

## Cape Cornwall Kites PHSE Overview

### Waterfalls

2021-2022	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Topic this term</b>	Self – awareness	Self- care, support and safety	Managing feelings	Changing and growing	Healthy lifestyles	The World I live in
<b>Tasks/ Resources</b>	TES videos and PSHE Association BBC Bitesize	PSHE Association BBC Bitesize Talk to Frank, Kooth and resources from Cornwall Health Promotion services.	PSHE Association BBC Bitesize	PSHE Association BBC Bitesize Cornwall Health Promotion and Brook, Durex lesson plans	PSHE Association BBC Bitesize	PSHE Association BBC Bitesize NSSW, Career Pilot Barclays Bank teaching videos and lessons
<b>Focus</b>	Personal strengths Skills for learning Prejudice and discrimination Managing pressure	Feeling unwell Feeling frightened/ worried Accidents and risk Keeping safe online Emergency situations Public and private Gambling	Self-esteem and unkind comments Strong feelings Romantic feelings and sexual attraction	Puberty Friendship Healthy/ unhealthy relationships behaviours Intimate relationships, consent and contraception Long term relationships and parenthood	Elements of a healthy lifestyle Mental wellbeing Physical activity Healthy eating Body image Medicinal drugs Drugs, alcohol and tobacco	Diversity, rights and responsibilities Managing online information Taking care of the environment Preparing for adulthood Managing feelings
<b>ASSESSMENT OUTCOME(S)</b>	For students to know how to get help.  For students to know the signs, symptoms and management methods for stress, anxiety and depression.	For students to know how to get help.  For students to know how to get help and support. To know how to be safe online.	For students to know how to get help.  For students to be able to explain or demonstrate things we can do to help and support others.  For students to demonstrate polite and assertive ways of challenging unkind comments.	For students to know how to get help.  For students to understand the difference between healthy and unhealthy relationships.  For students to understand changes in their body.  For students to understand the importance of consent.	For students to know how to get help.  To understand the factors that may influence drug/alcohol use.	For students to know how to get help.  For students to identify the dangers and importance of keeping safe online.  For students to identify the next steps to adulthood.