

Period 1 Overview

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	Year 7				Year 8				Year 9				Year 10				Year 11		
Term 1	Session 1		Session 2	Term 1	Session 1		Session 2	Term 1	Session 1		Session 2	Term 1	Session 1		Session 2	Term 1	Session 1		
	Mental Wellbeing				Mental Wellbeing				Mental wellbeing				Mental Wellbeing				Mental Wellbeing		
Week 2	The Malling School Way		Respect in PSHE	Week 2	TMSW: Revisited		Mental wellbeing: revisited	Week 2	The Malling School Way: Revisited		Managing strong emotions	Week 2	Transition into KS4		Thriving in KS4	Week 2	Managing stress and tension		
Week 3	What is mental wellbeing?		What is mental wellbeing?	Week 3	Talking about our emotions		Talking about our emotions	Week 3	Good communication		Good communication	Week 3	Body image		Body image	Week 3	Self-esteem and confidence		
Week 4	Managing our emotions		Managing distractions	Week 4	Self-esteem and confidence		Self-esteem and confidence	Week 4	Healthy coping strategies		Healthy coping strategies	Week 4	Making informed decisions		Religious education	Week 4	Substance addiction: How to seek help		
Week 5	Developing positive thinking habits		Managing rumination and worry	Week 5	Managing risk: Looking after your personal safety		Managing risk: Looking after your personal safety	Week 5	Tackling peer pressure		Tackling peer pressure	Week 5	The impact and spread of misogynistic narratives		Living in the wider world: acid attacks	Week 5	The importance of sleep		
Week 6	Managing tension and stress		Building resilience	Week 6	Toxic culture		Social media and mental health	Week 6	Influences and self-expression		Managing disappointments and setbacks	Week 6	Living in the wider world: human trafficking		Living in the wider world: human trafficking	Week 6	Relationships: Parenting		
Week 7	Careers at TM5		Careers: Who am I?	Week 7	Careers: journeys and options		Careers: journeys and options	Week 7	Careers: What are my skills?		Careers: What comes after school?	Week 7	Careers: Taking control of your career journey		Careers: Taking control of your career journey	Week 7	Relationships: legal status of marriage		
Week 8	Character Education: Caring		Character Education: Caring	Week 8	Character: Justice and fairness		Character: Justice and fairness	Week 8	Character: Humbleness		Character: Humbleness	Week 8	Character: Overcoming loneliness		Character: Overcoming loneliness	Week 8	Online media: misinformation and extremism		
Term 2	Session 1			Session 2	Term 2	Session 1			Session 2	Term 2	Session 1			Session 2	Term 2	Session 1			
	Online Safety				Online Safety				Online Safety				Online Safety				RSE		
Week 1	Protection personal information		Staying safe online	Week 1	Trustworthy online information		Piracy	Week 1	Motivations and consequences		Tackling deep fakes	Week 1	How does AI affect our daily lives?		How does AI affect our daily lives?	Week 1	Understanding consent and intimacy: offline and online		
Week 2	Managing devices and accounts		Managing devices and accounts	Week 2	Interpreting information online		Interpreting information online	Week 2	Feelings about sharing nudes		Feelings about sharing nudes	Week 2	What are the limitations of generative AI?		How does generative AI affect our understanding of the world?	Week 2	Pressure, persuasion, coercion and relationship abuse		
Week 3	Identifying scams		Identifying scams	Week 3	Sharing of nudes		Sharing of nudes	Week 3	Sex and consent online		Gambling risks and safety	Week 3	How do chatbots affect relationships?		Social attitudes to sending nudes	Week 3	Fertility routes to parenthood		
Week 4	Identifying AI		Identifying AI	Week 4	AI: Positives and negatives		AI: Deep fakes	Week 4	Living in the wider world: hate crime		Living in the wider world: hate crime	Week 4	Deep fakes: What's the harm?		Deep fakes: What can be done?	Week 4	Pregnancy choices		
Week 5	What are deep fakes?		What are deep fakes?	Week 5	Gaming social media: The pressure to spend online		Money matters: Seeking help and support	Week 5	Living in the wider world: Young offenders		Living in the wider world: Young offenders	Week 5	Staying safe online and protecting your data		Understanding and preventing extremism	Week 5	Choices related to sexual and contraception		
Week 6	Careers: What is a career?		Careers: Looking at Unifrog	Week 6	Careers: Challenging gender stereotypes		Careers: Challenging gender stereotypes	Week 6	Careers: Taking control of your career journey		Careers: Taking control of your career journey	Week 6	Careers: Unifrog introduction and Skills Quiz 1		Careers: Unifrog Personality Profile	Week 6	Preventing and treating STIs		
Week 7	Character: Determined		Character: Determined	Week 7	Character: Respect		Character: Respect	Week 7	Character: Procrastination		Character: Procrastination	Week 7	Character: How to forgive yourself		Character: How to forgive yourself	Week 7	Setting boundaries and getting help		
Term 3	Session 1			Session 2	Term 3	Session 1			Session 2	Term 3	Session 1			Session 2	Term 3	Session 1			
	RSE				RSE				RSE				RSE				Life skills		
Week 1	Body parts, reproductive organs and sex		What is puberty?	Week 1	Body parts		Women's health	Week 1	Intimate relationships		Managing the ending of relationships	Week 1	Intimate relationships and consent		The role of intimacy and pleasure	Week 1	Mental wellbeing: exam stress		
Week 2	Menstruation		Women's health	Week 2	Testicular health		HPV education	Week 2	Consent		Sexual health	Week 2	Understanding pornography		Pressure, persuasion and coercion	Week 2	Making money: online rights, risks and cryptocurrencies		
Week 3	Testicular health		Keeping safe: FGM	Week 3	Consent and the law		Consent	Week 3	Sex, relationships and the media		Contraception	Week 3	Relationships rights and reporting abuse		Forced marriage	Week 3	First aid: choking		
Week 4	NSPCC pants rule		Consent and the law	Week 4	Sexual harassment and harmful sexual behaviour		Sexualised media	Week 4	Contraception		Contraception	Week 4	Managing conflict and the ending of a relationship		Sexual health: contraception				
Week 5	Careers: Exploring possibilities - dream jobs		Careers: Kew Gardens trip prep	Week 5	Careers: Making good choices: Who can you trust?		Careers: Making good choices: Who can you trust?	Week 5	Careers: What to study at KS4		Careers: What to study at KS4	Week 5	Sexual health: STIs		Breast awareness - signs, symptoms and self-examination.				
Week 6	Character: Reflective		Character: Reflective	Week 6	Character: Moderation		Character: Moderation	Week 6	Character: Compassion		Character: Compassion	Week 6	Pregnancy		What is testicular cancer/menstruation matters				
Term 4	Session 1			Session 2	Term 4	Session 1			Session 2	Term 4	Session 1			Session 2	Term 4	Session 1			
	Physical Health				Physical health				Physical Health				Physical health						
Week 1	What is being healthy?		Maintaining a balanced diet	Week 1	Alcohol		Alcohol and risk	Week 1	Blood, organ and stem cell donation		The donation process	Week 1	Making decisions about being active/aesthetic procedures		Self examination and vaccination				
Week 2	Healthy food choices		Healthy food choices	Week 2	What is tobacco?		Tobacco: What's the problem with vaping?	Week 2	Donation and choices		Vaping	Week 2	Alcohol risks, consequences and safety		Alcohol risks, consequences and safety				
Week 3	Physical exercise		Caffeine	Week 3	Making healthier choices		Healthy sleep habits	Week 3	Drugs, alcohol and the law		Drugs and alcohol: Attitudes and reasons	Week 3	Effect of drugs		Effect of drugs				
Week 4	Dental Health		Healthy sleeping	Week 4	Being active!		Dental health	Week 4	Lifestyles and wellbeing		Healthy lifestyles: health services, self-examination and vaccination.	Week 4	Careers: Labour market information		Careers: Labour market information				
Week 5	Character: Good manners		Character: Good manners	Week 5	Character: Self-esteem		Character: Self-esteem	Week 5	Character: Befriending yourself		Character: Befriending yourself	Week 5	Character: Building good habits		Character: Building good habits				
Term 5	Session 1			Session 2	Term 5	Session 1			Session 2	Term 5	Session 1			Session 2	Term 5	Session 1			
	Relationships and Friendships				Relationships and Friendships				Relationships and Friendships				Relationships and Friendships						
Week 1	Different types of relationships		Healthy and unhealthy relationships	Week 1	Respectful relationships: Friendship		Understanding marriage	Week 1	Coping with change		Communicating with others	Week 1	Valuing diversity		Valuing diversity				
Week 2	Roles in the family		Understanding changing relationships	Week 2	Relationship values		Relationship values	Week 2	Negative relationships		Negative relationships	Week 2	Recognising and challenging bullying behaviour		Recognising and challenging unhealthy attitudes to bullying				
Week 3	Friendship and empathy		Friendship challenges	Week 3	Relationships: expectations and gender roles		Relationships: expectations and gender roles	Week 3	Relationship influences		Managing the end of a relationship	Week 3	Impact of relationships		Respectful relationships: social influence				
Week 4	Bullying and sexual harassment		Bullying and sexual harassment	Week 4	Responding to misogyny		Discrimination and the protected characteristics	Week 4	Marriage and family life		Marriage and family life: Addressing family conflict	Week 4	Taking others' perspectives		Taking other's perspectives				
Week 5	Bullying and bystanders		Coercive friendships	Week 5	Conflict in relationships and forgiveness		Peer pressure	Week 5	Avoiding assumptions		Responding to misogyny	Week 5	How are people drawn to extremist groups?		Changing relationships: managing your feelings				
Week 6	Careers: What is an entrepreneur?		Careers: What is a work-life balance?	Week 6	Careers: Careers and construction event prep		Careers: What is a work-life balance?	Week 6	Careers: Labour market information		Careers: Labour market information research	Week 6	Careers: Future Skills Questionnaire		Careers: Unifrog Skills Quiz 2				
Week 7	Character: Honesty		Character: Honesty	Week 7	Character: Being reflective		Character: Being reflective	Week 7	Character: Integrity		Character: Integrity	Week 7	Character: Building good habits		Character: Building good habits				
Term 6	Session 1			Session 2	Term 6	Session 1			Session 2	Term 6	Session 1			Session 2	Term 6	Session 1			
	Life skills				Life Skills				Life Skills				Life Skills						
Week 1	First Aid: basic life support		First aid: bleeding and shock	Week 1	First aid: Basic life support		First aid: Basic life support	Week 1	Diversity: Recognising and preventing discrimination		Serious and organised crime	Week 1	First aid: basic life support		First aid: basic life support				
Week 2	Finance: budgeting		Finance: making spending decisions	Week 2	What does it mean to be a British citizen?		First aid: Allergies and Asthma	Week 2	First aid: choking		First aid: head injuries	Week 2	Finance: Controlled and uncontrolled online spending		Finance: gambling risks and safety				
Week 3	Finance: gambling		Finance: getting a job	Week 3	Anti-fraud education		Being safe: How do gangs start?	Week 3	First aid: Basic life support		First aid: Basic life support	Week 3	Diversity: Challenging prejudice and discrimination		Safely challenging misogynistic beliefs and attitudes				
Week 4	What is diversity?		Racism	Week 4	Being safe: Gangs, risks and consequences		Finance: How to open a bank account	Week 4	Managing risk: Unsafe and emergency situations		Causes and effects of cybercrime	Week 4	What is revision?		Planning and organising: revising effectively				
Week 5	Careers: Careers in the future		Careers: Careers in the future	Week 5	Careers: Local labour market information		Reading a bank statement	Week 5	Living in the wider world: Knife crime		Living in the wider world: Knife crime	Week 5	Careers: Post-16 options (content dependent on FSQ results)		Careers: Post-16 options (content dependent on FSQ results)				
Week 6	Character: Being confident		Character: Being confident	Week 6	How to use a bank card		How to save money	Week 6	Character: Resilience		Character: Resilience	Week 6	Character: Punctuality		Character: Punctuality				