

Summer Health & Wellbeing Emotional Wellbeing & Mental Health Sequence of lessons	Core knowledge/Lesson Objective	Links to Statutory Guidance/Evidence Based practice	Core vocabulary	Prior Knowledge
1. Emotional Wellbeing	Know the characteristics of mental & emotional health and the factors that affect it Know the importance of good mental health Know the impact of poor mental health	how to talk about their emotions accurately and sensitively, using appropriate vocabulary. how to recognise the early signs of mental wellbeing concerns.	Mental Health Mental Illness Anxiety Depression Stress Grief Coping strategies Bereavement Denial Bargaining Acceptance	KS3 PD work on emotional and mental health and wellbeing, stress management, influences on our self-esteem
2. Managing Bereavement	Know the stages of grief Know different ways people cope with grief Know how to support people who have suffered with bereavements	common types of mental ill health (e.g. anxiety and depression). the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.		
5. Consolidation/Assessment	Retrieval practice – what have I learnt & end of unit assessment	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.		
		Cognitive Science PSHE association		

Summer SRE Sex & Choices Sequence of lessons	Core knowledge/Lesson Objective	Links to Statutory Guidance/Evidence Based practice	Core vocabulary	Prior Knowledge
1. Sexual Consent	Know what is meant by consent and in particular sexual consent Know the law regarding sexual consent in different scenarios and the consequences of breaking this law.	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. how stereotypes, in particular stereotypes based on sex, gender, sexual orientation, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).	Consent Contraception Sexually Transmitted Infection Pregnancy Abortion Adoption Risk-taking behaviour Heterosexual Homosexual	Year 9 Sexual Relationships Consent Year 8 Effects of drugs and alcohol
2. Contraception	Know what is contraception and why it is used Know the different types of contraception and the pros and cons of each one.	the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, and how these can affect current and future relationships.		
3. STI's	Know what are STI's Know different types of STI's, their symptoms, potential impact and how/where to seek medical advice	how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn. how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust		
4. Teenage/unplanned pregnancy	Know the consequences of teenage/unplanned pregnancy Know what options people have if they are pregnant	- that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. - that they have a choice to delay sex or to enjoy intimacy without sex. - the facts about the full range of contraceptive choices, efficacy and options available.		
5. Sex & risk-taking behaviour	Know what is risk-taking behaviour Know the link between risk-taking behaviour and sex and the consequences this can have	that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).		
6. Same sex relationships	Know the similarities and differences between heterosexual and homosexual relationships Know the challenges that people may face as part of the LGBTQ community	- how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. - about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. - how the use of alcohol and drugs can lead to risky sexual behaviour. - how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.		
7. Consolidation/End of Unit Test	Retrieval practice	Cognitive Science		

Summer SRE Sex & Society Sequence of lessons	Core knowledge/Lesson Objective	Links to Statutory Guidance/Evidence Based practice	Core vocabulary	Prior Knowledge
1.Pornography	Know what is pornography and the harm it can cause to viewers and people involved in the industry Know the impact viewing porn can have on relationships	how stereotypes, in particular stereotypes based on sex, gender, sexual orientation, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).	Pornography Harassment Stalking Harmful Sexual Behaviour Revenge porn Sexism Derogatory language Explicit Indecent Upskirting	Year 9 Sexual Relationships Consent Keeping safe in relationships
2.Sexual Harassment	Know what constitutes as harassment and stalking and the impact this can have Know the different types of abuse harassment can relate to (HSB)	the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, and how these can affect current and future relationships. how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn.		
3.Revenge Porn	Know what is revenge porn, the law, the impacts this can have Know what to do if you are a victim	how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust		
4. Sexism & Gender prejudice	Know what is sexism and gender prejudice and the impact this can have (including derogatory language)	• what constitutes sexual harassment and sexual violence and why these are always unacceptable. • the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.		
5.Consolidation/end of unit test	Retrieval practice	• not to provide material to others that they would not want shared further and not to share personal material which is sent to them. • the impact of viewing harmful content. • that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. • that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.		

Summer (form time) Health & Wellbeing Adult Health Choices Sequence of lessons	Core knowledge/Lesson Objective	Links to Statutory Guidance/Evidence Based practice	Core vocabulary Vaccination Cancer Organ donation Stem cell treatment Blood donation Tattoo Cosmetic surgery Self-examination	Prior Knowledge
1.Cancer Awareness	Know how the lifestyle choices we make can put us more at risk of certain cancers and preventative changes we can make. Know how cancer develops in the body, how it's treated and why it can be hard to treat.	- about the science relating to blood, organ and stem cell donation. - the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.		First Aid Year 8 Science – cell donation Year 8 Vaccinations Year 7 Personal Hygiene
2. Organ & Blood donation, stem cells	Know the different responsible health choices we need to make and know the impact of these on others. Know what could happen to our health if we don't look after our personal hygiene and get vaccinated. Know how donation helps our wider community.	how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer. the facts and science relating to immunisation and vaccination.		
3. Tattoos & Piercings	Know the potential problems getting tattoos and body piercings at a young age can cause including the long and short term consequences	(late secondary) the benefits of regular self-examination and screening. - life-saving skills, including how to administer CPR.		
4. Cosmetic Surgery	Know the risks of cosmetic surgery and safer alternatives	basic treatment for common injuries.		
5.Personal Safety & First Aid	Know ways we can improve our levels of personal safety and what to do in different types of medical emergency including drug/alcohol overdose	the purpose of defibrillators and when one might be needed.		
6.Consolidation/End of Unit Assessment	End of Unit Assessment to test knowledge gained during unit	Cognitive Science		

