

# Patch...secondary Long-Term Plan

Patch 1 (Autumn 1)	Patch 2 (Autumn 2)	Patch 3 (Spring 1)	Patch 4 (Spring 2)	Patch 5 (Summer 1)	Patch 5 (Summer 2)
<b>Self- Awareness</b>	<b>Self-Care, Support &amp; Safety</b>	<b>Managing Feelings</b>	<b>Healthy Lifestyles /RHE</b>	<b>The World I Live in</b>	<b>Changing &amp; Growing/ RHE</b>
<b>Me, You &amp; Us</b> <ul style="list-style-type: none"> <li>• Introduction-Planning session</li> <li>• Me- Who am I?</li> <li>• Me- My feelings and being kind.</li> <li>• You- Managing pressure.</li> <li>• Us- Being kind to myself and others.</li> </ul>	<b>Staying Safe</b> <ul style="list-style-type: none"> <li>• Introduction-Planning session</li> <li>• Feeling unwell</li> <li>• Feeling frightened or worried</li> <li>• Road Safety week-20<sup>th</sup> November</li> <li>• Staying safe online</li> </ul>	<b>Feelings</b> <ul style="list-style-type: none"> <li>• Introduction-Planning</li> <li>• Self-esteem and unkind comments.</li> <li>• Strong feelings</li> <li>• My voice matters! (I am Mel) Children's Mental Health week- 5<sup>th</sup>-9<sup>th</sup> February</li> </ul>	<b>Relationships &amp; Healthy Me</b> <ul style="list-style-type: none"> <li>• Healthy eating/ healthy diet</li> <li>• Physical Health</li> <li>• Feeling well and body image</li> <li>• First Aid and Medicinal Drugs</li> <li>• Drugs, Alcohol and Tobacco</li> <li>• Expectations of relationships and abuse.</li> </ul>	<b>My World</b> <ul style="list-style-type: none"> <li>• Introduction-Planning session</li> <li>• Taking care of the environment (Earth Day 22<sup>nd</sup> April)</li> <li>• Diversity/ rights and responsibilities</li> <li>• Managing online information</li> <li>• Preparing for adulthood</li> <li>• Managing finances</li> </ul>	<b>Growing &amp; Changing</b> <ul style="list-style-type: none"> <li>• Introduction-Planning session</li> <li>• Puberty</li> <li>• Healthy and unhealthy relationship behaviour.</li> <li>• Intimate relationships, consent, contraception and sexual health.</li> <li>• Long-term relationships/ parenthood/ pregnancy</li> <li>• The law</li> <li>• Friendships and transitions</li> </ul>
<b>RHE Focus</b>	<b>RSE Focus</b>	<b>RSE Focus</b>	<b>PSHE Focus</b>	<b>RSE Focus</b>	<b>PSHE Focus</b>
<ul style="list-style-type: none"> <li>• My body &amp; consent</li> </ul>	<ul style="list-style-type: none"> <li>• Online safety</li> </ul>	<ul style="list-style-type: none"> <li>• Peer pressure &amp; relationships (romantic feelings)</li> </ul>	<ul style="list-style-type: none"> <li>• My independence</li> </ul>	<ul style="list-style-type: none"> <li>• Public &amp; Private</li> </ul>	<ul style="list-style-type: none"> <li>• Self-confidence and awareness</li> </ul>

Each Patch topic includes weekly areas of learning that support our students to make progress on their PSHE outcomes. We have carefully selected outcomes that are then broken down into pre-formal, semi-formal and formal strands to suit each class and the differing needs and learning styles of the students. Although our PSHE topics are repeated each year, the outcomes differ, evolve, and sometimes repeat to support and encourage progress in each area. We feel it is important to cover specific **Relationship, Sex & Health** skills and learning throughout the year, and these topics are covered on the last week of each half term.