer Term</b>	
<b>Year 10</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Topic Summary</b>	<b>Mental Health and Substance Use (H&amp;W)</b>	<b>Healthy Relationships (RSE)</b>	<b>Personal Safety and Online Relationships (LWW)</b>	<b>Careers (LWW)</b>	<b>Committed Relationships and Diversity (RSE)</b>	<b>Staying Safe (H&amp;W)</b>
<b>Thinking Hard</b>	If alcohol was discovered today, would the same laws apply or would there be new ones? What should be done to address the pressure that alcohol related injuries places on the NHS?	Is pornography harmful? How does consent impact healthy relationships?	Should misogynists have the right to free speech? Does consent matter online? Should the internet be policed or should you have the right to say whatever you want?	What are the characteristics of each post-16 pathway? What are the similarities and differences between school and work? How do I prepare for work experience?	Making informed decisions about marriage and other long term commitments, considering a range of faith and culture.	Are cosmetic procedures a healthy option? Why is body modification so popular today? How do you stay safe in relationships? How do you stay safe online?
<b>Developing Character</b>	Developing self-awareness through choices made and the potential outcomes.	Students use their mindfulness and curiosity to decide the outcome of a mock court case on "is pornography harmful".	What is misogyny and misandry? Sharing posts online that are racist, homophobic - should this be allowed? How can someone be radicalised online?	Identifying your work values, rights and responsibilities.	Strategies to challenge discrimination and prejudice. The unacceptability of forced marriage and how to seek help.	Developing self-assurance to make effective decisions about staying safe online and in relationships.
<b>Understanding Diversity</b>	Focus mental wellbeing and people who struggle with a range of challenges. What impacts mental wellbeing and the masking of mental health issues. Good mental health vs poor mental health.	Characteristics of healthy and unhealthy relationships. Ethical porn vs porn. Video of Tiktok stars - Matthew and Ryan discussing relationship expectations for a healthy relationship. Recognising different types of 'child-on-child abuse'.	Different types of online relationships.	Choosing a pathway that is suitable for you - flowchart of decisions.	Different types of relationships; Is marriage still relevant in today's society? Protected Characteristics and the Equality Act of 2010, respecting gender identity.	Understanding that there are different perceptions about cosmetic procedures, and the people who choose to have these.
<b>Literacy Reading, Oracy</b>	Excerpt (Author's Note) from "The Worst Thing" - a book written by a sibling who lost her brother to drug overdose.	Oracy - students develop questions and answer these in detail. Key vocabulary - child-on-child abuse.	Oracy: Debates - Is the internet a haven for misogyny? "If you want to stay safe on a night out, you should learn self-defence." Key vocabulary - VPN, anti-virus software, radicalisation. Article - "Ashling Murphy: 'What happened to her could have happened to me'".	Oracy - "It's OK to not know what you want to do in the future."	Written and Oracy: Evaluating the impact of inaccurate info and extremist viewpoints on social media.	Oracy: "You should never have cosmetic procedures." Key vocabulary: tattooing, piercing, body wrapping and subdermal implants.
<b>Gatsby, Careers</b>				What will I do when I leave school? Post 16 pathways, including apprenticeships, A-levels and T-levels. Work expectations.		
<b>Mental and Physical Well-being</b>	Drugs short term and long term impact on mental health; stress management techniques; early warning signs of mental health conditions such as depression.	Signs and symptoms for overuse of pornography; child-on-child abuse.	Keeping safe on a night out - "Ask for Angela", watching out for spiked drinks.		How to recognise when social media disproportionately features inaccurate information or extreme viewpoints.	Physical wellbeing: cosmetic procedures, sexual safety.
<b>Cross-Curricular Links</b>	Science - drugs and their effect on the body.					
<b>Extra-Curricular Links</b>			First Aid			

<b>Precise Learning Endpoints</b>	Understand a range of mental health concerns and how to manage them; substance use and its impact on mental and physical health.	Understand relationship expectations and consent.  Evaluate the impact of pornography on relationships.	Develop personal responsibility for decision-making and strategies to keep teens safe, including online.	Explain a range of skills which are needed for future employments. Understand that online presence and reputation can impact future employment opportunities.	Exploring protected characteristics and committed relationships and inaccurate or extreme viewpoints.	Understand how to stay safe online and recognise extremist viewpoints.  Understand about cosmetic procedures and the risks associated with these. How to make healthy lifestyle choices relating to health, aesthetic procedures such as tattooing and piercing.
<b>Personal Development</b>	<b>Autumn Term</b>		<b>Spring Term</b>		<b>Summer Term</b>	
<b>Year 11</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Topic Summary</b>	<b>Post 16 Education and Training / Money Management (LWW)</b>	<b>Healthy Relationships (RSE)</b>	<b>Healthy Lifestyle Choices (HWW)</b>	<b>Families and Relationships (RSE)</b>	<b>Preparing for Your Future (LWW)</b>	
<b>Thinking Hard</b>	Identifying opportunities and goals.  Understanding a range of post 16 qualifications and which are appropriate for different pathways.  Exploring the issues with gambling, fraud and cybercrime.	Managing relationship challenges and endings; warning signs of an unhealthy relationship.  Dilemma: How would you react if you knew someone was experiencing abuse but someone said 'it's nothing to do with us – it is between them? If he/she doesn't like it he/ she can leave?'	Would you consider blood donation?  Is the use of foetal stem cells ethical to cure conditions?  How do you check yourself?	Reasons why families change.  What are the qualities of a good parent?  Evaluate beliefs, influences and circumstances that inform decisions surrounding pregnancy.  What factors affect a person's fertility?  Parental responsibilities, according to the law.	Evaluate financial advantages and disadvantages and risks in relation to different models of employment.	
<b>Developing Character</b>	Developing self-assurance, grit and optimism when looking at post 16 qualifications and future goals.	Exploring personal values in a relationship.	Why give blood? - What's in it for me?  Live organ donation - true story (Dad saves son's life by donating a kidney).	How to access support and advice in relation to pregnancy and miscarriages; how to show compassion and empathy for others who are experiencing challenging situations.	How to build self-worth by reflecting on and celebrating successes and reframing setbacks and failures.	
<b>Understanding Diversity</b>	Different types of career are open to all students whatever their background. No limits to your destination.  Understanding the different obstacles people have in their lives, and how they overcome these.	Healthy vs unhealthy relationships.	Smoking vs Vaping - why do people smoke or vape?  What blood types are universal donors? What is the rarest blood types?	Exploring different types of families - nuclear, single parent, same sex, blended, adoptive.  What sort of partner would make a good person to have a child with?  Healthy development of a pregnancy.  What might influence someone's views on abortion?	Setting realistic goals for you - there is no "one size fits all" approach.	
<b>Literacy Reading, Oracy</b>	Oracy - students to provide detailed verbal responses to thinking questions.	Written responses justifying opinions and providing examples to further illustrate points. Focus on SPAG.	Article - Nicotine, Vaping and Addiction (use reciprocal reading with class).	Oracy - In the case of unplanned pregnancy, what are the options?		
<b>Gatsby, Careers</b>	Planning for the future and choosing courses.				Making informed decisions about post-16 education and career pathways; different types of employment and contractual terms (part-time, full-time, self-employment, zero hours contracts, etc).	
<b>Mental and Physical Well-being</b>	Mental wellbeing: the negative impact gambling can have on this.	How to recognise the warning signs of unhealthy relationships.		Managing grief and loss.		
<b>Cross-Curricular Links</b>			Science: Stem cells, organ donation and blood types.	Science: fertility, pregnancy and miscarriage.		
<b>Extra-Curricular Links</b>						
<b>Precise Learning Endpoints</b>	Understand what I need to do to identify and plan to achieve future life goals.	Understand that values play an important role in relationships and managing their challenges.  How to maintain sexual health and where to access sexual health services.	Understand the facts surrounding blood, organ and stem cell donation.	Understand the intricacies of families and parenting; including fertility, adoption, abortion, pregnancy, loss, etc and the challenges surrounding them.	Understand the different types of employment and their advantages and disadvantages. How to set realistic, aspirational goals.	