

PSHE at Shoreham Academy Spring Term 2024

YEAR	January 31 st (Half Day)	March 5 th (Full Day)
7	FINANCIAL DECISION MAKING <ul style="list-style-type: none"> • Decision Making • Decision Making and the Economy 	BEING RESPONSIBLE <ul style="list-style-type: none"> • Promoting Emotional Well being • Attitudes to mental health • Real Game – 1 Careers • Real Game – 2 Careers • CSE – Healthy Relationships
8	SAFETY <ul style="list-style-type: none"> • FGM (Female Genitalia Mutilation) • CSE – Being Safe 	COMMUNITY & CAREERS <ul style="list-style-type: none"> • Windows to the World of Work • What is work? • Getting a Job • Skills for the Workplace • Changing World of Work
9	RESPECTFUL RELATIONSHIPS <ul style="list-style-type: none"> • Healthy vs Unhealthy Relationships • Roles and Responsibilities 	SETTING GOALS <ul style="list-style-type: none"> • Assembly with MFL Department • My Achievements, Goals and Plans • Making the Right Decision • Where will my Options take me? • Internet Safety – Gaming & Coding
10	BUILDING FOR THE FUTURE <ul style="list-style-type: none"> • Coping with Stress • Internet Safety 	SAFETY - DRUGS & ALCOHOL <ul style="list-style-type: none"> • Resisting Alcohol • What Drugs? • Who Taks Drugs? • Consequences of Taking Drugs • Presentation - Consequences
11	DIGITAL LITERACY AND SAFETY <ul style="list-style-type: none"> • Sex and the Media • Internet Safety 	INTIMATE RELATIONSHIPS <ul style="list-style-type: none"> • Lawful Behaviour • Sexual Health Checks • Pregnancy and Abortion • HIV and AIDS • Relationships and Abuse
12	BRITISH VALUES & CAREERS <ul style="list-style-type: none"> • British values and how we can embed these in college life • Principles of learning – cognitive load theory 	HEALTHY LIVING <ul style="list-style-type: none"> • Healthy Eating • Exercise for Health • Sexual Health • Financial Health • Alcohol Awareness • HSC workshop
13	REVISION STRATEGIES <ul style="list-style-type: none"> • Study Skills • Revision Practice 	CAREERS – STUDY SKILLS <ul style="list-style-type: none"> • Revision Strategies • Memory Techniques • Supervised Revision/ Study • Stress Relief

For further details for each year group visit the PSHE section of FireFly to view the full lesson content:
[PSHCE – Shoreham Academy \(fireflycloud.net\)](https://www.fireflycloud.net)