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| **All Saints’ Academy Cheltenham****LIFE: PSHRE Overview****Academic Year 2021/2022**All Saints’ Academy takes as its inspiration the life and teachings of Jesus. It seeks to uphold and encourage Christian values. Our LIFE Programme will not only enable us to follow Jesus’ teachings, but also to ‘have life in all its fullness’ by reflecting on the Christian values that underpin PSHRE and Citizenship. LIFE is delivered through a planned programme of weekly sessions in tutor groups and extended collective acts of worship. These activities focus on:* promoting equalities
* preventing and tackling discrimination and bullying
* cultural awareness
* preparing students positively for life in modern Britain
* addressing issues of exploitation and challenging extremism and radicalisation
* helping students to keep themselves healthy and safe
* providing effective and impartial careers information, education, advice and guidance.

***Where every member of our extended family realise their God-given potential, inspired by John 10:10. Jesus said ‘I have come so you may have life in all its fullness’.*** |
| **Year Group and Theme** | **Term 1****Respect** | **Term 2****Justice** | **Term 3****Peace** | **Term 4****Reconcile** | **Term 5****Love** | **Term 6****Service** |
| **Spiritual** **Focus** | 1.Hopes for Year2. Life in All its Fullness3.Care for Creation 4. Harvest5. Black History 1 6. Black History 27. Care for Creation 2 | 1. Feast of All Saints’2. Remembrance3. Justice4. World Children’s Day5. Advent 16. Advent 27. Advent 3 | 1. New Year, New Start2. Peace 3. Unified in Faith 4. One Day 5. Appearances can be deceiving6. Who do you trust?7. Fairtrade Week 1 | 1. Lent - Purpose found through preparation2. Lent - Reconciliation3. Are you healthy on the inside? 4. Giving5. Prayer6. Easter | 1. Love yourself2. Love others3. Mental Health4. Christian Aid 5. Ascension | 1. Pentecost2. Refugee Week3. Service to God4. Service to others5. Sport6. Rest |
| **LIFE** **Focus** | 1. British Values2. Internet Safety3. Climate Change4. Stress Support5. Black History6. Black History | 1. British Values2. Internet Safety3. Climate Change4. Stress Support5. Black History6. Black History | 1. British Values2. Internet Safety3. Climate Change4. Stress Support5. Black History6. Black History7. Careers | 1. Careers2. Careers3. Careers4. Careers5. Diversity- Gender6. Diversity- Disability | 1. Diversity- Race2. Diversity-LGBT+3. County Lines4. Mental Health5. Environment | 1. Careers2. Careers3. Sustainability4. British values5. Healthy Life6. Enrichment |
| **PSHRE PROGRAMME OVERVIEW FOR EACH YEAR GROUP** |
| **Year 7:****Beginning the journey** | 1. The road ahead2. Friendships in change3. My morality 4. Keeping organised 5. Growth mindset 6. Respecting my body  | 1.E-safety 2. Resilience3. PREVENT / BV4. Immunisations and medicines 5. Using the right language6. Peer pressure7. Challenging stereotypes8.Christmas thoughts  | 1. Study Skills 2. Dealing with conflicts with friends and family3. Anti-Social Media 4. The importance of exercise5. Time to Talk Day (MHA)6. Types of relationship | 1. Identifying stressors2.Combatting stressors3. Nutrition and Hydration Week 4. Dealing with an emergency5. Weapons6. Gang culture  | 1. On Your Feet Britain Campaign (26/04)2. Kindness to all 3. Mental Health Awareness Week4. Revision – the love of learning 5. Changes in your body | 1. First Aid 12. First Aid 23. Service to God4. Service to School5.Service to the community 6. Service to you7. Your journey review |
| **Year 8:****Who am I?** | 1. The road ahead2. Keeping organised3.Growth Mindset4. Respecting my body5.Virtues: Responsibility6. Virtues: Loyalty | 1. Virtues: Integrity 2. Resilience3. PREVENT / BV4. Changes in your body 5. Virtues: moral courage 6. Risky situations 7. Peer pressure8. Christmas thoughts | 1. Gender equality2. Body Image 3. Anti-Social Media4. Bullying or banter? 5. Time to Talk Day (MHA)6. Virtues: Honesty | 1. Eating Disorder Awareness Week2.Virtues: Solidarity 3. Nutrition and Hydration Week 4. Virtues: Forgiveness5. Virtues: Tolerance 6. Virtues: Sense of humour | 1. On Your Feet Britain Campaign (26/04)2. Virtues: Worthiness 3. Mental Health Awareness Week4. Changes in your body5. Virtues: Curiosity of Attraction  | 1. Virtues: Generosity2. Drugs in society3. Service to God4. Service to School5.Service to the community 6. Service to you7. Your journey review |
| **Year 9:****What I can do for this world** | 1. The road ahead2. International day of democracy (15/09)3. What do I deserve? 4. Party Poopers 5. Alternative Opinions 6. FGM  | 1. Social Media Laws2. Resilience3. PREVENT / BV4. Really? 15. Really? 26. Really? 37. Really? 48. Christmas thoughts | 1. Your body, your choice2. Body Image3. Anti-Social Media4. Bullying or banter? 5. Time to Talk Day (MHA)6. Risky situations | 1. Eating Disorder Awareness Week 2. Weapons and gangs3. Nutrition and Hydration Week4. First Aid 15. First Aid 26. World conflicts | 1. On Your Feet Britain Campaign (26/04)2. Expectations of a relationship - consent3. Mental Health Awareness Week4. Sexual media5. Abuse | 1. Money Matters2. Professional profiles3. Service to God4. Service to School5.Service to the community 6. Service to you7. Your journey review |
| **Year 10:****Looking for Opportunities** | 1. The road ahead2. The benefits of extra-curricular 3. Self-respect (e-safety)4. Professional profiles5. Study skills – respecting the learning process6. Gang behaviour  | 1. Drug offences 2. Resilience3. PREVENT / BV 4. Really? 15. Really? 26. Really? 37. Really? 48. Christmas thoughts | 1. Keeping a clear head (drugs/alcohol)2. Where are you going? 3. Anti-Social Media4. Bullying or banter? 5. Time to Talk Day (MHA)6. Smoking behaviour  | 1. The freedom of failure2. The consequence of choice 3. Nutrition and Hydration Week4. First Aid 15. First Aid 26. Equality  | 1. Unhealthy Relationships 2. Healthy Relationships3. Mental Health Awareness Week4. Blended families 5. A career you love  | 1. Work experience2. Apprenticeship options 3. Study options 4. Workplace ethics 5. Prejudice and discrimination6. Summer enhancements (NCS, etc.) 7. Your journey review |
| **Year 11:****Going for Gold** | 1. The road ahead2. Planning for success 3. National fitness day (26/09)4. Self-respect (e-safety)5. Study skills – respecting the learning process6. Respecting your body – tattoos and piercings  | 1. Sweet Sixteen – rights and responsibilities2. Resilience3. PREVENT / BV4. Political Standings – the 2022 voters! 5. Getting what you deserve – the GCSE game 6. Gender equality7. Victim blaming 8. Christmas thoughts | 1. Keeping a clear head (drugs/alcohol)2. On your side! 3. Gender and sexuality – the language!4. Feminism 5. Time to Talk Day (MHA)6. The work-life balance  | 1. Exam Heaven2. Mindfulness3. Nutrition and Hydration Week4. Identifying and combatting stressors5. Being a good listener6. Suicide and support  | 1. Relationships and sex2. Protection from infection 3. Mental Health Awareness Week4. Love of self5. Love of school  | 1. 2.3.4. 5.6.7. |
| **Year 12:****Purpose** | 1. The road ahead2. Vision (VESPA) 3. Public image – e-safety 4. Body image – respecting yourself and others5. Time management6. Money Management  | 1.Effort (VESPA) 2. Resilience3. PREVENT / BV 4. Gender equality5. Driving safety6. Employment Law 7. The right to education8. Christmas thoughts | 1. First Aid 12. First Aid 23. CV’s4. I am offended! 5. Time to Talk Day (MHA)6. Systems (VESPA) | 1. Practice (VESPA) 2. Exam Stress relief3. Nutrition and Hydration Week 4. Mindfulness 5. Peer Pressure 6. A world in pieces?  | 1. Charity2. Volunteering ideas3. Mental Health Awareness Week4. Relationships and Sex5. Your dreams / goals – Attitude (VESPA) | 1. Work experience2. Apprenticeship options3. Study options 4. Standing out in applications5. Interview technique6. An introduction to UCAS7. Your journey review |
| **Year 13:****Preparation** | 1. The road ahead2. Academic freedom 3. Destinations4. UCAS – the process 5. UCAS – personal statements6. UCAS – personal statements  | 1.Nightclub nightmares2. Resilience3. PREVENT / BV 4. Professional profiles5. The power of adulthood 6. GDPR and you7. Illegal behaviour8. Christmas thoughts | 1. Independent living skills 12. Independent living skills 23. Interview Technique4. Shared Living 5. Time to Talk Day (MHA)6. Loneliness  | 1. Eating Disorder Awareness Week 2. Mindfulness 3. Nutrition and Hydration Week 4. A peaceful budget 5. A world in pieces?6. Dealing with conflict  | 1. Relationships and sex2. Ask a tutor 3. Mental Health Awareness Week4. Exam Stress Relief 5. Revision skills | 1. 2.3.4. 5.6.7. |