

Long Term Overview for Health Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Transition and safety to secondary school and personal safety in and outside of school. Diet, Exercise and what makes a healthy person.	Send Me a Pic Think you know Emotional, legal and social consequences of Sexting and how to keep safe online and avenues for help.	Health and Puberty Healthy routines, influences on health, puberty and unwanted contact. Healthy friendships	Smoking and Alcohol Physical affects of alcohol and smoking and dealing with pressure to misuse	Diversity – LGBTQ+ Gender identity, sexual orientation, discrimination, and stereotyping	CSE and Peer on Peer Abuse Controlling and manipulative behaviour, myths and misconceptions. Banter or Bullying online as well.
Year 8	First Aid Preserve life, prevent injury and promote recovery including CPR and Defib training.	Body Image and Eating Disorders Maintaining good mental health and having a positive body image.	Healthy Relationships Disrespect Nobody Relationship abuse and sharing of nudes and semi nudes	Keeping safe County Lines Understanding what it is, signs and help Prevent Extremism, exploring Britishness and Discrimination	Safety Online Online safety, digital literacy, media reliability and cyberbullying	Mental Health Understanding stress, anxiety, social anxiety. Signs, symptoms and coping strategies
Year 9	Body Image Self worth, accurate media portrayal Attitudes to pornography	Vulnerability Safety for women, Online safety, grooming CSE	Respectful Relationships Families and parenting, healthy relationships, conflict resolution	Intimate Relationships Relationships and sex education including consent, contraception, STI's, unplanned pregnancy and fertility issues	Discrimination Attitudes towards mental health and promoting emotional well-being. Challenging attitudes towards HIV	Alcohol and Drugs Different drugs both legal and illegal, first aid, dealing with pressure
	Year 10	Year 10	Year 10	Year 11	Year 11	Year 11
KS4 Carousel With Careers	Health Eating Disorders Unhealthy weight, Prader willi Syndrome, Bulimia Woman and safety Cancer Signs, symptoms, types, treatment	Healthy Relationships Relationships and sex expectations, pleasure and challenges inc impact of media and porn	Addressing Extremism and Radicalisation Communities, belonging and challenging extremism	Relationships Coercive control, domestic violence, resolving conflict, healthy relationships	Families Family planning, infertility, FGM, marriage and forced marriage and changing relationships	Exam Stress Managing stress, coping strategies

Health and Wellbeing – Green

Relationships – Pink

Living in the Wider World – Blue but mainly covered all in Careers