

PCT – PSHE, Citizenship, British Values, Catholic Social Teaching, Liturgical Year, SMSC Provision Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Human Dignity	Solidarity and Peace	Care for Creation	Preferential Option for the Poor	Dignity for and of Work	Family and Community
Liturgical Calendar	Education Sunday	All Saints (1/11) – Mass All Souls & Remembrance	Epiphany of the Lord (6/1) Ash Wednesday (5/3)	Lent and Holy Week	Mary	St Peter and St Paul (29/6)
Pope Francis	Year of Prayer – Focus on the Our Father and Social Action	Year of Prayer – Focus on the Our Father and Social Action	Jubilee Year of Hope – Focus on Pilgrimage and Social Action	Jubilee Year of Hope – Focus on Pilgrimage and Social Action	Jubilee Year of Hope – Focus on Pilgrimage and Social Action	Jubilee Year of Hope – Focus on Pilgrimage and Social Action
Awareness	Black History Month International literacy day 8/9 International day of peace 21/9 ML – European Day of Lang 22/9	Remembrance Sunday Human Rights Day 10/12 Anti-bullying week 11-15 November	Holocaust Memorial Day 27/1 Mental Health week (12-18 May 25) Safer Internet Day (11/2) Bakhita Day (8/2)	Careers Week 1-6 Book Week 8/2 International Women’s Day 8/3 World Maths Days 7/3 Commonwealth Day 12/3 Science Week 11-20/3	St Georges Day 23/4 Neuro Diversity Celebration Week 22/4 Stephen Lawrence day	Mental Health Awareness Week Bastille Day 14/7 (MFL) International Albinism Awareness day (part of community theme and tolerance)
All year groups	<ul style="list-style-type: none"> Pupil Voice Forum Elections Wellbeing Reflection – setting targets Health Check Pupil Voice lesson University Challenge 7-10 Peer mentoring 	<ul style="list-style-type: none"> Online safety – Police Assembly Remembrance Activity Anti-Bullying Week & Activity (peer on peer) Christmas Hamper PPR Human Rights lesson Health Check PVL University Challenge 7-10 Peer mentoring 	<ul style="list-style-type: none"> HYP and PV lessons February – LGBTQ History Month Holocaust Memorial Day Safer Internet lesson Mental Health Week Health Check University Challenge MFL Assembly Mardi Gras KS3 7-10 Peer mentoring 	<ul style="list-style-type: none"> Reading – Literacy Activity International Women’s Day Careers Week & Science Week Health Check Pupil Voice lesson University Challenge MFL Assembly Easter KS3 7-10 Peer mentoring 	<ul style="list-style-type: none"> St George’s Day 23/4 Health Check Pupil Voice lesson University Challenge 	<ul style="list-style-type: none"> Sacred Heart Day 27/6 Sports day 4/7 Activities Week 16-18 July Health Check La Fete de la Musique Pupil Voice lesson University Challenge General Election Lessons
Year 7	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Relationships	Summer 1 Health & wellbeing	Summer 2 Living in the wider world
	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Created and loved by God Who am I? Changing Bodies Healthy inside and out Where we come from	Created to Love Others Created to Live in Community Family and friends My life on screen Living in the wider world Facts of life	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Financial decision making Saving, borrowing, budgeting and making financial choices
	Riot Response -British Values Catholic Values Charity Launch - Houses	Mary Meals – Charity British Values/Citizenship Criminal Justice	Values Oracy Pupil Progress 1	Oracy Careers Pupil Progress 2	How to revise Exams (WAM)	Oracy Task, Exams Pupil Progress 3 British Values/Citizenship Democracy
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Created and loved by God Created and chosen Appreciating differences Feelings Before I was born	Created to Love Others Created to Live in Community Tough relationships Think before you share Wider world The Trouble with Max	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
	Riot Response -British Values Catholic Values Charity Launch - Houses	How to debate &debate prep Oracy British Values/Citizenship Criminal Justice	Debates Round 1	Debates Round 2 How to revise Pupil Progress 2 Careers	Exams (WAM) Careers	Debates – Final Pupil Progress 3 British Values/Citizenship Democracy
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Created and loved by God The search for love Love people, use things In control of my choices Fertility and contraception	Created to Love Others Created to Live in Community Marriage One Hundred Percent Rights and Responsibilities Love, Honour and Cherish	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Employability skills Employability and online presence

	Riot Response -British Values Catholic Values Charity Launch - Houses	First Give, Oracy French Play, Values	First Give Oracy Consent Finance	First Give Oracy How to revise Careers	Exams (WAM)	Form Debates Money Employability
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Created and loved by God Authentic Freedom Self image Values attitudes and beliefs	Created to Love Others Parenthood Pregnancy and Abortion Abuse Solidarity	Exploring influence The influence and impact of drugs, gangs, role models and the media	Work experience Preparation for and evaluation of work experience and readiness for work
	Year 10 MFL Launch Assembly Riot Response -British Values Catholic Values Charity Launch - Houses	Charity French Play PP1 How to debate, prep & R1 British Values/Citizenship Criminal Justice	Debates Round 2 MFL Results Assembly (13/1) Finance	Exams (WAM) Pupil Progress 2 Careers	Leadership development Oracy development Pupil Progress 3	Debates – Final WAM St Dominic’s British Values/Citizenship Democracy
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Created and loved by God Self-Worth Addiction Eating Disorders	Keeping Safe and Personal Relationships Birth Control Pornography STIs Coercive Control	Independence Responsible health choices, and safety in independent contexts	
	Year 10 MFL Launch Assembly Riot Response -British Values Catholic Values Charity Launch - Houses	PPE Letter Writing Activity West Herts, NCS Assembly PPEs CSE, CCE lesson British Values/Citizenship Criminal Justice		Post 16 Readiness Pupil Progress 3 Careers		
Peer mentoring programme for Years 7-10 - Spring and summer Term.						
1. Problem Solving 2. Resilience 3. Team-work 4. The Importance of Extra-Curricular Activities 5. Experience of Extra- Curricular Activities 6. Preparation for Exams 7. Well Being – Importance 8. Well Being - Strategies						
Protected Characteristics Through PCT						
All – Catholic Social Teaching about Human Dignity – HT1, Care of God’s Creation HT3 – Family and Community HT4						
All – Daily Prayer PPTs						
1. Race - Black History Month, Stephen Lawrence Day 2. Sexual Orientation, Gender Reassignment - LGBT+ History Month, RSE Programme 3. Sex - International Women’s Day 4. Religious Persecution - Red Wednesday						

PSHE

National Curriculum documents

- PSHE Association KS3/4: Physical health and mental wellbeing & Relationships and sex education (Mapped NC Health Education and Relationships and Sex Education).
Physical health and mental wellbeing **(H)**, Relationships and sex education **(R)**
- Citizenship KS3 & 4 **(C)**

YEAR 7 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...
Autumn 1 Health & wellbeing	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	<ul style="list-style-type: none"> • how to identify, express and manage their emotions in a constructive way • how to manage the challenges of moving to a new school • how to establish and manage friendships • how to improve study skills

	PoS refs: H1, H2, H30, H33, R13, L1, L2	<ul style="list-style-type: none"> • how to identify personal strengths and areas for development • personal safety strategies and travel safety, e.g. road, rail and water • how to respond in an emergency situation • basic first aid
Autumn 2 Living in the wider world	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations PoS refs: R15, R39, L1, L4, L5, L9, L10, L12	<ul style="list-style-type: none"> • how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices
Spring 1 Relationships	Created and Loved by God PoS refs: R3, R38, R39, R40, R41	<ul style="list-style-type: none"> • how to develop self-worth and self-efficacy • Emotional, physical and sexual development involved in puberty • Self-esteem and its impact on us and others • Sexual intercourse • how to manage physical and emotional changes during puberty
Spring 2 Relationships	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries PoS refs: H1, R2, R9, R11, R13, R14, R16, R24	<ul style="list-style-type: none"> • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate consent, including online
Summer 1 Health & wellbeing	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34	<ul style="list-style-type: none"> • how to make healthy lifestyle choices including diet, dental health, physical activity and sleep • how to manage influences relating to caffeine, smoking and alcohol • about personal hygiene • how to recognise and respond to inappropriate and unwanted contact about FGM and how to access help and support
Summer 2 Living in the wider world	Financial decision making Saving, borrowing, budgeting and making financial choices PoS refs: H32, L15, L16, L17, L18	<ul style="list-style-type: none"> • how to make safe financial choices • about ethical and unethical business practices and consumerism • about saving, spending and budgeting • how to manage risk-taking behaviour

YEAR 8 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...
Autumn 1 Health & wellbeing	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	<ul style="list-style-type: none"> • about medicinal and reactional drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes
Autumn 2 Living in the wider world	Community and careers Equality of opportunity in careers and life choices, and different types and patterns	<ul style="list-style-type: none"> • about equality of opportunity in life and work • how to challenge stereotypes and discrimination in relation to work and pay

	of work PoS refs: R39, R41, L3, L8, L9, L10, L11, L12	<ul style="list-style-type: none"> about employment, self-employment and voluntary work how to set aspirational goals for future careers and challenge expectations that limit choices
Spring 1 Relationships	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia PoS refs: R39, R40, R41, R3, R4, R42, R43	<ul style="list-style-type: none"> how to manage influences on beliefs and decisions about group-think and persuasion about gender identity, transphobia and gender-based discrimination about gender identity and sexual orientation how to recognise and challenge homophobia and biphobia Managing sexual feelings through self-control, self-respect and patience
Spring 2 Relationships	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception PoS refs: H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32	<ul style="list-style-type: none"> the qualities of positive, healthy relationships how to demonstrate positive behaviours in healthy relationships about forming new partnerships and developing relationships about the law in relation to consent that the legal and moral duty is with the seeker of consent how to effectively communicate about consent in relationships about the risks of 'sexting' and how to manage requests or pressure to send an image
Summer 1 Health & wellbeing	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies PoS refs: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24	<ul style="list-style-type: none"> about attitudes towards mental health how to challenge myths and stigma about daily wellbeing how to manage emotions how to develop digital resilience about unhealthy coping strategies (e.g. self-harm and eating disorders) about healthy coping strategies
Summer 2 Living in the wider world	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27	<ul style="list-style-type: none"> about online communication how to use social networking sites safely how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation how to respond and seek support in cases of online grooming how to recognise biased or misleading information online how to critically assess different media sources how to distinguish between content which is publicly and privately shared about age restrictions when accessing different forms of media and how to make responsible decisions how to protect financial security online how to assess and manage risks in relation to gambling and chance-based transactions

YEAR 9 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...
Autumn 1 Health & wellbeing	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	<ul style="list-style-type: none"> how to distinguish between healthy and unhealthy friendships how to assess risk and manage influences, including online about 'group think' and how it affects behaviour how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively to manage risk in relation to gangs about the legal and physical risks of carrying a knife about positive social norms in relation to drug and alcohol use

		<ul style="list-style-type: none"> about legal and health risks in relation to drug and alcohol use, including addiction and dependence
Autumn 2 Living in the wider world	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process PoS refs: L2, L3, L6, L7, L8, L9, L11, L12, L13, L14	<ul style="list-style-type: none"> about transferable skills, abilities and interests how to demonstrate strengths about different types of employment and career pathways how to manage feelings relating to future employment how to work towards aspirations and set meaningful, realistic goals for the future about GCSE and post-16 options skills for decision making
Spring 1 Relationships	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes PoS refs: H2, R1, R6, R19, R21, R22, R23, R35, R36	<ul style="list-style-type: none"> about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering about positive relationships in the home and ways to reduce homelessness amongst young people about conflict and its causes in different contexts, e.g. with family and friends conflict resolution strategies how to manage relationship and family changes, including relationship breakdown, separation and divorce how to access support services about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex about myths and misconceptions relating to consent about the continuous right to withdraw consent and capacity to consent about STIs, effective use of condoms and negotiating safer sex about the consequences of unprotected sex, including pregnancy how the portrayal of relationships in the media and pornography might affect expectations how to assess and manage risks of sending, sharing or passing on sexual images how to secure personal information online
Spring 2 Relationships	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21	<ul style="list-style-type: none"> about the relationship between physical and mental health about balancing work, leisure, exercise and sleep how to make informed healthy eating choices how to manage influences on body image to make independent health choices to take increased responsibility for physical health, including testicular self-examination
Summer 1 Health & wellbeing	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid PoS refs: H3, H14, H15, H16, H17, H18, H19, H21	<ul style="list-style-type: none"> about young people's employment rights and responsibilities skills for enterprise and employability how to give and act upon constructive feedback how to manage their 'personal brand' online habits and strategies to support progress how to identify and access support for concerns relating to life online
Summer 2 Living in the wider world	Employability skills Employability and online presence PoS refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27	<ul style="list-style-type: none"> about young people's employment rights and responsibilities skills for enterprise and employability how to give and act upon constructive feedback how to manage their 'personal brand' online habits and strategies to support progress how to identify and access support for concerns relating to life online

YEAR 10 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...
Autumn 1 Health &	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<ul style="list-style-type: none"> how to manage challenges during adolescence how to reframe negative thinking strategies to promote mental health and emotional wellbeing

wellbeing	PoS refs: H2, H5, H6, H7, H8, H9, H10	<ul style="list-style-type: none"> • about the signs of emotional or mental ill-health • how to access support and treatment • about the portrayal of mental health in the media • how to challenge stigma, stereotypes and misinformation
Autumn 2 Living in the wider world	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices PoS refs: H25, R38, L16, L17, L18, L19, L20, L25	<ul style="list-style-type: none"> • how to effectively budget and evaluate savings options • how to prevent and manage debt, including understanding credit rating and pay day lending • how data is generated, collected and shared, and the influence of targeted advertising • how thinking errors, e.g. gambler’s fallacy, can increase susceptibility to gambling • strategies for managing influences related to gambling, including online • about the relationship between gambling and debt • about the law and illegal financial activities, including fraud and cybercrime • how to manage risk in relation to financial activities
Spring 1 Relationships	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography PoS refs: R1, R2, R3, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31	<ul style="list-style-type: none"> • about relationship values and the role of pleasure in relationships • about myths, assumptions, misconceptions and social norms about sex, gender and relationships • about the opportunities and risks of forming and conducting relationships online • how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours • about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent • how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support • how to recognise and challenge victim blaming • about asexuality, abstinence and celibacy • about communities, inclusion, respect and belonging • about the Equality Act, diversity and values • about how social media may distort, mis-represent or target information in order to influence beliefs and opinions • how to manage conflicting views and misleading information • how to safely challenge discrimination, including online • how to recognise and respond to extremism and radicalisation
Spring 2 Relationships	Addressing extremism and radicalisation Community cohesion and challenging extremism PoS refs: R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, L29	<ul style="list-style-type: none"> • about positive and negative role models • how to evaluate the influence of role models and become a positive role model for peers • about the media’s impact on perceptions of gang culture • about the impact of drugs and alcohol on individuals, personal safety, families and wider communities • how drugs and alcohol affect decision making • how to keep self and others safe in situations that involve substance use • how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime • exit strategies for pressurised or dangerous situations • how to seek help for substance use and addiction
Summer 1 Health & wellbeing	Exploring influence The influence and impact of drugs, gangs, role models and the media PoS refs: H19, H20, H21, R20, R35, R36, R37	<ul style="list-style-type: none"> • how to evaluate strengths and interests in relation to career development • about opportunities in learning and work • strategies for overcoming challenges or adversity • about responsibilities in the workplace • how to manage practical problems and health and safety • how to maintain a positive personal presence online • how to evaluate and build on the learning from work experience
Summer 2 Living in the wider world	Work experience Preparation for and evaluation of work experience and readiness for work PoS refs: H1, L1, L2, L3, L5, L7, L8, L9, L10, L11, L12, L13, L14, L15, L23	<ul style="list-style-type: none"> • about the signs of emotional or mental ill-health • how to access support and treatment • about the portrayal of mental health in the media • how to challenge stigma, stereotypes and misinformation

YEAR 11 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...
Autumn 1 Health & wellbeing	Building for the future Self-efficacy, stress management, and future opportunities PoS refs: H2, H3, H4, H8, H12, L22	<ul style="list-style-type: none"> • how to manage the judgement of others and challenge stereotyping • how to balance ambition and unrealistic expectations • how to develop self-efficacy, including motivation, perseverance and resilience • how to maintain a healthy self-concept • about the nature, causes and effects of stress • stress management strategies, including maintaining healthy sleep habits • about positive and safe ways to create content online and the opportunities this offers • how to balance time online
Autumn 2 Living in the wider world	Next steps Application processes, and skills for further education, employment and career progression PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21	<ul style="list-style-type: none"> • how to use feedback constructively when planning for the future • how to set and achieve SMART targets • effective revision techniques and strategies • about options post-16 and career pathways • about application processes, including writing CVs, personal statements and interview technique • how to maximise employability, including managing online presence and taking opportunities to broaden experience • about rights, responsibilities and challenges in relation to working part time whilst studying • how to manage work/life balance
Spring 1 Relationships	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32	<ul style="list-style-type: none"> • about core values and emotions • about gender identity, gender expression and sexual orientation • how to communicate assertively • how to communicate wants and needs
Spring 2 Relationships	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33	<ul style="list-style-type: none"> • how to handle unwanted attention, including online • how to challenge harassment and stalking, including online • about various forms of relationship abuse • about unhealthy, exploitative and abusive relationships • how to access support in abusive relationships and how to overcome challenges in seeking support • about different types of families and changing family structures • how to evaluate readiness for parenthood and positive parenting qualities • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion • about adoption and fostering • how to manage change, loss, grief and bereavement • about 'honour based' violence and forced marriage and how to safely access support
Summer 1 Health & wellbeing	Independence Responsible health choices, and safety in independent contexts PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24	<ul style="list-style-type: none"> • how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) • emergency first aid skills • how to assess emergency and non-emergency situations and contact appropriate services • about the links between lifestyle and some cancers • about the importance of screening and how to perform self examination • about vaccinations and immunisations • about registering with and accessing doctors, sexual health clinics, opticians and other health services • how to manage influences and risks relating to cosmetic and aesthetic body alterations • about blood, organ and stem cell donation

Note: Strands H1.1, H1.2, H1.6, R2.4 developed throughout every unit where possible.

Appendix 2 – National Curriculum Covered in other curriculum Areas.

Curriculum Area	National Curriculum covered
PE	H3.1, H3.2, H7.1, H7.2, H7.3
Science	H3.3, H6.1, H6.4, H8.1, H8.2 R5.3, R5.7, R5.9, R5.10
RE	R1.1, R1.2, R1.3, R.1.4, R1.5, R1.6, R2.1, R2.8, R3.6, R5.1, R5.4, R5.6, R5.8 (Year 8 and Year 11 Marriage Unit)