



PSHE Course Calendar

The City of Leicester College

Y7 PSHE (Course Calendar)

Year 7 PSHE 2018 -2019

Term	Topic	Content
Autumn Term 1	Me, Myself and I	<ul style="list-style-type: none"> • Identity • Emotional well-being • Self- esteem • Body Language • Handling conflict • Friendships
Autumn Term 2	Democracy	<ul style="list-style-type: none"> • Student council • What is Democracy • Political parties • Rights and Responsibilities • Human Rights • Young people and the law • How are laws made
Spring Term 1	Personal Health and Wellbeing	<ul style="list-style-type: none"> • Healthy eating • Personal hygiene • The importance of rest • Smoking and drugs • Road safety
Spring Term 2	Relationship education	<ul style="list-style-type: none"> • Relationships • LGBT • Vulnerability • Grooming • Puberty • FGM
Summer Term 1	Careers	<ul style="list-style-type: none"> • Skills and Qualities • Work and the Law • Budgeting
Summer Term 2	Community	<ul style="list-style-type: none"> • Your community • Great British Values • Charity • Fairtrade

Y8 PSHE (Course Calendar)

Year 8 PSHE 2018 -2019

Term	Topic	Content
Autumn Term 1	Staying safe	<ul style="list-style-type: none"> • Internet safety • Grooming • Chelsea's choice
Autumn Term 2	Democracy	<ul style="list-style-type: none"> • Student council • Youth crime • Anti-social Behaviour • Knife crime • Gangs
Spring Term 1	Careers	<ul style="list-style-type: none"> • Skills and Qualities • Job Families • Talking Jobs • Options • Interview Prep
Spring Term 2	Mental Health	<ul style="list-style-type: none"> • Emotional Health • Self- esteem • Resilience • Self- harm • Eating disorders
Summer Term 1	Relationships	<ul style="list-style-type: none"> • Types of relationships • Communication • Biology • Conception • Contraception
Summer Term 2	Drugs awareness	<ul style="list-style-type: none"> • Legal and illegal drugs • Effect on mental health • Smoking and the law