



Personal Development sessions will take place on Tuesday mornings. Assembly will be held on Wednesday Wk A.

Strands – Relationship and Sex Education (RSE), Health Education (HE), Spiritual Moral Social Cultural Education (SMSC), Careers (CAR), Religious Studies (RS).

Autumn term 1 2023

4 th September	Rights and responsibilities as students	Relationships and sex education	Define the terms 'rights' and 'responsibilities'. Explain what happens when students fail to fulfil their responsibilities. Discuss the impact on students learning.
11 th September	Identity	Social, moral, spiritual and cultural education	Outline what identity is. Explain what makes up our identity. Justify why we should be proud of our identity.
18 th September	Good citizens	Social, moral, spiritual and cultural education	Identify what good manners are. Explain why it is important that we use good manners. Discuss how we should we behave if others do not have good manners towards us.
25 th September	People in the community	Social, moral, spiritual and cultural education	Identify what a hero is. Discuss whether an ordinary person can be a hero.
2 nd October	Diet	Health Education	Explain the effect of sugar on your body. Identify the contents of different foods. Use food labels to help you to make good dietary choices.

9 th October	Physical health	Health Education	Identify positive associations between physical activity and promotion of mental wellbeing. Explain what constitutes to a healthy lifestyle.
16 th October	Dental hygiene	Health Education	To understand that our teeth are an important part of our bodies, are finite, and that teeth require daily maintenance in the form of oral care and hygienic practices.
23 rd October	FGM	Health Education	Identify what FGM is and groups that are affected by it. Identify signs and symptoms. Discuss what to do if you suspect FGM.

6 th November	Mental Health and Wellbeing	Health Education	Identify what mental health is. Recognise what we are doing at Shireland to help. Recognise the early signs of mental wellbeing issues. Explain what to do if you or someone you know shows signs of mental wellbeing issues.
13 th November	Positive friendships	Relationships and sex education	Identify the four levels of friendship. Describe the relationships you have with others.
20 th November	Bullying and cyber bullying	Relationships and sex education/	Define bullying and cyber bullying. Identify examples of bullying and cyber bullying.

		Health Education	Explain how bullying can be prevented.
27 th November	How to talk about emotions	Health Education	Identify positive and negative emotions. Explain how we can develop emotional awareness. Understand how to cope with your emotions.
4 th December	Intro to knife crime	Social, moral, spiritual and cultural education	Understand the consequences of knife crime. Understand that choices have consequences.
11 th December	Stress and physical activity	Health Education	Identify what stress is. Recognise the signs of stress. Explain what we can do to manage stress. understand how physical activity can help reduce stress.
18 th December	Happiness	Health Education	Identify what happiness is. Recognise what makes you happy. Recognise what makes others happy. Explain the importance of friendship.

10th June