



Vision PSHE education helps children and young people to stay safe, healthy and prepared for life's opportunities.

	Foci	Assessment	Knowledge Organiser
Unit 1	<p>Topic = Health and Wellbeing</p> <ul style="list-style-type: none"> • Having a growth mind-set • Being aspirational • Staying healthy • Personal Hygiene • Healthy Eating • Consequences of not eating healthily • Energy drinks • Smoking/second hand smoke • Alcohol • Mental Health – depression • Managing anger • Assessment 	<ol style="list-style-type: none"> 1. Baseline quiz at the start of the unit. 2. End of unit assessment: part multiple choice, part short answer knowledge recall. All marked in class and percentages recorded to show knowledge progress from start to end of unit. 	<p>Autumn 1:</p> <p>Health and Wellbeing</p>
Unit 2	<p>Topics = RSE (Relationships & Sex education)</p> <ul style="list-style-type: none"> • Puberty • Periods • Friendships – nurturing healthy ones • Bullying • Falling in love • Family relationships • Domestic abuse • FGM (Female Genital Mutilation) – <i>No graphic material shown here, just raising awareness of what it is, the warning signs and giving advice for what to do if they or a friend are victim to it.</i> 	<ol style="list-style-type: none"> 3. Baseline quiz at the start of the unit. 4. End of unit assessment: part multiple choice, part short answer knowledge recall. All marked in class and percentages recorded to show knowledge progress from start to end of unit. 	<p>Spring/Summer 1:</p> <p>RSE: Relationships & Sex Education</p>
Unit 3	<p>Topics = Living in the wider world</p> <ul style="list-style-type: none"> • Peer pressure • Cyber bullying/ online abuse • Wants and needs • Prejudice, Discrimination: Racism 	<ul style="list-style-type: none"> • Baseline quiz at the start of the unit. • End of unit assessment: part multiple choice, part short answer knowledge recall. • All marked in class and percentages recorded to show knowledge progress from start to end of unit. 	<p>Summer 2:</p> <p>Living in the wider world</p>