

IHS PSHE Overview Programme of Study 2024-25 – PSHE Lessons

Yr7 & 8 - once a week, 55mins;

Autumn Term

Week	Year 7	Year 8
AUTUMN – Puzzle 1	<i>Being Me In My World</i>	<i>Being Me In My World</i>
Week 1 2 nd Sept, Lesson 1	Who Am I?	Who Am I?
Week 2 9 th Sept, Lesson 2	My Influences	My 'Family'
Week 3 16 th Sept, Lesson 3	Peer Pressure and Belonging	'Family Factors'
Week 4 23 rd Sept, Lesson 4	My Online Identity	The Power of 1 st Impressions
Week 5 30 th Oct, Lesson 5	My Online Identity	The Power of 1 st Impressions
AUTUMN – Puzzle 2	<i>Celebrating Difference</i>	<i>Celebrating Difference</i>
Week 6 7 th Oct, Lesson 6	Prejudice and Discrimination	Prejudice and Discrimination
Week 7 14 th Oct, Lesson 7	Bubbles of Influence	Injustice
HALF TERM – w/b 21st Oct & 28th Oct		
Week 8 4 th Nov, Lesson 8	Challenging Stereotypes	When Things Go Right
Week 9 11 th Nov, Lesson 9	Human Rights and Protected Characteristics	Bullying
Week 10 28 th Nov, Lesson 10	Bullying	How I Can Make a Difference
AUTUMN – Puzzle 3	<i>Healthy Me</i>	<i>Healthy Me</i>
Week 11 25 th Nov, Lesson 11	Mindfulness	Supporting Myself and My Health
Week 12 2 nd Dec, Lesson 12	Nutrition and Exercise	Risks and Substances
Week 13 9 th Dec, Lesson 13		
CHRISTMAS HOLIDAY – w/b 16th Dec, 23rd Dec, 31st Dec		
Week	Year 7	Year 8
SPRING	<i>Healthy Me</i>	<i>Healthy Me</i>
Week 14 6 th Jan, Lesson 14	Sleep	Protecting My Physical Health
Week 15 13 th Jan, Lesson 15	Stress	Vaccination
Week 16 20 th Jan, Lesson 16	Choices	Health Choices and Peer Pressure
SPRING	<i>Relationships</i>	<i>Relationships</i>
Week 17 27 th Jan, Lesson 17	Qualities of healthier relationships	Being in control of...Myself
Week 18 3 rd Feb, Lesson 18	My Changing supportive relationships	Being in control of...My Relationships
Week 19 10 th Feb, Lesson 19	Getting On and Falling Out	Being in control of...Personal Space

HALF TERM – w/b 17 th Feb – 21 st Feb		
Week 20 24 th Feb, Lesson 20	Discerning external factors in relationships	Staying Safe in the Physical World
Week 21 3 rd March, Lesson 21	Assertiveness in relationships	Staying Safe in the Online World
	Changing Me	Changing Me
Week 22 10 th March, Lesson 22	Puberty	Different types of relationships
Week 23 17 th March, Lesson 23	Having a baby	What's in a Relationship?
Week 24 24 th March, Lesson 24	Family Relationships and Choices	Looks and Smiles
EASTER HOLIDAY – Friday 28 th March to Tuesday 22 nd April		
SUMMER	Changing me	Changing me
Week 25 (Tues) 22 nd April, Les 25	Image and Self-esteem	Pornography and Understanding Relationships
Week 26 28 th April, Lesson 26	My Changing Feelings	Alcohol
Summer	Dreams and Goals	Dreams and Goals
Week 27 5 th May, Lesson 27	What are my Dreams and Goals	Your Goals – Long Term
Week 28 12 th May, Lesson 28	Achieving my dreams and goals	What Money Can't Buy
Week 29 19 th May, Lesson 29	Coping strategies	Online Safety
HALF TERM – w/b 26 th May – 30 th May		
Week 30 2 nd June, Lesson 30	How responsible or risky choices can affect a person's dreams or goals	Money and Earnings
Week 31 9 th June, Lesson 31	How making risky or unsafe choices can affect someone's dreams and goals	The Price of Life
Week 32 16 th June, Lesson 32		
Week 33 23 rd Jun, Lesson 33		
Week 34 30 th Jun, Lesson 34		

Yr9-11 – once a fortnight, 55mins

Autumn Term

Week	Year 9	Year 10	Y11
AUTUMN Puzzle 1	<i>Being Me In My World</i>	<i>Being Me In My World</i>	<i>Being Me In My World</i>
Week 1/2 2/9 Sept Lesson 1	Being 'Me' in a group	Liberty & Safety in my World	Becoming an Adult
Week 3/4 16/23 Sept Lesson 2	Expectations & Perceptions of Relationships;	How I feel when things end	Relationships and the Law
Week 5/6 30 Sept / 2 Oct Lesson 3	Peer Approval	How social media affects me, my identity and culture	The Law and You
Week 7 14 Oct Lesson 4	Risks	Rated!	Me, the internet and the Law
HALF TERM – w/b 21 st Oct & 28 th Oct			
Week 8 4 Nov Lesson 4	Risks	Rated!	Me, the internet and the Law
Week 9/10 11/18 Nov Lesson 5	Consent	Risk	Emergency Situation
AUTUMN Puzzle 2	<i>Relationships</i>	<i>Relationships</i>	<i>Relationships</i>
Week 11/12 25 Nov/2 Dec Lesson 1	Power in relationships	Healthy, long-term relationships	Intimate Romantic Relationships
Week 13 9 Dec Lesson 2	Assertiveness and saying no	Love and loss	Gender Diversity and Sexuality
CHRISTMAS HOLIDAY – w/b 16 th Dec, 23 rd Dec, 30 th Dec			
Week	Year 9	Year 10	Y11
SPRING – Puzzle 2	<i>Relationships</i>	<i>Relationships</i>	<i>Relationships</i>
Week 14 6 Jan Lesson 2	Assertiveness and saying no	Love and loss	Gender Diversity and Sexuality
Week 15/16 13/20 Jan Lesson 3	Porn – is it real?	Healthy connections	Coming Out as LGBT+
Week 17/18 27 / 3 Feb Lesson 4	Contraception	Relationships – don't believe what you see!	Who holds all the cards?
Week 19 10 Feb Lesson 5	Consequences of unprotected sex	Better together?	The Last Taboos
HALF TERM – w/b 17 th Feb			
Week 20			

24 Feb	Consequences of unprotected sex	Better together?	The Last Taboos
Puzzle 3	Changing Me	Changing Me	Healthy Me
Week 21/22 3/10 Mar	Mental health	Changing society and me	Under pressure
Week 23/24 17/24 Mar	Change and our emotions	Managing change and decision making	Staying safe in sexual relationships
EASTER HOLIDAY – Friday 28th March to Tuesday 22nd April			
SUMMER	Changing me	Changing me	
Week 25 / 26 21/28 April	Better sleep	Geder identity	Exam Period Yr11s
Week 27/28 5/12 May	Resilience	Stereotypes and exploring relationships	
Week 29 19 May	Changing and Growing	Physical and emotional changes	
	Healthy Me	Healthy Me	Healthy Me
Week 30 2 June	Making healthier choices	My health MOT	Exam Period Yr11s
Week 31/32 9/16 Jun	Alcohol	What protects my health?	
Week 33/34 23 / 30 Jun	Using substances (including smoking)	Extraordinary bodies and minds	