

Planet You (PSHE) Timetabled Lessons – Key Stage 3 & 4 Overview

	Autumn Term		Spring Term		Summer Term	
Core Themes	Health and Wellbeing		Living in the Wider World		Relationships	
	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Key Stage 3 & 4	1. How to manage transition 2. How to maintain physical, mental and emotional health and wellbeing including sexual health 3. About parenthood and the consequences of teenage pregnancy 4. How to assess and manage risks to health and to stay, and keep others, safe 5. How to identify and access help, advice and support	6. How to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; emotional health and wellbeing and sexual health 7. How to respond in an emergency including administering first aid 8. The role and influence of the media on lifestyle.	1. About rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy 2. How to make informed choices and be enterprising and ambitious	3. How to develop employability, team working and leadership skills and develop flexibility and resilience 4. About the economic and business environment 5. How personal financial choices can affect oneself and others and about rights and responsibilities as consumers.	1. How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills 2. How to recognise and manage emotions within a range of relationships 3. How to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse, sexual and other violence and online encounters	4. About the concept of consent in a variety of contexts (including in sexual relationships) 5. About managing loss including bereavement, separation and divorce 6. To respect equality and be a productive member of a diverse community 7. How to identify and access appropriate advice and support.