The Sir John Colfox Academy

PSHE Learning Journey

YEAR 11

College
Apprenticeship
6th form
Goodbye Year 11

Forced marriage
Pregnancy
Different families
Manage influences & risk of body alternations
Access to health services
Emergency First Aid skills
Manage risk & Safety

Changing relationships
Marriage
Parental responsibilities
Relationships
Blood & Organ donation
Cancer awareness & self examination
Responsible health choices
Health & Wellbeing
Unhealthy relationships
Harassment
Unwanted attention
Gender identity, expression and sexual orientation
Communication
Relationships
Career progression
Skills for future education
Post 16 options
Living in the wider world
Healthy self concept
Future opportunities
Self Efficacy
Health & Wellbeing
Stress management
Ambition & unrealistic expectations
Balancing time online.
Next steps
Application process
Employment

Financial decision making
Gambling
Impact of advertising
Living in the wider world
Community cohesion
Debt
Fraud and Cybercrime
Radicalisation
Extremism
Equality act
Communities
Relationships
Role models
Media

YEAR 10

Impacts of drugs
Health & Wellbeing
Impacts of the media
Pleasure
Relationships
Readiness for work
Career pathways
Living in the wider world
Transition & change
Stigma
Ill health
Health & Wellbeing
Impacts of gangs
Exploring influences
Pornography
Myths & challenges
Sex expectations
Relationships
Preparation for work experience
Evaluating strengths & weaknesses
Safeguarding health
Mental health

Realistic goals
Online presence
Employability skills
Living in the wider world
Attitudes to pornography
Contraception
STI's
Consent
First aid
Lifestyle balance
Diet
Goal setting
Setting goals
Conflict resolution
Families
Relationships
Substance misuse
Health & Wellbeing
Healthy & unhealthy friendships
Gang exploitation
Parenting
Relationship changes
Living in the wider world
Career options
GCSE Options
Health & Wellbeing
Exercise
Healthy choices
Relationships

YEAR 9

Types & patterns of work
Equality of opportunities in careers
Life choices
Living in the wider world
Introduction to contraception
Consent
Relationships
Body image
Mental health
Gambling hooks
Online Safety
Living in the wider world
Stereotyping
Relationships
Drugs Misuse
Health & Wellbeing
Sexual images
Gender identity
Coping strategies
Emotional wellbeing
Health & Wellbeing
Media reliability
Digital Literacy
Discrimination
Prejudice
Pressure relating to drugs and alcohol.
Alcohol

YEAR 8

Raising aspirations
Enterprise skills
Teamwork
Careers
Living in the wider world
Relationships boundaries
Romance
Relationships
FGM
Puberty
Healthy routines
Budgeting
Financial decision making
Bullying
Diversity
Self worth
Unwanted contact
Influences on health
Friendships, including online
Saving & borrowing
Living in the wider world
Prejudice
Relationships
First aid
Diet, exercise & healthy choices
Personal safety
Transition to secondary school
Health & Wellbeing

YEAR 7

Sex education
Mental wellbeing
Changing adolescent body
Respectful relationships
Being safe
Families & People that care
Drugs, alcohol and tobacco
Basic first aid
Healthy eating
Internet safety & harms
Physical health and fitness

PRIMARY SCHOOL

welcome

Three core themes:
Health & Wellbeing
Relationships
Living in the wider world

A Comprehensive PSHE programme enables students to develop the understanding, skills and attributes to lead safe and healthy lives.