



Kingsthorpe College PSHE Programme of Study 2023-2024



KEY STAGE FIVE						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Healthy lifestyles	Safety and finance in everyday life	Careers	Forming and maintaining healthy relationships	Identity	Future choices and pathways
Year 12	L1: Body Image L2: Mental health disorders L3: Eating disorders L4: The media and relationships L5: Coping with anxiety L6: Self-identity L7: Healthy coping mechanisms	L1: Driver safety L2: E-safety and social media L3: First aid L4: Knife crime L5: Prevent L6: Self-Defence First aid training to be provided by BHF at some point this term. Driver safety talk from NSRA at some point this term so only 6 lessons.		L1: Healthy relationships L2: Building relationships L3: Healthy sexual relationships: L4: Honour based violence L5: FGM	L1: Free speech L2: Hate speech L3: Feminism L4: Feminism 2 L5: Social Justice L6: Critical Thinking L7: Social Justice	L1: Resilience L2: Setting realistic goals L3: Self-awareness L4: The importance of personal presentation L5: Computer literacy UCAS launch with A Mellor at some point this term so only 5 lessons.
Year 13	L1: Personal Health L2: Health Services L3: Stress L4: Gambling L5: County lines L6: Online safety L7: Mindfulness strategies for mental health (yoga?)	L1: Alcohol abuse L2: Drugs, festivals and parties L3: Class C drugs L4: Money management L5: Tax and insurance L6: Interest and debt Driver safety talk from NSRA at some point this term so only 6 lessons.		L1: Dangers of dating L2: Dangers of dating 2 L3: Domestic Abuse L4: Safe sex and chem sex L5: Sexual assault	L1: Cultural appropriation L2: Ageism L3: Online subcultures and extremism L4: Tolerating intolerance L5: Critical thinking and fake news L6: Climate change L7: Work ethic and motivation	