

## 2025-2026 James Bateman Middle School PSHE Scheme Of Work

	Autumn 1 <b>Relationships</b> 1/9/25 – 24/10/25 (8 weeks)	Autumn 2 <b>Health &amp; WellBeing</b> 3/11/25 – 19/12/25 (7 weeks)	Spring 1 <b>Relationships</b> 5/1/26 – 13/2/26 (6 weeks)	Spring 2 <b>Health &amp; Wellbeing</b> 23/2/26 – 27/3/26 (5 weeks)	Summer 1 <b>Living in the wider world</b> 13/4/26 – 22/5/26 (6 weeks)	Summer 2 <b>Living in Wider World/Careers</b> 2/6/26 – 17/7/26 (7 weeks)
Year 5	<b>Families &amp; Friendship</b>  <b>Lesson 1 – Transition (personal responsibility)</b> <b>Lesson 2 – Healthy friendships / feeling Included</b> <b>Lesson 3 – Peer influences</b> <b>Lesson 4 – Resolving diisputes</b> <b>Lesson 5 – Changing friendships</b> <b>Lesson 6 – Unhealthy friendships</b> <b>Career/Job focus – Counsellor</b>	<b>Physical Health</b>  <b>Lesson 1 – Sleep &amp; healthy lifestyle</b> <b>Lesson 2 – Benefits of outdoor</b> <b>Lesson 3 – Sun Safety</b> <b>Lesson 4 – Medicines/vaccines</b> <b>Lesson 6 – Hygiene routines</b> <b>Lesson 6 – Road, rail and water safety</b> <b>Career/Job focus – Nurse</b>	<b>Safe Relationships &amp; Respect</b>  <b>Lesson 1 – Physical Contact &amp; touch</b> <b>Lesson 2 – Permission and physical contact</b> <b>Lesson 3 – Unwanted physical contact</b> <b>Lesson 4 – Not keeping secrets</b> <b>Lesson 5 – Treating people equally</b> <b>Lesson 6 – Discrimination</b> <b>Career/Job focus – Social worker</b>	<b>Growing, Changing &amp; Keeping Safe</b>  <b>Lesson 1 – Personal identity</b> <b>Lesson 2 – Expressing individuality</b> <b>Lesson 3 – Developing bodies</b> <b>Lesson 4 - Introduction to periods</b> <b>Lesson 5 – Mental wellbeing</b> <b>Lesson 6 – Basic first aid</b> <b>Career/Job focus – Health Educator</b>	<b>Belonging to a community</b>  <b>Lesson 1 – Protecting the environment</b> <b>Lesson 2 – Enviromental compassion</b> <b>Lesson 3– Money &amp; the enviroment</b> <b>Lesson 4 – Fast fashion and consumer choices</b> <b>Lesson 5 – What is your responsibility to the environment?</b> <b>Lesson 6 - Protest, action &amp; change.</b> <b>Career/Job focus – Environmtal Scientist</b>	<b>Media, Digital Literacy, Money &amp; Work</b>  <b>Lesson 1 – Different types of media and their different purposes</b> <b>Lesson 2 – Unsafe online content</b> <b>Lesson 3 – How devices store and share information</b> <b>Lesson 4 – Your future job/technology is changing traditional jobs</b> <b>Lesson 5 - Ambition promoting career opportunities</b> <b>Lesson 6 – Routes into work</b>
Year 6	<b>Friendships, safe relationships &amp; Respec</b>  <b>Lesson 1 – Attraction to others</b> <b>Lesson 2 – Romantic relationships</b> <b>Lesson 3 – Civil Partnerships &amp; marriage</b> <b>Lesson 4 – Love &amp; comittment</b> <b>Lesson 5 – Healthy vs unhealthy relationships</b> <b>Lesson 6 – Consent</b> <b>Career/Job focus – Registrar</b>	<b>Physical &amp; Mental Wellbeing</b>  <b>Lesson 1 – Mental Vs physical health</b> <b>Lesson 2 – Impact of bullying on mental health</b> <b>Lesson 3 – Managing feelings</b> <b>Lesson 4 – Drugs and alcohol (new lesson)</b> <b>Lesson 5 – Loss &amp; grief</b> <b>Lesson 6 – Online vs real life</b> <b>Career/Job focus – Psychologist</b>	<b>Safe Relationships &amp; Respect</b>  <b>Lesson 1 – Healthy &amp; unnhealthy friendships</b> <b>Lesson 2 – Peer pressure</b> <b>Lesson 3 – Personal safety</b> <b>Lesson 4 – How to be a positive role model</b> <b>Lesson 5 – Respecting others point of view</b> <b>Lesson 6 – Managing conflict &amp; disagreement</b> <b>Career/Job focus – Teacher</b>	<b>Growing, Changing &amp; Keeping Safe</b>  <b>Lesson 1 - Being more Independent</b> <b>Lesson 2 - Developing bodies</b> <b>Lesson 3 - Periods</b> <b>Lesson 4 -Reproduction</b> <b>Lesson 5 Drug Use &amp; the Law</b> <b>Lesson 6 - Staying Safe online – Images &amp; texts</b> <b>Career/Job focus – School Nurse</b>	<b>Belonging to a community</b>  <b>Lesson 1 - What is Prejudice?</b> <b>Lesson 2- Recognising Stereotypes</b> <b>Lesson 3- Challenging Discrimination</b> <b>Lesson 4 -Public Space Awareness (new – includes how to behave respectfully and safely in shared spaces, including parks, transport, shops, etc.)</b> <b>Lesson 5- Role Models, Changemakers &amp; the Law (combined from two: focuses on people who’ve stood up for rights, and introduces key laws + responsibilities-link to democracy)</b> <b>Lesson 6 -Making a Positive Contribution</b> <b>Career/Job focus – Politician</b>	<b>Media, Digital Literacy, Money &amp; Work</b>  <b>Lesson 1 – Benefits of online safety</b> <b>Lesson 2 – Evaluating online sources</b> <b>Lesson 3 – Social media safety</b> <b>Lesson 4 – Online sharing – what is appropriate?</b> <b>Lesson 5 – How does money Impact people’s lives?</b> <b>Lesson 6 - Value for money</b>
Year 7	<b>Building relationships</b>  <b>Lesson 1 - Self esteem</b> <b>Lesson 2 - What is Love?</b> <b>Lesson 3 – Influences</b> <b>Lesson 4 --Media and airbrushing</b> <b>Lesson 5 – Respect</b> <b>Lesson 6 - Proud to be me</b> <b>Career/Job focus – Journalist</b>	<b>Transition and Wellbeing</b>  <b>Lesson 1 – What to expect in KS3</b> <b>Lesson 2 - Internet safety</b> <b>Lesson 3 - All about me</b> <b>Lesson 4 – Friendships</b> <b>Lesson 5 - First Aid</b> <b>Lesson 6 - Dangers of alcohol</b> <b>Career/Job focus – Teacher</b>	<b>Britain, Discrimination and Bullying</b>  <b>Lesson 1 - Prejudice and Discrimination</b> <b>Lesson 2 - Hate crimes</b> <b>Lesson 3 - UK rights and responsibilities</b> <b>Lesson 4 - Bullying in all forms</b> <b>Lesson 5 - Trolling and cyber bullying</b> <b>Lesson 6 - Homophobia bullying</b> <b>Career/Job focus – Police Officer</b>	<b>Health and puberty</b>  <b>Lesson 1 - Nicotine and smoking</b> <b>Lesson 2 – Puberty</b> <b>Lesson 3 - Alcohol</b> <b>Lesson 4 - Personal hygiene</b> <b>Lesson 5 - Sleep and relaxation</b> <b>Lesson 6 - Oral Hygiene and tooth decay</b> <b>Career/Job focus – Doctor</b>	<b>Financial decision making</b>  <b>Lesson 1- Consumer rights</b> <b>Lesson 2- Budgeting</b> <b>Lesson 3 -Savings</b> <b>Lesson 4 – Online money scams</b> <b>Lesson 5 – financial explotatoion</b> <b>Lesson 6 – Where Does Your Money Go? – Wages, Bills &amp; Taxes</b> <b>Career/Job focus – Financial Advisor</b>	<b>Developing career skills and aspirations</b>  <b>Lesson 1 - Careers &amp; your future</b> <b>Lesson 2 - Influencers</b> <b>Lesson 2 - Personal qualities &amp; Skills</b> <b>Lesson 3– What careers can I do</b> <b>Lesson 4 - Finding careers information</b> <b>Lesson 5 - Online Reputation &amp; digital footprints</b>
Year 8	<b>Identity and Discrimination</b>  <b>Lesson 1 - Equality Act and discrimination</b> <b>Lesson 2 - Prejudice and discrimination- Rosa Parks</b> <b>Lesson 3 - Gender equality-#MeToo Movement</b> <b>Lesson 4 – Identity</b> <b>Lesson 5 - Islamophobia</b> <b>Lesson 6 - LGBTQ+ What is it?</b> <b>Career/Job focus – Lawyer</b>	<b>Substance Misuse</b>  <b>Lesson 1 - Addiction</b> <b>Lesson 2 - Energy drinks and caffeine</b> <b>Lesson 3 – The truth About vaping and tobacco alternatives</b> <b>Lesson 4 – Dangers of Alcohol</b> <b>Lesson 5 - Drugs classifications</b> <b>Lesson 6 – Peer pressure and saying ‘no’</b> <b>Career/Job focus – Addiction Counsellor</b>	<b>Identity and relationships</b>  <b>Lesson 1 - Gender identity</b> <b>Lesson 2 – Bullying</b> <b>Lesson 3 – Y8 puberty</b> <b>Lesson 4 - Healthy respectful relationships</b> <b>Lesson 5 - Sexual orientation</b> <b>Lesson 6 – Consent (general consent/digital, sexual consent)</b> <b>Career/Job focus – Youth Counsellor</b>	<b>Emotional wellbeing</b>  <b>Lesson 1-Social media and online Stress</b> <b>Lesson 2- Misogyny</b> <b>Lesson 3- Incel ideology</b> <b>Lesson 4- Body image</b> <b>Lesson 5- Emotional health and Wellbeing</b> <b>Lesson 6 -Resilience and growing up</b>  <b>Career/Job focus – Mental Health Practitioner</b>	<b>Digital literacy</b>  <b>Lesson 1 – Deciding what to watch &amp; social media influencers</b> <b>Lesson 2 – Online gaming</b> <b>Lesson 3 – CEOP &amp; online reporting</b> <b>Lesson 4 – AI &amp; deepfakes</b> <b>Lesson 5 – Why pornography can be harmful</b> <b>Lesson 6 – Digital footprints &amp; online reputation</b> <b>Career/Job focus – Digital Safety Specialist</b>	<b>Career Management</b>  <b>Lesson 1 - What are my interests</b> <b>Lesson 2 – Voulntary work</b> <b>Lesson 3 - Careers &amp; future</b> <b>Lesson 4 – Job application</b> <b>Lesson 5 – Challenges &amp; rewards of work</b> <b>Lesson 6 – Creating the life you want</b>