

Colour Coding:

Introduction to PSHE (Relationships)	Life Skills (Health and Wellbeing)	Healthy Lifestyles (Health and Wellbeing)	Careers Education Information Advice and Guidance (Living in Our Wider World)	Study Skills	British Values (Living in Our Wider World)	Salisbury Bid Education Challenge (Living in Our Wider World)
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PSHE Sessions 2022/23:

Date (WB)	Year 7	Year 8	Year 9	Year 10	Year 11
1st Half Term					
12 th Sept	SJCS PSHE Introduction	Positive Mental Health 1: What are attitudes to mental health?	CEIAG 1: What is CEIAG? A reminder, and options info	Gambling Awareness 1: Recap group ground rules and managing risk	CEIAG: College Information Session
26 th Sept	Random Acts of Kindness	PMH2: What is emotional wellbeing and resilience?	CEAIG 2: Career Pilot reminder/ MY Options	GA2: How can we manage impulsive behaviour?	CEIAG 2: 6th Form Information Session Y11
10 th Oct	RAOK/dilemmas	PMH3: What is digital resilience?	CEAIG 2: Career Pilot reminder/ MY Options	GA3: How can we help people who have developed problems with gambling?	CEIAG 3: College Information session Y11

2 nd Half Term					
31st Oct	How does media influence us?	PHM4: Healthy coping strategies	Finance Matters 1: Money Matters	GA4: How can we challenge the gambling industry?	CEIAG 4: College application workshop
14 th Nov	Important people in my life	What is a Healthy Lifestyle recap?	FM2: Budget Battles	Healthy Lifestyle: Positive Mental Health 1	CEIAG 5: college/Sixth Form information session
28th Nov	Staying safe online	What are the blockers to a Healthy Lifestyle?	Finance Matters 3 /Healthy Lifestyle, Drugs Awareness 9F/9M Motiv 8 session	Healthy Lifestyle: Positive Mental Health 2	Study Skills1: ROC stars top tips!
12 th Dec	Healthy Start Recap: Lifestyle	Alcohol Awareness 1: Why do some choose to drink?	Finance Matters 3 /Healthy Lifestyle, Drugs Awareness 9T/9V Motiv 8 session	Positive Mental Health 3	SS2: Revision / metacognition strategies
3 rd Half Term					
9th Jan	Healthy Start 2: Healthy Eating	AA2: How many units?	Education Challenge 1 (Chamber of Commerce/Salisbury Bid Competition)	CEIAG 1: Skills and Qualities	British Values – recap democracy
23rd Jan	Healthy Start 3: Healthy Sleep	AA3: What are the physical and social effects of drinking?	Education Challenge 2	CEIAG 2: Work Experience introduction	British Values – recap tolerance
6th Feb	Healthy Start 4: Healthy Sleep Strategies	AA4: Alcohol and the Law	Education Challenge 3	CEIAG 2: The World of Work Programme	NSC Skills Booster Sessions i: Health and Wellbeing

4 th Half Term					
27 th Feb	CEIAG: What is CEIAG?	AA5: The effects of drinking too much	Education Challenge complete and hand in	CEIAG 3: Mock Interview Prep / Career Pilot	NSC Skills Booster Sessions ii: Health and Wellbeing
13 th March	CEIAG 2: My skills and qualities/Introduction to Careerpilot	Healthy Lifestyle 1: Who smokes?	British Values: Democracy revisited	CEIAG 4: Top tips for an Interview	NSC Skills Booster Sessions iii: Health and Wellbeing
27 th March	CEIAG 2: My skills and qualities/Introduction to Careerpilot	Healthy Lifestyle 2: What is the cost of smoking?	BV2: How does democracy work in the UK?	Learning Matters: Retrieval Practice	NSC Skills Booster Sessions iv: Health and Wellbeing
5 th Half Term					
24 th April	CEIAG 3: Bob's Jobs, A-Z of jobs	British Values: The Rule of Law 1	BV3: What do MPs actually do?	Learning Matters 2: ROC stars top tips	NCS skills booster sessions
8 th May	Defibrillator challenge!	Defibrillator challenge!	Defibrillator challenge!	Defibrillator challenge!	Defibrillator challenge!
22 nd May	Positive attitudes: Learning skills	BV, Rule of Law: The Criminal Justice System	BV4: Our election!	British Values recap: Tolerance	NCS skills booster sessions
6 th Half Term					
14 th June	Introduction to British Values	CEIAG 1: Careers Exploration and Options Log	Learning Matters: Retrieval Practice	British Values: Tolerance 2	NCS skills booster sessions

26 th June	British Values: Democracy	CEIAG 2: The Buzz Test	Learning Matters: ROCStars revision workshop	Y10 Work Experience Week TBC	No longer in school
10 th July	British Values: Tolerance	CEIAG 3: What do I already know about GCSEs?	Year 9 PSHE audit	Year 10 PSHE/WEX Audit	No longer in school