

RGS Personal, Social & Health Education
Course Overview 12-13.

Key Topic	1 st Year	2 nd Year	3 rd Year	4 th Year	5 th Year
Essential Skills	Skills Development takes place throughout yrs 1-3. Delivery occurs during Form Assembly time and PSHE lessons. Skills include: Study Skills, Organisation Skills, Target Setting, Revision & Exam Skills, Decision-making Skills, Communication Skills, Discussion Skills			Health	Careers
				Contraception	The Future
				STI's & HIV/Aid's	University
				Binge Drinking	Interviews
				Party Drugs/Hard Drugs	Transferable Skills
				Stress/Depression	Applications
				Diet & Eating Disorders	Careers library
Who Am I?	Starting a new school	Self-Awareness	What Am I Like?	Breast + Testicle Cancer	Gap Years
	Being part of a group. School & Form ethos	Group Awareness Puberty	Self Esteem Popularity		
				Citizenship	Enterprise Education
				Good & Bad Citizens	Enterprise Initiative
Making Choices	Smoking			Crime & Punishment	Market Research
	Exercise	Alcohol		Legal System & Courts	Ethical Behaviour
	Diet		Drugs	Government	Social Responsibility
				Parliament	Data Collection
Personal Safety	Road Safety	Hazards		Elections	Presenting an Idea
		Personal Safety			
		Safety Online		Sensitive Issues	Learning Games
		Safety of Others		Human Rights	Communication
				Refugees	Win
Sex and Relationships (SRE)	Friendship	Parents	Sexual Relations: Pressure	Racism	Cards
	Bullying	Peers & Pressure	Sexual Relationships: Impact	Disability & Inclusion	Gorgeous Gateaux
	Coping with Conflict	Bullying/Cyberbullying	Contraception	Medical Ethics	Lost on the Moon
	SRE – Changes that occur with age	Friends	Sexualisation & Pornography		World Trade
			Making good decisions		
				Life Management	Well-being
Awareness of Others	Sustainability	Opinions	Labels & Names	Personal Finance	What is Well-being?
	Charity	Helping others	Prejudice & Bullying	Employment	Living Deliberately
		The Media	Disability	Insurance	Awareness
		The Environment	Crime & Prison	Healthy Lifestyle	Positive Relationships
		Disability	Disability	Internet Safety	Physical well-being
		Rich & Poor	The Media	The Media	Stillness & Mindfulness