

PSHCE/Citizenship Curriculum Map

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	<p style="text-align: center;">Health and Wellbeing</p> <p style="text-align: center;">Living in the Wider World/Life Beyond School</p>											
	Body Confidence											
Spring	<p style="text-align: center;">Rights, Responsibilities and British Values</p> <p style="text-align: center;">Relationships and Sex Education</p>											
	Combatting Extremism and Terrorism											
Summer	<p style="text-align: center;">Relationships and Sex Education</p> <p style="text-align: center;">Staying Safe Online and Offline</p>											
	Contraception and STIs											
	Essential Life Skills											
	Sex Law and Consent											
	Legal and Illegal Drugs											

All PSHE sessions are focused around the 'Five Ways to Wellbeing' endorsed by NHS and MIND. Each unit has opportunities for the following:

1. To connect with other people
2. To be physically active
3. To take notice and be more mindful
4. To keep Learning
5. To give to others