

# 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 Tech. This will include:

P4L	PE	Food Tech	Science	ICT/ Computer Science
Changing adolescent body – Puberty, menstruation, and hygiene What is bullying What are the consequences of bullying? Cyberbullying What is mental health How can I better support myself? Resilience	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	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](mailto: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 Tech. This will include:

P4L	PE	Food Tech	Science	ICT/ Computer Science
Drugs and alcohol Healthy eating Body image Sleep deprivation Mental Wellbeing	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	Organisms: 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 permeance, 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 Tech. This will include:

P4L	PE	Food Tech	Science	ICT/ Computer Science
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Resilience and emotional wellbeing Happiness Early signs of mental wellbeing concerns including self-harm Anxiety and depression Reframing negative thoughts Mindfulness Concepts of basic first aid Concepts of basic first aid Vaccinations, hygiene, stem cell, blood, and organ donation Medical screening Healthy v unhealthy relationships Domestic violence and abuse Consent and delaying sexual activity Contraception and teenage pregnancy STIs Gender identity and sexuality Homophobia LGBTQ Stalking and Sexual Harassment Abortion Marriage	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 life style. 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)	Stem Cell Treatments Health Non-communicable diseases and risk factors Pathogens and disease Types of Communicable Disease Vaccination Discovering and Developing Drugs	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 10- RSHE (Relationships, Sex and Health Education)



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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, and Science. This will include:

P4L	PE	Science
Drugs Drugs in sports Legalisation Alcohol Drink Driving Respectful relationships Being safe (including online) Gangs Knife Crime County Lines Acid Attacks Cyber Crime Hate Crime Marriage Forced Marriage Arranged Marriage Family Contraception STI's Consent Abortion IVF Genetic Engineering	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	Diabetes Human Reproduction The menstrual cycle Controlling fertility Treating Infertility Inherited Disease Screening for inherited disease

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# Sex and Health Education)

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This will include:

P4L	PE	Science
Coping with exam stress Revision tips Resilience Growth mindset Emotional wellbeing through life Marriage Forced Marriage Arranged Marriage Family Contraception STI's Consent Abortion IVF Genetic Engineering	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	Stem Cell Treatments Health Non-communicable diseases and risk factors Pathogens and disease Types of Communicable Disease Vaccination Discovering and Developing Drugs Diabetes Human Reproduction The menstrual cycle Controlling fertility Treating Infertility Inherited Disease Screening for inherited disease

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