



Cambridge Park Academy

Character - Preparation - Achievement

Functional Curriculum PSHE Long Term Plan

Long Term Plan						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<u>Health and Wellbeing</u>	<u>Living in the Wider World</u>	<u>Relationships</u>	<u>Health and Wellbeing</u>	<u>Relationships</u>	<u>Living in the Wider World</u>
Year 1	Drugs HL6- Medicinal drugs HL7- Medicinal drugs, drugs, alcohol and tobacco	Taking care of the environment WIL13- Taking care of the environment	Families, Marriage, Civil relationships CG5- Long term relationships and parenthood	Personal Identity SA1- Personal Strengths SA2- Skills for learning	Puberty CG1- Puberty	Careers WIL14- Preparing for adulthood
Year 2	Managing Feelings MF2- Strong feelings MF1- Self-esteem & unkind HL5- Body Image	Human Rights- British Values and Citizenship WIL11- Diversity, rights and responsibilities SA3- Prejudice and discrimination	Keeping Safe SSS6- Public and Private SSS2- Feelings frightened/worried	Healthy Lifestyle HL1- Elements of a healthy lifestyle SSS1- Feeling unwell	Healthy and Unhealthy Relationships CG2- Friendship CG3- Healthy/Unhealthy Relationship Behaviours	Money WIL15- Managing Finances SSS7- Gambling
Year 3	Keeping Healthy HL4-HealthyEating HL3-Physicalactivities	Peer influence, substance use and gangs SA4-ManagingPressure	Respectful Relationships MF3- Romantic feelings and sexual attraction CG4- Intimate relationships, consent & contraception	Mental Health HL2- Mental Wellbeing	Online safety SSS4- Keepingsafe online WIL12-Manging online information	Personal Safety SSS3-Accidentsand Risks SSS5 -EmergencySituations

KS4 Long Term Plan



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Unit 1: Understanding physical health and wellbeing Physical health and fitness Healthy eating Drugs, alcohol and tobacco Health and prevention Changing adolescent body Basic first aid			Unit 2: Understanding emotional wellbeing Mental wellbeing Internet safety and harms		
Year 2	Unit 3: Recognising the importance of social health and wellbeing Families Respectful relationships, including friendships Online and media			Unit 4: Being aware of sexual health and wellbeing Intimate sexual relationships including sexual health Being safe		