

Week	Date	Module	Lesson Title	Lesson objectives	Curriculum references (PSHE Association)
1	02/09/2024		Expectations		
2	09/09/2024	RSE	Respectful and assertive communication in relationships	I am able to manage a range of relationships using tact, diplomacy, negotiation and compromise. I can discern which assertive communication techniques are best suited to me and my relationships.	R1, R4, R6, R8, R19
3	16/09/2024	RSE	Managing strong emotions in relationships	I can understand the strong emotions that can be experienced in relationships and can propose ways to manage them.	H4, R1, R6, R7
4	23/09/2024	RSE	Ending intimate relationships respectfully	I can assess a range of intimate relationship scenarios and determine if the relationships should be saved or not. I can evaluate ways to end an intimate relationship safely and respectfully and know which ways I would prefer to use if needed. I can recommend healthy and safe ways to manage any negative fallout from ending a relationship.	H1, H14, R1, R5, R8, R9, R19, R20
5	30/09/2024	RSE	Managing challenging relationships at work	I can assess different strategies for managing a challenging work relationship and suggest which might be useful to me now or in the future.	H1, R8, R10, L9, L11
6	07/10/2024	Whole academy mental health week			
7	14/10/2024	RSE	Influence of faith and cultural views on relationships	I can challenge myself and others to become more insightful, respectful and supportive of different cultures and faiths. I can hypothesise on the positive outcomes that could result from strong inter-cultural and inter-faith relationships.	R2, R3, R25

8	21/10/2024	Health and Wellbeing	Body image and pressures to conform	<p>Correctly identify the most popular types of cosmetic procedures for males and females and the risks they carry.</p> <p>Identify the risks cosmetic and surgical procedures carry, why they are popular despite this and why some procedures can be beneficial and life-changing for people.</p> <p>Explain the risks in detail and analyse whether on the whole cosmetic and surgical enhancements are beneficial or detrimental to our society.</p>	H1, H2, H3
	28/10/2024	Half Term			
9	04/11/2024	Health and Wellbeing	The pressures of social media	<p>Describe how call-out culture can be used positively and negatively and why some people are very concerned about it, whilst others are not.</p> <p>Explain why some are worried about the increasing amount of shaming and 'dog-piling' online. Explain whether online shaming is more or less toxic than the injustices it tries to eradicate.</p> <p>Analyse whether call-out culture helps create a more moral society or not. Explain whether 'cancelling' discourages forgiveness and precludes growth.</p>	H1, H2, H3, R19
10	11/11/2024	Health and Wellbeing	Understanding gender diversity	<p>I am developing a sense of my gender and appreciate that it sits somewhere on a spectrum of gender within the population.</p> <p>I know about the specific laws that protect and support transidentities.</p> <p>I know where to access advice and support about gender issues.</p>	H1, R1, R2, R25

11	18/11/2024	Health and Wellbeing	Being a resilient student	I can identify and assess strategies that will support my mental wellbeing to manage any pressures due to current and future study. I can set goals to support my mental health alongside my study goals.	H1 ,H4, H5, H6, H7
12	25/11/2024	Health and Wellbeing	Common mental health issues	I am insightful to the range of common mental health issues individuals may encounter	H4, H5, H6, H7
13	02/12/2024	Health and Wellbeing	Strategies to help with mental health issues	I can analyse and evaluate a range of strategies to manage mental health issues.	H4, H5, H6, H7
14	09/12/2024	Health and Wellbeing	Prioritising my mental health	I am self-aware of my own mental health and can prioritise support strategies as appropriate.	H4, H5, H6, H7
15	16/12/2024	Living in the wider world	Preparing to drive and drive safely	I can differentiate between safe and unsafe driving /passenger behaviours. I understand some personal, social and legal consequences associated with unsafe driving. I understand the responsibilities, benefits, risks, financial and legal implications associated with driving.	H1, H14, H15, H16, H22, H23, H24, R23
	23/12/2024	Christmas			
	30/12/2024				
16	06/01/2025	Living in the wider world	My career ambition	I can think hypothetically and laterally about my future goals in terms of study and future career aspirations. I am aware of how my personal values, skills and strengths impact on my career choices, and can prioritise my goals accordingly. I am aware of how the global job market is changing and how this offers different career opportunities to me.	L1, L2, L4, L5, L7

17	13/01/2025	Living in the wider world	Marketing yourself	I can effectively 'market' myself for jobs or university, including developing an effective curriculum vitae and honing my interview skills. I understand what cultural capital is and can evidence how my skills and personal attributes contribute to this.	L1, L2, L5, L6
18	20/01/2025	Living in the wider world	Money matters	I can understand and plan for my financial responsibilities and evaluate the impact of a range of financial decisions. I can appraise the risks associated with some financial decisions including debt and illegal transactions.	L13, L14, L15, L17, L18, L19
19	27/01/2025	Living in the wider world	Budgeting	I can plan a budget to reflect my financial needs over the short to medium term.	L13, L14, L15, L17
20	03/02/2025	Living in the wider world	Customer services and consumer rights	I can exercise my consumer rights, including resolving disputes and accessing appropriate support. I can challenge poor customer service respectfully and assertively.	R8, L16
21	10/02/2025	RSE	Consent	Explain legal and moral responsibilities in relation to seeking consent Recognise factors that might affect capacity to consent Analyse the emotional, physical, social and legal consequences of failing to respect others' right not to give or to withdraw consent	R11, R12, R13
	17/02/2025	Half Term			

22	24/02/2025	RSE	Online dating pros and cons	I can evaluate the positives and negatives of online dating and can propose ways to minimise harm and mitigate risk with this form of dating.	H1, H14, H22, R1, R5, R9, R13, R19, R20, R22
23	03/03/2025	National careers week			
24	10/03/2025	RSE	Is this love or lust	<p>I can discuss healthy and pleasurable intimate relationships and know the difference between love and lust.</p> <p>I can discuss some issues that make relationships unhealthy/unsafe.</p> <p>I can explain that intimate relationships move through different stages depending on a wide range of factors.</p>	H1, H6, H14, H20, H22, R1, R5, R6, R7, R11, R12, R13
25	17/03/2025	RSE	Understanding sexuality and sexual orientation	<p>I am developing an awareness of my own sexual orientation and appreciate that it sits somewhere within a spectrum of sexuality.</p> <p>I know where to access support about sexual orientation or being LGBTQ+.</p>	H1, R1, R2, R25

26	24/03/2025	RSE	Coming out as LGBTQ+	I can appraise a range of factors when someone chooses to come out as LGBTQ+. I can appreciate it's a personal choice to come out and that the coming out process is unique to individuals.	H1, R1, R2, R8
27	31/03/2025	Health and Wellbeing	Monitoring my health	I am aware the actions I should take to monitor my health and reduce the risk of ill health. I am aware of health services and how to register with them. I can critically appraise health information from a range of media.	H1, H8, H9, H10
	07/04/2025	Easter			
	14/04/2025				
28	21/04/2025	Health and Wellbeing	Managing study/exam stress	I can assess situations where stress related to study may be more challenging to manage. I can appraise strategies that may be useful to me in these situations and can create a mental health plan to help me manage these situations more effectively.	H1, H4, H5, H6, H7
29	28/04/2025	Health and Wellbeing	Young adult illnesses	I am aware of the illnesses that can be more prevalent in young adults and can take steps to minimise harm to myself and others.	H8, H10, H11
30	05/05/2025	Health and Wellbeing	Young men and suicide	I can sensitively discuss the impact of suicide and hypothesise on why young men can be a higher-risk group in relation to suicide.	H4, H5, H6, H7, H22
31	12/05/2025	Plume wellbeing week			
32	19/05/2025	Health and Wellbeing	Suicide prevention	I can critically reflect on possible reasons and influences why some people choose to take their own life and the intensity of the feelings and emotions involved, so that I can potentially recognise these in myself and others.	H4, H5, H6, H7, H22
	26/05/2025	Half Term			

33	02/06/2025	Living in the wider world	Staying Motivated	I appreciate that my level of motivation will vary over time and I have strategies to help maintain my tenacity and motivation to help me reach my goals.	H1, L2
34	09/06/2025	Living in the wider world	Work or study? My next steps	I know about the range of education and career opportunities that interest me and are available. I can begin to appraise my next steps and plan my learning appropriately.	L1, L2, L3, L4, L7
35	16/06/2025	Plume Diversity week			
36	23/06/2025	Living in the wider world	Setting my priorities after work or college	I can determine my immediate priorities after I leave school/college and can make a plan to maintain a balanced, healthy and positive lifestyle.	H1, H13, L1, L2
37	30/06/2025	Living in the wider world	Goal setting and contingency planning	I can set goals to effectively manage my learning and life in the short to medium term. I am able to adapt goals and have strategies in place to help me when things don't go according plan.	H1 , L2
38	07/07/2025	Living in the wider world	Taking a gap year	I can critically appraise the benefits and potential harms of taking a year "out" and I can adapt my plans as required. I know what I need to plan and prepare for travelling abroad during a gap year including safety considerations. I know a range of alternative gap year options I could consider.	H15, H16, L3
39	14/07/2025	Work experience			