



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"> • Introduction and baseline assessment • Managing our behaviour to achieve • What is mindfulness? • The importance of sleep • Screen time • Personal safety and first aid • Vaping, nicotine and addiction • 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"> • Positive relationships • Consent • Sexting – the law and dangers • Contraception • STIs • Child sexual exploitation • Eating disorders • Assessment 	<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"> • Being a British Citizen • Xenophobia • Prejudice and discrimination • Homophobia • Budgeting our money • Creating a budget plan • Finance: credit, debit, tax, NI 	<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>