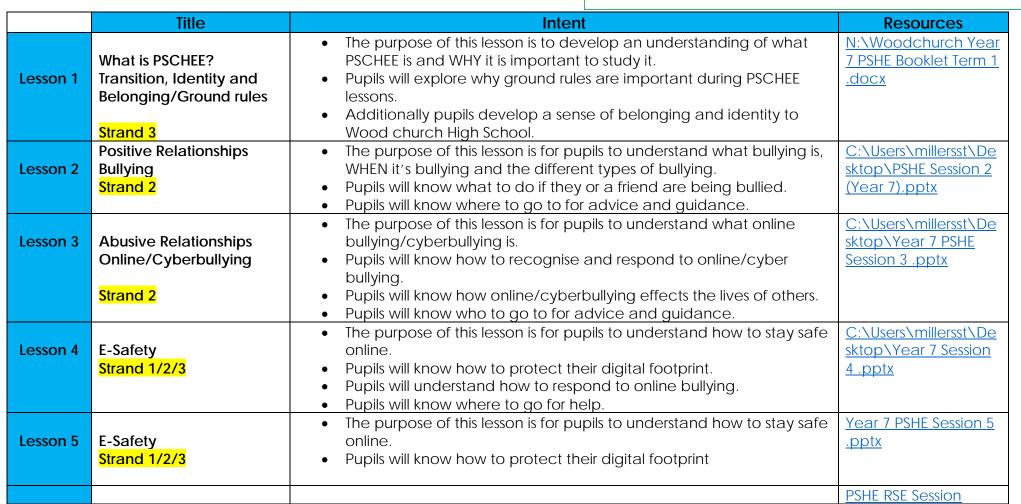
3 Strands:

- 1. Health and wellbeing
- 2. Relationships
- 3. Living in the wider world





Lesson 6	RSE Strand 1/2/3	 The purpose of this session is to understand that different kinds of relationships lead to different kinds of feelings and emotions. Pupils will know that there are different types of relationships including those within families, friendships, romantic and intimate relationships. 	<u>1.pptx</u>
Lesson 7	RSE (CSE) <mark>Strand 1/2/3</mark>	 The purpose of this lesson is to recognise the features of positive stable relationships. To recognise the features of unhealthy relationships. 	PSHE RSE Session 2.pptx Signs that a friendship is becoming toxic.docx
Lesson 8	RSE 2.2, 2.3 <mark>Strand 1/2/3</mark>	 The purpose of this lesson is to talk about when a friendship turns into a romantic relationship. Pupils will practice expressing these types of feelings. Pupils will understand how to deal with rejection. What is Consent? 	PSHE RSE Session 3.pptx
Lesson 9	Careers Education Strand 3	 Enterprise skills and introduction to careers. How to set realistic and ambitious targets and goals. (Link to Christian values) Pupils will understand the skills and attributes that employer's value. 	
Lesson 10	Careers Education Strand 3	 Pupils will learn about the skills and qualities required to engage in enterprise Pupils will understand the benefits of being a lifelong learners. Pupils will investigate the different options available to them at the end of Key Stage 3. 	
Lesson 11	Careers Education Strand 3	 Pupils will investigate the various routes into work, training and other vocational and academic opportunities and progression routes. What skills and qualities are required for your chosen careers? Pupils should be encouraged to be mindful of their chosen careers throughout their learning journey in Woodchurch. 	
Lesson 12	Health and wellbeing	 What is Mental Health? Causes and symptoms of mental and emotional health disorders. Pupils will be taught strategies on how to manage these and build 	

		resilience.
Lesson 13	Health and wellbeing	 Managing mental health : coping strategies The benefits of mindfulness/exercise/mood boosters/positive relationships
Lesson 14	Risky behaviour	 Introduction to appropriate and inappropriate behaviour Roles and responsibilities. Consequences of risky behaviour.
Lesson 15	Risky Behaviour	 Drugs/alcohol abuse What is a drug? What are the consequences of taking drugs? How does this impact on your quality of life and relationships?
Lesson 16	Money Management	 Pupils should know what a budget is How to manage a budget To understand the purpose of banks
Lesson 17	Money Management	 Pupils will know what debt is How to manage debt
Lesson 18	Healthy Choices	County Lines
Lesson 19	Healthy Choices	Diet/exercise
Lesson 20	9.2	Washing and cleaning teeth