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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 Year  2. Life in All its Fullness  3.Care for Creation  4. Harvest  5. Black History 1  6. Black History 2  7. Care for Creation 2 | 1. Feast of All Saints’  2. Remembrance  3. Justice  4. World Children’s Day  5. Advent 1  6. Advent 2  7. Advent 3 | 1. New Year, New Start  2. Peace  3. Unified in Faith  4. One Day  5. Appearances can be deceiving  6. Who do you trust?  7. Fairtrade Week 1 | 1. Lent - Purpose found through preparation  2. Lent - Reconciliation  3. Are you healthy on the inside?  4. Giving  5. Prayer  6. Easter | 1. Love yourself  2. Love others  3. Mental Health  4. Christian Aid  5. Ascension | 1. Pentecost  2. Refugee Week  3. Service to God  4. Service to others  5. Sport  6. Rest |
| **LIFE**  **Focus** | 1. British Values  2. Internet Safety  3. Climate Change  4. Stress Support  5. Black History  6. Black History | 1. British Values  2. Internet Safety  3. Climate Change  4. Stress Support  5. Black History  6. Black History | 1. British Values  2. Internet Safety  3. Climate Change  4. Stress Support  5. Black History  6. Black History  7. Careers | 1. Careers  2. Careers  3. Careers  4. Careers  5. Diversity- Gender  6. Diversity- Disability | 1. Diversity- Race  2. Diversity-LGBT+  3. County Lines  4. Mental Health  5. Environment | 1. Careers  2. Careers  3. Sustainability  4. British values  5. Healthy Life  6. Enrichment |
| **PSHRE PROGRAMME OVERVIEW FOR EACH YEAR GROUP** | | | | | | |
| **Year 7:**  **Beginning the journey** | 1. The road ahead  2. Friendships in change  3. My morality  4. Keeping organised  5. Growth mindset  6. Respecting my body | 1.E-safety  2. Resilience  3. PREVENT / BV  4. Immunisations and medicines  5. Using the right language  6. Peer pressure  7. Challenging stereotypes  8.Christmas thoughts | 1. Study Skills  2. Dealing with conflicts with friends and family  3. Anti-Social Media  4. The importance of exercise  5. Time to Talk Day (MHA)  6. Types of relationship | 1. Identifying stressors  2.Combatting stressors  3. Nutrition and Hydration Week  4. Dealing with an emergency  5. Weapons  6. Gang culture | 1. On Your Feet Britain Campaign (26/04)  2. Kindness to all  3. Mental Health Awareness Week  4. Revision – the love of learning  5. Changes in your body | 1. First Aid 1  2. First Aid 2  3. Service to God  4. Service to School  5.Service to the community  6. Service to you  7. Your journey review |
| **Year 8:**  **Who am I?** | 1. The road ahead  2. Keeping organised  3.Growth Mindset  4. Respecting my body  5.Virtues: Responsibility  6. Virtues: Loyalty | 1. Virtues: Integrity  2. Resilience  3. PREVENT / BV  4. Changes in your body  5. Virtues: moral courage  6. Risky situations  7. Peer pressure  8. Christmas thoughts | 1. Gender equality  2. Body Image  3. Anti-Social Media  4. Bullying or banter?  5. Time to Talk Day (MHA)  6. Virtues: Honesty | 1. Eating Disorder Awareness Week  2.Virtues: Solidarity  3. Nutrition and Hydration Week  4. Virtues: Forgiveness  5. Virtues: Tolerance  6. Virtues: Sense of humour | 1. On Your Feet Britain Campaign (26/04)  2. Virtues: Worthiness  3. Mental Health Awareness Week  4. Changes in your body  5. Virtues: Curiosity of Attraction | 1. Virtues: Generosity  2. Drugs in society  3. Service to God  4. Service to School  5.Service to the community  6. Service to you  7. Your journey review |
| **Year 9:**  **What I can do for this world** | 1. The road ahead  2. International day of democracy (15/09)  3. What do I deserve?  4. Party Poopers  5. Alternative Opinions  6. FGM | 1. Social Media Laws  2. Resilience  3. PREVENT / BV  4. Really? 1  5. Really? 2  6. Really? 3  7. Really? 4  8. Christmas thoughts | 1. Your body, your choice  2. Body Image  3. Anti-Social Media  4. Bullying or banter?  5. Time to Talk Day (MHA)  6. Risky situations | 1. Eating Disorder Awareness Week  2. Weapons and gangs  3. Nutrition and Hydration Week  4. First Aid 1  5. First Aid 2  6. World conflicts | 1. On Your Feet Britain Campaign (26/04)  2. Expectations of a relationship - consent  3. Mental Health Awareness Week  4. Sexual media  5. Abuse | 1. Money Matters  2. Professional profiles  3. Service to God  4. Service to School  5.Service to the community  6. Service to you  7. Your journey review |
| **Year 10:**  **Looking for Opportunities** | 1. The road ahead  2. The benefits of extra-curricular  3. Self-respect (e-safety)  4. Professional profiles  5. Study skills – respecting the learning process  6. Gang behaviour | 1. Drug offences  2. Resilience  3. PREVENT / BV  4. Really? 1  5. Really? 2  6. Really? 3  7. Really? 4  8. Christmas thoughts | 1. Keeping a clear head (drugs/alcohol)  2. Where are you going?  3. Anti-Social Media  4. Bullying or banter?  5. Time to Talk Day (MHA)  6. Smoking behaviour | 1. The freedom of failure  2. The consequence of choice  3. Nutrition and Hydration Week  4. First Aid 1  5. First Aid 2  6. Equality | 1. Unhealthy Relationships  2. Healthy Relationships  3. Mental Health Awareness Week  4. Blended families  5. A career you love | 1. Work experience  2. Apprenticeship options  3. Study options  4. Workplace ethics  5. Prejudice and discrimination  6. Summer enhancements (NCS, etc.)  7. Your journey review |
| **Year 11:**  **Going for Gold** | 1. The road ahead  2. Planning for success  3. National fitness day (26/09)  4. Self-respect (e-safety)  5. Study skills – respecting the learning process  6. Respecting your body – tattoos and piercings | 1. Sweet Sixteen – rights and responsibilities  2. Resilience  3. PREVENT / BV  4. Political Standings – the 2022 voters!  5. Getting what you deserve – the GCSE game  6. Gender equality  7. 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 Heaven  2. Mindfulness  3. Nutrition and Hydration Week  4. Identifying and combatting stressors  5. Being a good listener  6. Suicide and support | 1. Relationships and sex  2. Protection from infection  3. Mental Health Awareness Week  4. Love of self  5. Love of school | 1.  2.  3.  4.  5.  6.  7. |
| **Year 12:**  **Purpose** | 1. The road ahead  2. Vision (VESPA)  3. Public image – e-safety  4. Body image – respecting yourself and others  5. Time management  6. Money Management | 1.Effort (VESPA)  2. Resilience  3. PREVENT / BV  4. Gender equality  5. Driving safety  6. Employment Law  7. The right to education  8. Christmas thoughts | 1. First Aid 1  2. First Aid 2  3. CV’s  4. I am offended!  5. Time to Talk Day (MHA)  6. Systems (VESPA) | 1. Practice (VESPA)  2. Exam Stress relief  3. Nutrition and Hydration Week  4. Mindfulness  5. Peer Pressure  6. A world in pieces? | 1. Charity  2. Volunteering ideas  3. Mental Health Awareness Week  4. Relationships and Sex  5. Your dreams / goals – Attitude (VESPA) | 1. Work experience  2. Apprenticeship options  3. Study options  4. Standing out in applications  5. Interview technique  6. An introduction to UCAS  7. Your journey review |
| **Year 13:**  **Preparation** | 1. The road ahead  2. Academic freedom  3. Destinations  4. UCAS – the process  5. UCAS – personal statements  6. UCAS – personal statements | 1.Nightclub nightmares  2. Resilience  3. PREVENT / BV  4. Professional profiles  5. The power of adulthood  6. GDPR and you  7. Illegal behaviour  8. Christmas thoughts | 1. Independent living skills 1  2. Independent living skills 2  3. Interview Technique  4. 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 sex  2. Ask a tutor  3. Mental Health Awareness Week  4. Exam Stress Relief  5. Revision skills | 1.  2.  3.  4.  5.  6.  7. |