

Year 7- RSHE (Relationships, Sex and Health Education)



To embrace the challenges of creating a happy and successful adult, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health, and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges, and complex situations. As part of the 2020 statutory RSHE guidance students will have the opportunity to explore a variety of key topics within P4L, PE, Science, ICT and Food Technology. This will include:

P4L	PE	Food Technology	Science	ICT/ Computer Science
British Values Rules and Laws Equality Act and Protected Characteristic Prejudice and discrimination: disability, homophobia and racism Stereotypes Changing adolescent body – Puberty, menstruation, and hygiene Tooth decay Personal hygiene Friendship Bullying Cyberbullying Online Safety Consent Family and Parenting	The relationship between health and fitness and the role that exercise plays in both. The component of fitness and benefits of sport. Physical, emotional, and social health, fitness, and wellbeing	Understanding the key principles of nutrition and health life style. To be able to link the correct cookery methods to maintain both nutritional content and a balanced diet Food safety and personal hygiene relating to food storage and preparation	Genes Male Reproductive System Female Reproductive System Adolescence Menstrual Cycle Gametes Fertilisation Development of the Foetus Variation Dentistry – Mouth Hygiene	Searching the internet Trustworthiness and bias in information Online Safety Cyberbullying Digital footprint Keyboard warriors Digital permeance Grooming and media manipulation

You can also gain further information with regards to the key content which is covered during Sept time and assemblies on the school website:

<http://www.shottonhallacademy.co.uk/curriculum/subjects/relationships-and-sex-education-rse>

We would welcome your feedback on our RSHE provision. If you would like to get in touch, please email: Rachel.peele@shottonhallacademy.co.uk

Year 8- RSHE (Relationships, Sex and Health Education)



To embrace the challenges of creating a happy and successful adult, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health, and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges, and complex situations. As part of the 2020 statutory RSHE guidance students will have the opportunity to explore a variety of key topics within P4L, PE, Science, ICT and Food Technology. This will include:

P4L	PE	Food Technology	Science	ICT/ Computer Science
Prejudice and discrimination: religious Risky behaviour Drugs and alcohol Balanced lifestyle – healthy eating and exercise Body image including cosmetic surgery Sleep Gaming and screen time Mental wellbeing Relationships and consent FGM Safety Online Gambling Exploitation	The relationship between health and fitness and the role that exercise plays in both The component of fitness and benefits of sport Physical, emotional, and social health, fitness, and wellbeing	Understanding the key principles of nutrition and health lifestyle To be able to link the correct cookery methods to maintain both nutritional content and a balanced diet Food safety and personal hygiene relating to food storage and preparation	Factors affecting gaseous exchange (smoking) Impact of Exercise Balanced Diet Unhealthy Diet Alcohol Drugs Smoking	Searching the internet Discussing trustworthiness and bias in information Online Safety including passwords Cyberbullying Digital footprint Keyboard warriors Digital permanence Grooming and media manipulation (not all videos/images online are real)

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Year 9- RSHE (Relationships, Sex and Health Education)



To embrace the challenges of creating a happy and successful adult, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health, and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges, and complex situations. As part of the 2020 statutory RSHE guidance students will have the opportunity to explore a variety of key topics within P4L, PE, Science, ICT and Food Technology. This will include:

P4L	PE	Food Technology	Science	ICT/ Computer Science
Healthy v unhealthy relationships Domestic violence and abuse Exploitation and grooming Consent and delaying sexual activity Contraception STIs Gender identity and sexuality LGBTQAI+ Homophobic, biphobic and transphobic language Sexting Revenge porn Dangers of pornography Stalking Sexual harassment Resilience and emotional wellbeing Happiness Recognising mental ill health and when to help (anxiety, depression & stress) Reframing negative thinking and mindfulness Basic first aid Basic life support Responsible health choices: Vaccinations, hygiene, stem cell,	Health and fitness and the role that exercise plays in both. The component of fitness and benefits of sport. Engagement patterns of different social groups in physical activity Physical, emotional, and social health, fitness, and wellbeing The consequences of a sedentary lifestyle Obesity and how it may affect health and performance Energy use, diet, nutrition, and hydration	Understanding the key principles of nutrition and health lifestyle To be able to link the correct cookery methods to maintain both nutritional content and a balanced diet Research and evaluate recipes and create nutritional charts/labels Link life stages to nutritional needs Understand the importance of eating a balanced diet including seasonal foods or organic Legislation linked to Food safety and personal hygiene relating to food storage and preparation (HACCP)	Digestion Heart disease and treatments Breathing and gas exchange (factors affecting gas exchange) Respiration	Searching the internet Discussing trustworthiness and bias in information Online Safety Passwords Cyberbullying Digital Footprint Keyboard warrior, Digital permeance Grooming and media manipulation (not all videos/images online are real)

blood and organ donation Cancer awareness and self-examination Miscarriage Pregnancy options Abortion Is marriage important? Forced marriage, honour based violence Social media				
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Year 10- RSHE (Relationships, Sex and Health Education)



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P4L	PE	Science	Food Technology
Prejudice and discrimination: racial and LBGTQIA+ community What do coercive, abusive and controlling relationships look like? Contraception Upskirting Where is the line between flirting and sexual harassment? Abortion Same sex marriage Drugs Drugs and mental health Drugs in sports Legalisation Alcohol Drink and drug driving Smoking Vaping Radicalisation Exploitation and grooming County Lines Violence and exploitation by gangs Hate crime Body modifications	The relationship between health and fitness and the role that exercise plays in both The component of fitness and benefits of sport Engagement patterns of different social groups in physical activity Physical, emotional, and social health, fitness, and wellbeing The consequences of a sedentary lifestyle Obesity and how it may affect health and performance Energy use, diet, nutrition, and hydration	Health Non-communicable diseases and risk factors Pathogens and disease Types of Communicable Disease Vaccination Types of disease and body defences Discovering and Developing Drugs Stem Cell Treatments Types of reproduction Inherited diseases and screening techniques Variation Brain and eyes Diabetes Human Reproduction The menstrual cycle Controlling fertility Treating Infertility	Understanding the key principles of nutrition and health lifestyle To be able to link the correct cookery methods to maintain both nutritional content and a balanced diet Research and evaluate recipes and create nutritional charts/labels Link life stages to nutritional needs Understand the importance of eating a balanced diet including seasonal foods or organic Legislation linked to Food safety and personal hygiene relating to food storage and preparation (HACCP) Students evaluate the effect nutrition has on a range of customers

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This will include:

P4L	PE	Science	Food Technology
Healthy sexual relationships including sexual boundaries What are the signs of an unhealthy relationship? Teenage pregnancy and parenting Pregnancy choices Toxic influencers and misogyny Coping with exam stress Resilience Growth mindset Emotional wellbeing through life The importance of the family Marriage Same sex marriage Fertility and creation of life Genetic engineering Pre-marital sex and cohabitation Family planning Divorce Equality and gender discrimination	The relationship between health and fitness and the role that exercise plays in both. The component of fitness and benefits of sport. Engagement patterns of different social groups in physical activity Physical, emotional, and social health, fitness, and wellbeing The consequences of a sedentary lifestyle Obesity and how it may affect health and performance Energy use, diet, nutrition, and hydration Performance enhancing drugs and socially accepted drugs	Health Non-communicable diseases and risk factors Pathogens and disease Types of Communicable Disease Vaccination Types of disease and body defences Discovering and Developing Drugs Stem Cell Treatments Types of reproduction Inherited diseases and screening techniques Variation Brain and eyes Diabetes Human Reproduction The menstrual cycle Controlling fertility Treating Infertility Digestion Heart disease and treatments Breathing and gas exchange (factors affecting gas exchange) Respiration	Understanding the key principles of nutrition and health lifestyle To be able to link the correct cookery methods to maintain both nutritional content and a balanced diet Research and evaluate recipes and create nutritional charts/labels Link life stages to nutritional needs Understand the importance of eating a balanced diet including seasonal foods or organic Legislation linked to Food safety and personal hygiene relating to food storage and preparation (HACCP) Students evaluate the effect nutrition has on a range of customers

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