

Medium Term Planning Sheet: Secondary
Class: V1 & V2 Teacher: Sarah Griffey



<p>Subject: PSHCE</p>	<p>Intent: PROGRAMME OF STUDY FOR PSHE EDUCATION (KEY STAGES 1-5) Puberty & Sexual Health H35, 36 (KS3) Sexual Health & Fertility H26, 27, 28, 29, 30, 31, 32, 33 Positive Relationships R1, 2, 3, 4, 5, 6, 7, 8 Contraception & Parent Hood KS3 & KS4 Relationship Values R11, 12 (KS3) R9, 10 (KS4) Forming & Maintaining Respectful Relationships R11, 12, 13, 14, 15, 16, 17 Consent R25, 26, 27, 28, 29, 30, 31 (KS3) R18, 19, 20, 21, 22 (KS4)</p>	<p>Term: 3 & 4</p>
<p>Key Vocabulary: Relationships, sex, consent, pregnancy, STI's, contraception, family, friends, partners</p>	<p>Alternative Learning Environments/ Resources: Metro – Get It Scheme NHS website Truetube – Being Victor</p>	
Empty space for additional notes or resources		

Level 11	To understand the role of sex in the media and its impact on sexuality (including pornography and related sexual ethics such as; consent, negotiation, boundaries, respect, gender norms, sexual norms, trust, communication, pleasure, orgasms, rights, empowerment, sexism and feminism)																					
	Able to recognise correct use of contraception and to understand the consequences of unintended pregnancy and of teenage parenthood																					
	To understand that fertility levels can vary in different people; can be damaged by some sexually transmitted infections, decreases with age and about the options open to people who are not able to conceive																					
	To know about abortion, the current legal position and the range of beliefs and opinions																					
	To understand the pathways available in the event of unintended pregnancy, the possible physical and emotional reactions and responses people may have to each option and who to talk to for accurate, impartial advice and support																					

Unit Expectations:

All: To complete coursework at either entry level 3 or level 1 (entry level 2 is also an option if needed). To know how to develop and maintain healthy relationships. To know where to seek relationship and sex advice and support.

Some: To know how to use contraception and the importance of protection.

A Few: understand the importance of relationships and your role within that relationship.

Links with other subjects: Science/ Emotional Wellbeing sessions

Pupil Asset Milestones to be achieved:

See future learning colour coded grid – to be monitored every session.

WK	Content (Implementation) Activities	Learning Objectives (Impact)	Evaluation/EBI
Term 3 1 05/01/26	<p>Lesson 1 – 1.1 Indicate how the relationship between a child and a parent/carer changes from birth to adulthood</p> <p>Lesson 2 – L1 1.1 Describe three responsibilities of good parents/carers</p>	<p>Know about some different sorts of relationship</p> <p>Be able to recognise what constitutes good parenting/ caring</p> <p>R25. the importance of parenting skills and qualities for family life, the implications of young parenthood and services that offer support for new parents and families</p>	

		<p>R26. the reasons why people choose to adopt/foster children</p> <p>R27. about the current legal position on abortion and the range of beliefs and opinions about it</p>	
<p>2 12/01/26</p>	<p>Lesson 1 - Outline three qualities of good parenting/ caring</p> <p>1.2 List three qualities of good parents/carers and explain why each is important.</p> <p>Lesson 2 - Identify three changes which may take place in a relationship with a partner</p>	<p>Know about some different sorts of relationship</p> <p>Be able to recognise what constitutes good parenting/ caring</p> <p>R9. to recognise, clarify and if necessary challenge their own values and understand how their values influence their decisions, goals and behaviours</p> <p>R10. to understand a variety of faith and cultural practices and beliefs concerning relationships and sexual activity; to respect the role these might play in relationship values</p> <p>Know about some different sorts of relationship</p> <p>H26. the different types of intimacy — including online — and their potential emotional and physical consequences (both positive and negative)</p> <p>R1. the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality</p> <p>R11. strategies to manage the strong emotions associated with the different stages of relationships</p>	
<p>3 19/01/26</p>	<p>Lesson 1 - Recognise the difference between appropriate and inappropriate physical contact.</p> <p>Lesson 2 - State the legal age for sexual intercourse What is sexual intercourse? Other forms of sexual activity.</p>	<p>Know about some different sorts of relationship</p> <p>R3. to respond appropriately to indicators of unhealthy relationships, including seeking help where necessary</p> <p>R4. the importance of stable, committed relationships, including the rights and protections provided within legally recognised marriages and civil partnerships and the legal status of other long-term relationships</p> <p>R5. The legal rights, responsibilities and protections provided by the Equality Act 2010</p> <p>R14. the opportunities and potential risks of establishing and conducting relationships online, and strategies to manage the risks</p> <p>R15. the legal and ethical responsibilities people have in relation</p>	

		<p>to online aspects of relationships</p> <p>R16. to recognise unwanted attention (such as harassment and stalking including online), ways to respond and how to seek help</p> <p>R18. about the concept of consent in maturing relationships</p> <p>R19. about the impact of attitudes towards sexual assault and to challenge victimblaming, including when abuse occurs online</p> <p>R20. to recognise the impact of drugs and alcohol on choices and sexual behaviour</p> <p>R21. the skills to assess their readiness for sex, including sexual activity online, as an individual and within a couple</p> <p>R22. to evaluate different motivations and contexts in which sexual images are shared, and possible legal, emotional and social consequences</p>	
<p>4 26/01/26</p>	<p>Lesson 1 - 2.1 Identify two situations when it would be necessary to forge new relationships</p> <p>Lesson 2 - Outline two benefits of friendship</p>	<p>Understand the importance of relationships</p> <p>R6. about diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them</p> <p>R35. to evaluate ways in which their behaviours may influence their peers, positively and negatively, including online, and in situations involving weapons or gangs</p> <p>R36. skills to support younger peers when in positions of influence</p> <p>R37. to recognise situations where they are being adversely influenced, or are at risk, due to being part of a particular group or gang; strategies to access appropriate help</p> <p>R38. factors which contribute to young people becoming involved in serious organised crime, including cybercrime</p>	
<p>5 02/02/26</p>	<p>Lesson 1 - 3.1 Give three reasons why people may choose to marry</p> <p>Lesson 2 - 4.1. Identify three causes of breakdowns in relationships</p>	<p>Understand why people get married</p> <p>Know what may cause relationships to break down</p>	
<p>6 09/02/26</p>	<p>Lesson 1 - 6.1 Outline two potential consequences of separation or divorce for a family</p> <p>Lesson 2 - 5.1 Name an organisation that supports relationships in crisis</p> <p>5.2 Describe how it carries out its role</p>	<p>Understand the impact of separation or divorce on family life</p> <p>Know about the work of an organisation that supports relationships in crisis</p> <p>R7. strategies to access reliable, accurate and appropriate advice and support with relationships, and to assist others to</p>	

		<p>access it when needed</p> <p>R8. to understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours</p> <p>R12. to safely and responsibly manage changes in personal relationships including the ending of relationships</p> <p>R13. ways to manage grief about changing relationships including the impact of separation, divorce and bereavement; sources of support and how to access them</p> <p>R17. ways to access information and support for relationships including those experiencing difficulties</p> <p>R28. to recognise when others are using manipulation, persuasion or coercion and how to respond</p> <p>R29. the law relating to abuse in relationships, including coercive control and online harassment</p> <p>R30. to recognise when a relationship is abusive and strategies to manage this</p> <p>R31. the skills and strategies to respond to exploitation, bullying, harassment and control in relationships</p> <p>R32. about the challenges associated with getting help in domestic abuse situations of all kinds; the importance of doing so; sources of appropriate advice and support, and how to access them</p> <p>R33. The law relating to 'honour'-based violence and forced marriage; the consequences for individuals and wider society and ways to access support</p> <p>R34. strategies to challenge all forms of prejudice and discrimination</p>	
<p>Term 4</p> <p>23/02/26</p>	<p>Lesson 1 – Male 2.1 Locate and name the main parts of both the male and female reproductive systems</p> <p>Lesson 2 – Female 2.1 Locate and name the main parts of both the male and female reproductive systems</p>	<p>Know about the physical aspects of human reproduction</p> <p>H30. about healthy pregnancy and how lifestyle choices affect a developing foetus</p> <p>H31. that fertility can vary in all people, changes over time (including menopause) and can be affected by STIs and other lifestyle factors</p> <p>H32. about the possibility of miscarriage and support available to people who are not able to conceive or maintain a pregnancy</p> <p>H33. about choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice</p>	

<p>2 02/03/26</p>	<p>Lesson 1 & 2 - 2.2 Outline the mains stages of reproduction and birth</p>	<p>Know about the physical aspects of human reproduction H30. about healthy pregnancy and how lifestyle choices affect a developing foetus H31. that fertility can vary in all people, changes over time (including menopause) and can be affected by STIs and other lifestyle factors H32. about the possibility of miscarriage and support available to people who are not able to conceive or maintain a pregnancy H33. about choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice</p>	
<p>3 09/03/26</p>	<p>Lesson 1 & 2 –</p> <p>3.1 Outline briefly the use and effectiveness of three methods of contraception in a healthy relationship</p> <p>3.2 Make a decision on an appropriate method of contraception for three different situations e.g. a woman with high blood pressure</p> <p>3.3 Outline the work of an organisation where advice on relationships and contraception can be obtained</p> <p>7.1 Describe the main advantages and disadvantages of three different kinds of contraception</p>	<p>Know about contraception</p> <p>Assess the appropriateness of different kinds of contraception</p> <p>H29. to overcome barriers, (including embarrassment, myths and misconceptions) about sexual health and the use of sexual health services R2. the role of pleasure in intimate relationships, including orgasms R23. how to choose and access appropriate contraception (including emergency contraception) and negotiate contraception use with a partner R24. the physical and emotional responses people may have to unintended pregnancy; the different options available; whom to talk to for accurate, impartial advice and support</p>	
<p>4 16/03/26</p>	<p>Lesson 1 & 2 –</p> <p>3.1 Outline briefly the use and effectiveness of three methods of contraception in a healthy relationship</p> <p>3.2 Make a decision on an appropriate method of contraception for three different situations e.g. a woman with high blood pressure</p> <p>3.3 Outline the work of an organisation</p>	<p>Know about contraception</p> <p>Assess the appropriateness of different kinds of contraception</p> <p>H29. to overcome barriers, (including embarrassment, myths and misconceptions) about sexual health and the use of sexual health services R2. the role of pleasure in intimate relationships, including</p>	<p>Get it Scheme Visit from Metro – TBC</p>

	<p>where advice on relationships and contraception can be obtained</p> <p>7.1 Describe the main advantages and disadvantages of three different kinds of contraception</p>	<p>orgasms</p> <p>R23. how to choose and access appropriate contraception (including emergency contraception) and negotiate contraception use with a partner</p> <p>R24. the physical and emotional responses people may have to unintended pregnancy; the different options available; whom to talk to for accurate, impartial advice and support</p>	
<p>5 23/03/26</p>	<p>Lesson 1 & 2 - 4.1 State the symptoms and treatment of three types of sexually transmitted infection</p>	<p>Know about sexually transmitted infections and how to prevent their transmission</p> <p>Know how sexually transmitted infections can be prevented</p>	<p>Get it Scheme Visit from Metro – TBC</p>
<p>6 30/03/26</p>	<p>Lesson 1 & 2 - 4.1 State the symptoms and treatment of three types of sexually transmitted infection</p>	<p>Know about sexually transmitted infections and how to prevent their transmission</p> <p>Know how sexually transmitted infections can be prevented</p>	