

## Autumn Term 1 & 2

| W/C                                                         | Week 1                                                                                               | Week 2 | Week 3                                                                                                           | Week 4 | Week 5                                                                                                                | Week 6 | Week 7                                                                                                                           | Week 8 | HALF TERM |
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| Core Theme<br>Topic - RSHE<br>JRL                           | Personal Safety<br><br>Staying Safe & Building Respect                                               |        | Personal Safety<br><br>Staying Safe & Building Respect                                                           |        | Personal Safety<br><br>Staying Safe & Building Respect                                                                |        | Wellbeing<br><br>Physical Health & Mental Wellbeing                                                                              |        |           |
| Challenge<br>Objective and<br>content (for all<br>learners) | STATUTORY HEALTH 26<br>Personal Safety<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Staying Safe</a> |        | STATUTORY HEALTH 26<br>Peer Pressure & Risk Taking<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Staying Safe</a> |        | STATUTORY HEALTH 26<br>Personal Safety in Public Spaces<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Staying Safe</a> |        | STATUTORY HEALTH 26<br>Health, Wellbeing & Mental Health<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Health &amp; Wellbeing</a> |        |           |
| Core Theme<br>Topic - RAL<br>Future You                     | Personal Safety<br><br>Staying Safe & Building Respect                                               |        | Personal Safety<br><br>Staying Safe & Building Respect                                                           |        | Personal Safety<br><br>Staying Safe & Building Respect                                                                |        | Personal Safety<br><br>Staying Safe & Building Respect                                                                           |        |           |
| Challenge<br>Objective and<br>content (for all<br>learners) | STATUTORY HEALTH 26<br>Loneliness<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Staying Safe</a>      |        | STATUTORY RSE 26<br>Is it Bullying or Banter?<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Staying Safe</a>      |        | STATUTORY RSE 26<br>Respect & Women<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Staying Safe</a>                     |        | STATUTORY RSE 26<br>Why Sexist Jokes are Wrong<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Staying Safe</a>                     |        |           |
| Other<br>Opportunities                                      |                                                                                                      |        |                                                                                                                  |        |                                                                                                                       |        |                                                                                                                                  |        |           |

| W/C                                                         | Week 1                                                                                                                                    | Week 2 | Week 3                                                                                                                      | Week 4 | Week 5                                                                                                                                 | Week 6 | CHRISTMAS |
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| Core Theme<br>Topic - RSHE<br>JRL                           | Wellbeing<br><br>Physical Health & Mental Wellbeing                                                                                       |        | Wellbeing<br><br>Physical Health & Mental Wellbeing                                                                         |        | Wellbeing<br><br>Physical Health & Mental Wellbeing                                                                                    |        |           |
| Challenge<br>Objective and<br>content (for all<br>learners) | STATUTORY RSE & HEALTH 26<br>Positive Body Image & Healthy Eating<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Health &amp; Wellbeing</a> |        | STATUTORY RSE 26<br>Types of Bullying & Child Abuse<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Health &amp; Wellbeing</a> |        | STATUTORY HEALTH 26<br>Stress Management<br>(RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Health &amp; Wellbeing</a>                       |        |           |
| Core Theme<br>Topic - RAL<br>Future You                     | British Values & Citizenship<br><br>Money & Modern Society                                                                                |        | British Values & Citizenship<br><br>Money & Modern Society                                                                  |        | British Values & Citizenship<br><br>Money & Modern Society                                                                             |        |           |
| Challenge<br>Objective and<br>content (for all<br>learners) | UK Census Data & Responsible Citizenship<br>(RSE 7)<br>OneDrive: RSHE 7 – <a href="#">Money &amp; Media</a>                               |        | Intro to Tax & How Government Spends It<br>(RSE 7)<br>OneDrive: RSHE 7 – <a href="#">Money &amp; Media</a>                  |        | STATUTORY RSE 26<br>Advertising Tricks, Deepfakes & Financial Scams<br>(RSE 7)<br>OneDrive: RSHE 7 – <a href="#">Money &amp; Media</a> |        |           |
| Other<br>Opportunities                                      |                                                                                                                                           |        |                                                                                                                             |        | First Aid Workshops – 2hrs – For all pupils                                                                                            |        |           |

### Key to Spiral Thematic Approach across KS3

|                                      |                                     |                               |                                  |                                      |                              |
|--------------------------------------|-------------------------------------|-------------------------------|----------------------------------|--------------------------------------|------------------------------|
| Equality, Diversity & British Values | Personal Safety & Digital Awareness | Relationships & Sex Education | Modern Dangers: Online & Offline | Healthy Bodies & Emotional Wellbeing | Careers & Future You Matters |
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## Spring Term 1 & 2

| W/C                                                         | Week 1                                                                                                                                                                     | Week 2 | Week 3                                                                                                                                  | Week 4 | Week 5                                                                                                                          | Week 6 | HALF TERM |
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| Core Theme<br>Topic - RSHE<br>JRL                           | Staying Safe Online & Offline<br><br>Drugs Education                                                                                                                       |        | Staying Safe Online & Offline<br><br>Drugs Education                                                                                    |        | Staying Safe Online & Offline<br><br>Drugs Education                                                                            |        |           |
| Challenge<br>Objective and<br>content (for all<br>learners) | STATUTORY RSE & HEALTH 26<br>Cyberbullying, Online Grooming, Child Exploitation &<br>Online Protection (RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Dangerous Society</a> |        | STATUTORY HEALTH 26<br>County Lines- What is it & Who is at Risk<br>(RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Dangerous Society</a> |        | STATUTORY HEALTH 26<br>Alcohol Safety & Substance Misuse<br>(RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Dangerous Society</a> |        |           |
| Core Theme<br>Topic - RAL<br>Future You                     | Careers & Future You Matters<br><br>Unifrog                                                                                                                                |        | Careers & Future You Matters<br><br>Unifrog                                                                                             |        | Careers & Future You Matters<br><br>Unifrog                                                                                     |        |           |
| Challenge<br>Objective and<br>content (for all<br>learners) | GATSBY BECNHMARKS<br>Account Access & Questionnaire<br>(Unifrog Platform)                                                                                                  |        | GATSBY BECNHMARKS<br>How to Research Careers Safely & Explore LMI<br>(Unifrog Platform & Careers 8)                                     |        | GATSBY BECNHMARKS<br>How do Skills Grow over Time<br>(Unifrog Platform & Careers 7)                                             |        |           |
| Other<br>Opportunities                                      | 'Future You Matters' Parental Event                                                                                                                                        |        | Get Inspired Portsmouth Careers Event                                                                                                   |        | Ongoing Careers Speakers                                                                                                        |        |           |

| W/C                                                         | Week 1                                                                                                                                                                              | Week 2 | Week 3                                                                                                                                                                | Week 4 | Week 5                                                                                                                       | EASTER |
|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------------------------------------------------------------------------------------------------------------------------------|--------|
| Core Theme<br>Topic - RSHE<br>JRL                           | Diversity, Equality & British Values<br>Celebrating Differences                                                                                                                     |        | Diversity, Equality & British Values<br>Celebrating Differences                                                                                                       |        | Diversity, Equality & British Values<br>Celebrating Differences                                                              |        |
| Challenge<br>Objective and<br>content (for all<br>learners) | <b>STATUTORY RSE 26</b><br>What is your Identity & Breaking down Stereotypes,<br>with a focus on Disabilities (RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Celebrating Differences</a> |        | <b>STATUTORY RSE 26</b><br>Multicultural Britain, Prejudice & Discrimination, and being<br>Kind (RSE 8)<br>OneDrive: RSHE 8 – <a href="#">Celebrating Differences</a> |        | <b>STATUTORY RSE 26</b><br>Challenging Islamophobia<br>(RSE 8) OneDrive: RSHE 8 –<br><a href="#">Celebrating Differences</a> |        |
| Core Theme<br>Topic - RAL<br>Future You                     | Careers & Future You Matters<br>Aspirations & Entrepreneurs                                                                                                                         |        | Careers & Future You Matters<br>Aspirations & Entrepreneurs                                                                                                           |        | Careers & Future You Matters<br>Aspirations & Entrepreneurs                                                                  |        |
| Challenge<br>Objective and<br>content (for all<br>learners) | <b>GATSBY BENCHMARKS</b><br>Family, Culture & Career Aspirations<br>(Careers 8)<br>OneDrive: Careers 8 – <a href="#">Entrepreneurs &amp; Aspirations</a>                            |        | <b>GATSBY BENCHMARKS</b><br>Young Entrepreneurs in Action<br>(Careers 8)<br>OneDrive: Careers 8 – <a href="#">Entrepreneurs &amp; Aspirations</a>                     |        | <b>GATSBY BENCHMARKS</b><br>Double your Money<br>(DMT & presentation)                                                        |        |
| Other<br>Opportunities                                      | Police Workshops: Anti-Social Behaviour around town                                                                                                                                 |        | Police Workshops: Anti-Social Behaviour around town                                                                                                                   |        | Ongoing Careers Speakers                                                                                                     |        |

### Key to Spiral Thematic Approach across KS3

|                                      |                                     |                               |                                  |                                      |                              |
|--------------------------------------|-------------------------------------|-------------------------------|----------------------------------|--------------------------------------|------------------------------|
| Equality, Diversity & British Values | Personal Safety & Digital Awareness | Relationships & Sex Education | Modern Dangers: Online & Offline | Healthy Bodies & Emotional Wellbeing | Careers & Future You Matters |
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N.B: Please note that lessons across the term may change according to school/local/national context that needs addressing. Lessons may also take a different order to the plan above. **Backbone of resources- Creative Resources & Unifrog** (Last review: July26 RAL/JRL)

## Summer Term 1 & 2

| W/C                                                         | Week 1                                                                                                                                                            | Week 2 | Week 3                                                                                                                                                                 | Week 4 | Week 5                                                                                                                                                                                     | Week 6 | HALF TERM |
|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------|
| Core Theme<br>Topic - RSHE<br>JRL                           | RSE<br><br>Identity, Relationships & Sex Education                                                                                                                |        | RSE<br><br>Identity, Relationships & Sex Education                                                                                                                     |        | RSE<br><br>Identity, Relationships & Sex Education                                                                                                                                         |        |           |
| Challenge<br>Objective and<br>content (for all<br>learners) | STATUTORY RSE 26<br><br>Relationships & Sex Education<br><br>(RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Identity &amp; RSE</a>                                 |        | STATUTORY RSE 26<br><br>Being Yourself & Self-Love<br><br>(RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Identity &amp; RSE</a>                                         |        | STATUTORY RSE 26<br><br>Healthy Respectful Relationships<br><br>(RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Identity &amp; RSE</a>                                                       |        |           |
| Core Theme<br>Topic - RAL<br>Future You                     | Personal Safety & Digital Awareness<br><br>Digital Worlds & Emerging Dangers                                                                                      |        | Personal Safety & Digital Awareness<br><br>Digital Worlds & Emerging Dangers                                                                                           |        | Personal Safety & Digital Awareness<br><br>Digital Worlds & Emerging Dangers                                                                                                               |        |           |
| Challenge<br>Objective and<br>content (for all<br>learners) | STATUTORY RSE 26<br><br>AI & Chat Bots- How is it Changing the way we think<br><br>(RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Digital Worlds &amp; Dangers</a> |        | STATUTORY RSE & HEALTH 26<br><br>What is AI Generated Sexual Imagery & Deepfakes<br><br>(RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Digital Worlds &amp; Dangers</a> |        | STATUTORY RSE & HEALTH 26<br><br>Algorithms, Content, Illegal Online Behaviours & Digital Media<br>Literacy (RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Digital Worlds &amp; Dangers</a> |        |           |
| Other<br>Opportunities                                      | Options Chichester Workshop<br>Ongoing Careers Speakers                                                                                                           |        | Ongoing Careers Speakers                                                                                                                                               |        | Options Chichester Workshop<br>Ongoing Careers Speakers                                                                                                                                    |        |           |

| W/C                                                         | Week 1                                                                                                                                           | Week 2 | Week 3                                                                                                                               | Week 4 | Week 5                                                                                                                         | Week 6 | SUMMER |
|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------------------------------------------------------|--------|--------|
| Core Theme<br>Topic - RSHE<br>JRL                           | RSE<br><br>Identity, Relationships & Sex Education                                                                                               |        | RSE<br><br>Identity, Relationships & Sex Education                                                                                   |        | RSE<br><br>Identity, Relationships & Sex Education                                                                             |        |        |
| Challenge<br>Objective and<br>content (for all<br>learners) | STATUTORY RSE 26<br><br>What is Love<br>(RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Identity &amp; RSE</a>                                     |        | STATUTORY RSE 26<br><br>Sexual Orientation<br>(RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Identity &amp; RSE</a>                   |        | STATUTORY RSE & HEALTH 26<br><br>Dealing with Conflict<br>(RSE 8)<br><br>OneDrive: RSHE 8 – <a href="#">Identity &amp; RSE</a> |        |        |
| Core Theme<br>Topic - RAL<br>Future You                     | British Values & Citizenship<br><br>Politics & Leadership                                                                                        |        | British Values & Citizenship<br><br>Politics & Leadership                                                                            |        | British Values & Citizenship<br><br>Politics & Leadership                                                                      |        |        |
| Challenge<br>Objective and<br>content (for all<br>learners) | Why is Politics Important & How is our Country Run<br>(Citizenship 8)<br><br>OneDrive: Citizenship 8 – <a href="#">Politics &amp; Parliament</a> |        | Role of Prime Minister Vs The Monarchy<br>(Citizenship 8)<br><br>OneDrive: Citizenship 8 – <a href="#">Politics &amp; Parliament</a> |        | Political Debates & Parliament<br>(Citizenship 8)<br><br>OneDrive: Citizenship 8 – <a href="#">Politics &amp; Parliament</a>   |        |        |
| Other<br>Opportunities                                      | Ongoing Careers Speakers                                                                                                                         |        | Ongoing Careers Speakers                                                                                                             |        | Ongoing Careers Speakers                                                                                                       |        |        |

### Key to Spiral Thematic Approach across KS3

|                                      |                                     |                               |                                  |                                      |                              |
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| Equality, Diversity & British Values | Personal Safety & Digital Awareness | Relationships & Sex Education | Modern Dangers: Online & Offline | Healthy Bodies & Emotional Wellbeing | Careers & Future You Matters |
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