



## 'Excellence for All'

# Long Term Plan PSHE



Half term	Unit title	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic)	Link to subject ethos 'Excellence for All'	Anticipated misconceptions	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
Y8 HT1	Being Me in My World (Mental Health and Wellbeing Focus)	Attitudes to mental health  Promoting	What is mental health? I can articulate some aspects of mental health disorders and discern truth from fiction I can signpost support for mental health issues  I can explain	Understanding the value of good mental health. That you grow in resilience and can learn to reframe failure. The importance and value of kindness over bullying.	That mental health is something that cannot be worked on  Not knowing what resilience is or that it is a skill that can be learned  The law surrounding sending nude	Y7 - spiral curriculum Importance of positive friendships, positive self image and damaging effects of social media.	Spiral curriculum is built on throughout KS3 and 4	Looking at the Law - protected characteristics , The Equality Act 2010	Acceptance of and engagement with the fundamental British Values of the Rule of Law. Willingness to reflect on their experiences	Visiting speaker opportunity - MESMAC The Warren Hull - Mind	The Law Sociology

		wellbeing and resilience	factors that affect resilience and wellbeing I can identify ways to promote wellbeing and resilience I can re-frame failure	That there are dangers and consequences to sexting	photographs						
		Digital resilience	I can evaluate the positive and negative impact of social media on emotional wellbeing I can describe strategies for developing digital resilience								
		Cyberbullying	I can define cyberbullying I can define when 'banter' becomes bullying Students understand that using the term 'gay' can be offensive								
		Sexting	I understand what sexting is I understand the possible legal consequences								

		Peer pressure	<p>of sending a nude picture Students can discuss if girls have a more positive or negative experience online</p> <p>I can define peer pressure I know what a good friend looks like I can give advice about how to resist peer pressure.</p>								
		Digital resilience	<p>I can examine how going online can influence the way we feel, think and act To understand what digital resilience is</p>								