

PSHE at Test Valley School 2020-21

Year 7

Autumn 1 How we learn	Autumn 2 Sex and relationships	Spring 1 Money management	Spring 2 Health and wellbeing	Summer 1 Careers	Summer 2 E-Safety
Recovery Curriculum	Keeping friendships	Personal finance	Well being	Career pathways	How to report
Ground Rules	Ending Rumour	Money?	Emotional awareness	Career Pathways	Indecent images
How we learn	Family types	Value of money!	Overall coping	Further education	Cyber bullying
Managing Home learning	Dealing with feelings	Personal budget	Managing feelings	Higher education	Online gaming risks
Metacognition	Ban the banter	Cost of a phone	Eating for health	Higher education	Accepting cookies
Memory Retrieval	No outsiders	Gaming credit	Mindfulness	Career structures	Terms and conditions
Spaced learning		Hidden charges	Physical health		

Year 8

Autumn 1 How we learn	Autumn 2 Money management	Spring 1 Health and wellbeing	Spring 2 Careers	Summer 1 E-Safety	Summer 2 Sex and relationships
Recovery Curriculum	Getting a job, minimum wage	Body image	Career Pathways	How to report	Intimate relationships
Ground Rules	Opening a bank account	Impact of social media	BTEC qualifications	Indecent images	Peer pressure
How we learn	Saving for the future	Bullying/peer pressure	Careers in the forces	Cyber bullying	What is consent?
Managing Home learning	Budget challenge	Developing self-esteem	Linking subjects to career path	Online shopping	Why have sex?
Metacognition	What is gambling?	Healthy exercise	Career videos	Crowd funding	Contraception
Memory Retrieval		How to be mindful	Career videos		What is sexting?
Spaced learning		Being mindful			

Year 9

Autumn 1 How we learn	Autumn 2 E-Safety	Spring 1 Careers	Spring 2 Sex and relationships	Summer 1 Money management	Summer 2 Health and wellbeing
Recovery Curriculum	How to report	Red lines	Stereotypes	Debit cards	Ideals of body image
Ground Rules	Harassment and stalking	Guess my career	History of LGBT+	Credit cards	Body image - media
How we learn	Managing risk online	Rate my subject	Marriage	Contactless payment	Eating disorders
Managing Home learning	Comparison of people	Rate my subject	Positive and negative relationships	Online shopping	Healthy lifestyles
Metacognition	Positive viral content	My skills profile	Abusive relationships	What is gambling?	Resilience
Memory Retrieval	Consolidation	My skills profile	Peer pressure		Self-harm
Spaced learning					Self regulation online

Year 10

Autumn 1 How we learn	Autumn 2 E-Safety	Spring 1 Sex and relationships	Spring 2 Careers	Summer 1 Money management	Summer 2 Health and wellbeing
Recovery Curriculum	How to report	Equality	Crystal Ball	Hire purchase	Stress and anxiety
Ground Rules	Online gaming	Domestic abuse	Personal branding	Direct debits	Getting organised
How we learn	Virtual footprint	What to revise	Personal branding	API rate	Emotional health
Managing Home learning	Big data	How to prepare for exams	College and 6 th form types	Budgeting	Stresses and solutions
Metacognition	Social media careers	Legal rights in marriage	Level 3 qualifications	Ethical consumerism	Getting support
Memory Retrieval	consolidation	Legal rights relationships	Soft skills	KS4 wages	Getting support
Spaced learning		Coercive control		Student finance	Building self esteem

Year 11

Autumn 1 How we learn	Autumn 2 careers	Spring 1 Health and wellbeing	Spring 2 E-safety
Recovery Curriculum	CVs and personal statements	Getting into gear for exams	How to report
Ground Rules	College courses	Stress and managing it	Internets and stress
How we learn	Futures portfolio	Help! I'm stressed	Fake news
Managing Home learning	College applications	Keeping perspective	Online banking
Metacognition	Options reflection	Work life balance	Internet revision
Memory Retrieval	Apprenticeships	Sleep, natures treat	consolidation
Spaced learning		Keeping activie	

PSHE days					
	year 7	year 8	Year 9	Year 10	Year 11
October	Substance abuse -	Substance abuse -	Substance abuse -	Substance abuse -	Substance abuse -
	including smoking, drinking and drugs	including smoking, drinking and drugs	including smoking, drinking and drugs	including smoking, drinking and drugs	including smoking, drinking and drugs
February	Careers focus day	Safety day - including first aid	Citizenship	Put your money where you mouth is	Budgeting in the real world
June	Challenge and thinking skills	Dream day (careers)	Discrimination and anti-social behaviour	Ambassador event (careers)	