

Obj No	PSHCE - Year 7	Started (/) Completed (X)	Level Achieved
	Living In The Wider World		
1	Introduction to PSHE.		1 2 3 4 5 6 7 8
2	How can we be aspirational students.		1 2 3 4 5 6 7 8
3	Why do we need self-esteem and how do we build it up.		1 2 3 4 5 6 7 8
4	Being a resilient student.		1 2 3 4 5 6 7 8
5	To benefit the community through organised campaigns.		1 2 3 4 5 6 7 8
6	how do I set up a budget and cope with the unexpected		1 2 3 4 5 6 7 8
7	Identify the negative internet uses and the information we should not make public.		1 2 3 4 5 6 7 8
8	Describe how an online groomer uses social media		1 2 3 4 5 6 7 8
9	How we can Budget our money.		1 2 3 4 5 6 7 8
10	Identify the correct order in which to make the most common transactions and demonstrate two successful transactions.		1 2 3 4 5 6 7 8
11	Identify the best saving accounts and the most risky loan products.		1 2 3 4 5 6 7 8
12	Describe the dangers of personal loans through the creation of a web-page for students		1 2 3 4 5 6 7 8
13	Discover and describe our personal identities, identifying our heritage and describing the contributions of our cultures in helping to form Britain today		1 2 3 4 5 6 7 8
14	Discover and describe our personal identities, identifying our heritage and describing the contributions of our cultures in helping to form Britain today		1 2 3 4 5 6 7 8

Obj No	PSHCE - Year 7	Started (/) Completed (X)	Level Achieved
	Health & WellBeing		
1	To differentiate between personal identity and social identity.		1 2 3 4 5 6 7 8
2	What do we need to keep healthy?		1 2 3 4 5 6 7 8
3	to recognise their personal strengths and how this affects their self-confidence and self-esteem		1 2 3 4 5 6 7 8
4	To know that FGM is illegal in the UK (and that it is also a criminal offence to take a UK citizen abroad for the purpose of FGM, whether or not it is lawful in the other country)		1 2 3 4 5 6 7 8
5	Difference between Forced and Arrange Marriages		1 2 3 4 5 6 7 8
6	The dangers of smoking and second hand smoke		1 2 3 4 5 6 7 8
7	Describe some negative effects of both legal and illegal drugs.		1 2 3 4 5 6 7 8
8	Identify of not living and eating healthy		1 2 3 4 5 6 7 8
9	Correctly identify mental health illnesses and their symptoms.		1 2 3 4 5 6 7 8
10	Describe possible ways for us to retain good mental health.		1 2 3 4 5 6 7 8
11	Identify the meaning of the term healthy lifestyle and the main factors that contribute towards a healthy lifestyle.		1 2 3 4 5 6 7 8

Obj No	PSHCE - Year 7	Started (/) Completed (X)	Level Achieved
	Relationship		
1	Whether the situations are 'banter' and bullying.		1 2 3 4 5 6 7 8
2	Identify different types of Cyber Bullying		1 2 3 4 5 6 7 8
3	Identify ways we can manage our anger in a variety of different circumstances.		1 2 3 4 5 6 7 8
4	Correctly identify ways we can develop genuine friendships		1 2 3 4 5 6 7 8
5	Identify the different types of family and the roles of family members.		1 2 3 4 5 6 7 8
6	Describe some ways of avoiding dangerous relationship and maintaining positive ones.		1 2 3 4 5 6 7 8
7	Discover and describe our personal identities, identifying our heritage and describing the contributions of our cultures in helping to form Britain today		1 2 3 4 5 6 7 8
8	Identify different types of radical groups		1 2 3 4 5 6 7 8
9	Describe how a group may try and radicalise someone		1 2 3 4 5 6 7 8
10	Describe how people gained different traits and characteristics and what this means about the human race		1 2 3 4 5 6 7 8

Obj No	PSHCE - Year 8	Started (/) Completed (X)	Level Achieved
	Living In The Wider World		
1	Identify the main environmental issues the world faces, what causes them and what you can do to help prevent further damage.		1 2 3 4 5 6 7 8
2	Explain the statistics behind environmental damage, analyse whether you are doing enough to help and if we all have a duty as global citizens to do more.		1 2 3 4 5 6 7 8
3	Correctly identify the different ways an online groomer will try to exploit someone.		1 2 3 4 5 6 7 8
4	Explain the importance of particular communication skills and demonstrate new skills through communicating with a partner in front of the class.		1 2 3 4 5 6 7 8
5	Describe ways we can sensibly manage our personal and household budgets and how we can save money.		1 2 3 4 5 6 7 8
6	Demonstrate accurately new first aid skills as well as analysing the best way of minimising risk to ourselves in dangerous situations.		1 2 3 4 5 6 7 8
7	Correctly identify countries where far more needs to be done to improve LGBTQ rights. Explain the everyday issues the LGBTQ global community face and how they overcome them.		1 2 3 4 5 6 7 8
8	Identify the challenges we face but also the benefits we reap by working as part of a team. Complete a task as a team successfully.		1 2 3 4 5 6 7 8
9	Identify what makes a person an entrepreneur. Pick out the times the business people from our case studies have used enterprising skills.		1 2 3 4 5 6 7 8

Obj No	PSHCE - Year 8	Started (/) Completed (X)	Level Achieved
	Health & WellBeing		
1	How to make decisions that affect your health and about choices you can make to keep healthy		1 2 3 4 5 6 7 8
2	How to minimise harm and keep safe in various situations		1 2 3 4 5 6 7 8
3	To learn about risking on purpose and practice, managing risk		1 2 3 4 5 6 7 8
4	.To know that FGM is illegal in the UK. To know where and how someone can get help and support about FGM		1 2 3 4 5 6 7 8
5	Marriage is your choice and forced marriage is a violation of human rights.		1 2 3 4 5 6 7 8
6	Correctly identify ways we can practice mindfulness and ways mindfulness can help our mental health.		1 2 3 4 5 6 7 8
7	Identify and categorise the different health problems caused by smoking tobacco and cannabis and describe problems caused by nicotine.		1 2 3 4 5 6 7 8
8	Explain why the NHS have endorsed vaping as a stop smoking aid and whether or not this makes vaping a safe long term activity using new terminology.		1 2 3 4 5 6 7 8
9	Describe how the lifestyle choices we make can put us more at risk of certain cancers and preventative changes we can make.		1 2 3 4 5 6 7 8





Obj No	PSHCE - Year 9	Started (/) Completed (X)	Level Achieved
	Living In The Wider World		
1	Describe visually how different people can develop their interpersonal skills, and begin the plan to develop your own.		1 2 3 4 5 6 7 8
2	Describe some ways in which young offenders are treated differently to adults.		1 2 3 4 5 6 7 8
3	Describe visually how different people can develop their interpersonal skills, and begin the plan to develop your own.		1 2 3 4 5 6 7 8
4	Describe in some ways young offenders are treated differently to adults.		1 2 3 4 5 6 7 8
5	What punishments there are for young offender		1 2 3 4 5 6 7 8
6	Describe how modern slavery and human trafficking happen and the risks they pose to the victims and explain why modern slavery and human trafficking happen, how victims are trafficked, working conditions and the risk of abuse		1 2 3 4 5 6 7 8
7	Explain in which circumstances UNICEF provide aid to children and why.		1 2 3 4 5 6 7 8
8	Identify correctly the outcomes for consumers in situations where their rights have not been upheld.		1 2 3 4 5 6 7 8
9	Describe why we have consumer rights and what these rights are in particular circumstances.		1 2 3 4 5 6 7 8
10	Correctly identify ways we can avoid debt and stay financially savvy through case studies.		1 2 3 4 5 6 7 8



Obj No	PSHCE - Year 9	Started (/) Completed (X)	Level Achieved
	Health & WellBeing		
1	Recognise a range of strong emotions that affect how we feel. Reflect on how people can overcome negative feelings		1 2 3 4 5 6 7 8
2	Identify some rights and ages of responsibility, think about the importance of 'confidentiality' and find out about your rights to health and treatment		1 2 3 4 5 6 7 8
3	Identify some sources of help and support that help and support that people your age might need		1 2 3 4 5 6 7 8
4	To identify different stages of grief and how to support a person with grievances.		1 2 3 4 5 6 7 8
5	Correctly identify physical and mental symptoms of anxiety and some ways to deal with anxiety		1 2 3 4 5 6 7 8
6	Correctly identify mental health illnesses and the symptoms of stress		1 2 3 4 5 6 7 8
7	Marriage is your choice and forced marriage is a violation of human rights.		1 2 3 4 5 6 7 8
8	To know that FGM is illegal in the UK.		1 2 3 4 5 6 7 8
9	To know where and how someone can get help and support about FGM		1 2 3 4 5 6 7 8
10	Identify correctly the penalties and fines for Class A, B and C drugs in the UK.		1 2 3 4 5 6 7 8
11	Describe the short and long term risks of illegal drug use.		1 2 3 4 5 6 7 8
12	Correctly identify the consequences of knife crime and why young people become involved.		1 2 3 4 5 6 7 8
13	Describe the long term and short term consequences of carrying knives and why knife crime is difficult to prevent.		1 2 3 4 5 6 7 8
14	Correctly identify different eating disorders and their symptoms.		1 2 3 4 5 6 7 8
15	Describe possible ways for us to retain good mental and physical health to help prevent eating disorders developing		1 2 3 4 5 6 7 8





Obj No	PSHCE - Year 10	Started (/) Completed (X)	Level Achieved
	Living In The Wider World		
1	Identify examples of racism and explain some reasons why racism is wrong.		1 2 3 4 5 6 7 8
2	Identify how we can research careers successfully and create an action plan to find the right career to suit you.		1 2 3 4 5 6 7 8
3	Describe in detail how you will take each step on your action plan and what you hope to achieve at each stage.		1 2 3 4 5 6 7 8
4	Explain what you will do if you discover the career you were originally planning for isn't suited to your personality and qualifications.		1 2 3 4 5 6 7 8
5	Evaluate the most important factors to take into account when choosing a career.		1 2 3 4 5 6 7 8
6	Identify some considerations employers make when choosing who to employ		1 2 3 4 5 6 7 8
7	Apply legal knowledge to real life employment scenarios, clearly justifying choices made		1 2 3 4 5 6 7 8
8	Identify some considerations employers make when choosing who to employ		1 2 3 4 5 6 7 8
9	Question the law and how useful it is when considering the rights of both employers and employees		1 2 3 4 5 6 7 8

Obj No	PSHCE - Year 10	Started (/) Completed (X)	Level Achieved
	Health & WellBeing		
1	'I can analyse different methods of building self-esteem and identify my support network		1 2 3 4 5 6 7 8
2	'I can describe ways in which my self-esteem is affected by external influences'		1 2 3 4 5 6 7 8
3	Identify what causes people to have social anxiety and the physical symptoms of the condition.		1 2 3 4 5 6 7 8
4	Describe the different treatment available to people with social anxiety.		1 2 3 4 5 6 7 8
5	Identify ways we can manage our time effectively and sustainably through revision season.		1 2 3 4 5 6 7 8
6	Describe the main reasons why some people don't manage their time effectively – how we can avoid doing this and create our own effective time management plan for one day.		1 2 3 4 5 6 7 8
7	Correctly identify the ways people contrive online personas and the effects this can have on both our selfesteem and that of others.		1 2 3 4 5 6 7 8
8	Explain why people create online personas, the meaning of imposter syndrome and how people can get addicted to social media.		1 2 3 4 5 6 7 8
9	Describe visually how different people can develop their interpersonal skills, and begin the plan to develop your own.		1 2 3 4 5 6 7 8
10	Describe some ways in which young offenders are treated differently to adults.		1 2 3 4 5 6 7 8

Obj No	PSHCE - Year 10	Started (/) Completed (X)	Level Achieved
	Relationship		
1	Order excuses for prejudice in to how dangerous they can be and identify the main issues women face in the UK today.		1 2 3 4 5 6 7 8
2	Identify at least three new strategies to resolve and manage conflict as well as the different situations these can be used in.		1 2 3 4 5 6 7 8
3	Describe in detail how you could resolve or manage different conflicts using the strategies you will learn about today.		1 2 3 4 5 6 7 8
4	Correctly identify cases of both arranged and forced marriages and begin to describe the differences.		1 2 3 4 5 6 7 8
5	Explain the differences between forced and arranged marriages in detail and how a person can access help at different stages in the proceedings using new key terms		1 2 3 4 5 6 7 8
6	Describe what constitutes stalking and harassment and what can happen if people don't take reports of this seriously		1 2 3 4 5 6 7 8
7	Explain how victims are targeted, the abuse they suffer and correctly identify the different types of abuse and their effects.		1 2 3 4 5 6 7 8
8	Correctly identify ways that homosexual and heterosexual relationships differ and ways they are the same.		1 2 3 4 5 6 7 8
9	Describe the challenges that people in same sex relationships face and the meaning of LGBTQAI+		1 2 3 4 5 6 7 8







Obj No	PSHCE - Year 11	Started (/) Completed (X)	Level Achieved
	Health & WellBeing		
1	Identify statements that describe either a Fixed or a Growth Mindset.		1 2 3 4 5 6 7 8
2	Describe the attributes of a Fixed or Growth Mindset and how we can apply those of a Growth Mindset to our own lives.		1 2 3 4 5 6 7 8
3	Explain why a Growth Mindset can help us succeed and develop our skills and personal qualities.		1 2 3 4 5 6 7 8
4	Correctly identify physical and mental symptoms of anxiety and some ways to deal with anxiety		1 2 3 4 5 6 7 8
5	Describe possible ways for us to deal positively with anxiety in the form of a letter including statistics from health professionals		1 2 3 4 5 6 7 8
6	Explain how a teenager can deal positively with anxiety and help reduce the symptoms and the differences between stress, anxiety and depression		1 2 3 4 5 6 7 8
7	Correctly identify mental health illnesses and the symptoms of stress		1 2 3 4 5 6 7 8
8	Describe possible ways for us to retain good mental health and how we can deal positively with stress		1 2 3 4 5 6 7 8
9	Explain how you could apply ideas you have learned about dealing positively with stress to your own life		1 2 3 4 5 6 7 8
10	Correctly identify the symptoms of sleep deprivation, the benefits of quality sleep and create an infographic to teach others.		1 2 3 4 5 6 7 8
11	Describe in detail using statistics the benefits of quality sleep and the issues presented by sleep deprivation.		1 2 3 4 5 6 7 8
12	Explain articulately the benefits of sleep using new key terminology in the correct context, and the problems of cognitive function impairment.		1 2 3 4 5 6 7 8
13	Correctly identify the dangers of accessing, browsing and purchasing from the dark web.		1 2 3 4 5 6 7 8
14	Describe the differences between the dark web and the visible web and how criminal activity is detected onlin		1 2 3 4 5 6 7 8
15	Explain the legal ramifications and consequences of illegal web activity, and use new terminology to explain how the dark web operates.		1 2 3 4 5 6 7 8
16	Correctly identify the dangers of gambling and how they are everywhere in modern life.		1 2 3 4 5 6 7 8
17	Describe how it can be difficult it can be to avoid situations where you gamble, especially if you've done it before.		1 2 3 4 5 6 7 8

