

KS4 PSHE Programme of Study (2024 - 2025)

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk10	Wk 11	Wk 12	Wk 13	Wk 14	Wk 15
Autumn 1 – 8 weeks								Autumn 2 – 7 weeks						
Subject Area Topic Developing self-awareness, goal-setting, adaptability and organisation skills:								Subject Area Topic Developing empathy and compassion, strategies to manage influence and assertive communication:						
New Challenges	Reframing Negative Thinking	Recognising Mental Health	Change, loss & grief	Promoting emotional wellbeing	Substance use and assessing risk	Substance use and managing influence	Help seeking and support	Developing and learning new skills	Causes of cyber crime	Online Blackmail	Something is not right!	Disrespect nobody	Tackling violence against women and girls	Managing healthy and unhealthy relationship behaviours
Spring 1 – 7 weeks								Spring 2 – 6 Weeks						
Subject Area Topic Developing agency and decision making, strategies to manage influence and access support:								Subject Area Topic – Developing goal setting, leadership and presentation skills:						
how to identify risky and emergency situations, including online; how and when to seek help	importance of seeking help and giving accurate information, even in cases where there may be legal consequences for those involved	identify and manage the impact of substance use on personal safety, decision making and sexual behaviour	consolidate first aid and life-saving skills	evaluate and manage the opportunities and risks of establishing and conducting relationships online	how to behave legally, ethically and responsibly online, including in online aspects of relationships	options available in education, training and employment post-16	how to prepare for employment, including how to write a CV, apply for a job and prepare for interviews	skills for employability, e.g. leadership, teamwork and presentation skills	create and present a positive personal image and a positive online presence	assess and evaluate strengths to set realistic, aspirational goals				

Summer 1 – 4 Weeks					Summer 2 – 7 Weeks						
Subject Area Topic Developing respect for diversity, risk management and support-seeking skills:					Subject Area Topic Developing motivation, organisation, leadership and presentation skills:						
make informed decisions about marriage and other long term commitments	unacceptability of forced marriage and how to safely seek help	respect diversity in gender identity, sexual orientation, faith, race and disability	rights, roles and responsibilities in a diverse society and how to respect and advocate for them		strategies to challenge discrimination and prejudice-based bullying in relation to any of the protected characteristics of the Equality Act (2010)	manage the influence of gender and sexual norms and stereotyping	recognise when social media disproportionately features inaccurate information or extreme viewpoints; how to evaluate the potential impact of this	independently research and apply for work experience opportunities	Showcasing Personal Strengths	Managing Online Reputation	positive and safe ways to create and share content online and how to take advantage of the opportunities this may offer