

Me: Health and Wellbeing		Us: Relationships			All: Living in the Wider World	
Autumn Term - Weekly PSHCE lessons			Spring and Summer Terms - Fortnightly PSHCE lessons			
	Sep-Oct (8 weeks)	Nov-Dec (7 weeks)	Jan-Feb (5 weeks)	Mar-Apr (5 weeks)	May-Jun (7 weeks)	Jun-Jul (7 weeks)
<b>7</b>	7.1 Introduction: What is PSHCE? Mental Health Intro	7.8 Health Eating	7.14 Revision	7.C2 Stereotyping and Discrimination	7 C3 Understanding Money	7.21 Hate Crimes
	7.2 Mental Health: Challenging Self-Doubt	7.9 Personal Hygiene				
	7.3 Mental Health: Hope	7.10 Safety and Risk	7.15 First Aid	7.17 Review of Learning Quiz	7.18 British Values	7.22 Credit
	7.4 Mental Health: Gratitude	7.11 E-Safety				
	7.5 Mental Health: Being Connected	7 C1 KUDOS	7.16 Smoking		7.19 Cultures Living Together	7.23 End of Year Review
	7.6 Mental Health: Resilience	7.12 Body Image				
	Careers 1 KUDOS	7.13 Anti-Bullying			7.20 Multicultural Britain	
	7.7 Mental Health: Assessment					