



St. Mary's RC High School PSHRE Programme of Study 2024-2025



Key to sessions:				CAREERS	RSE/Ten Ten	VALUES & VIRTUES: Citizenship	FIRST AID		
#	CURRICULUM SLOT			YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	
AUTUMN TERM									
1	Monday	16/09/2024	P2	esafety	esafety	esafety	esafety	esafety	
2	Monday	23/09/2024	P3	V&V Unit 1: What is PSHRE?	RSE/Ten Ten: Created and chosen	RSE/Ten Ten: The search for love	RSE/Ten Ten: Authentic freedom	Careers: Work Experience planning	
3	Monday	30/09/2024	P4	V&V Unit 1: What is learning at St Mary's?	RSE/Ten Ten: Appreciating differences	RSE/Ten Ten: Love people, use things	RSE/Ten Ten: Self-image	Careers: Post 16 options	
4	Monday	07/10/2024	P5	V&V Unit 1: How do we communicate at St Mary's?	RSE/Ten Ten: Feelings	RSE/Ten Ten: In control of my choices	RSE/Ten Ten: Values, Attitudes and beliefs	Careers: WORK EXPERIENCE	
5	Tuesday	15/10/2024	P1	V&V Unit 1: How do we build the St Mary's community?	RSE/Ten Ten: Before I was born	RSE/Ten Ten: Fertility and contraception	RSE/Ten Ten: Parenthood (Personal relationships)	Careers: Planning the Future	
6	Tuesday	22/10/2024	P2	V&V Unit 1: How do we use social media safely?	RSE/Ten Ten: Tough relationships	RSE/Ten Ten: Marriage	RSE/Ten Ten: Pregnancy & Abortion (Life cycles)	Careers: Writing a personal statement	
Half Term									
7	Tuesday	05/11/2024	P3	V&V Unit 2: How can we be active citizens?	RSE/Ten Ten: Think before we share	RSE/Ten Ten: One hundred percent	RSE/Ten Ten: Abuse	Careers: Interview preparation	
8	Tuesday	12/11/2024	P4	V&V Unit 2: Who represents me?	RSE/Ten Ten: Wider World FIRST AID: D, L & M	RSE/Ten Ten: Knowing my rights and responsibilities	RSE/Ten Ten: Solidarity	Study Skills	
9	Tuesday	19/11/2024	P5	V&V Unit 2: How is the UK governed?	RSE/Ten Ten: The trouble with max FIRST AID: T & V	RSE/Ten Ten: Love, Honour, Cherish	RSE/Ten Ten: Babies	Study Skills	
10	Wednesday	27/11/2024	P1	V&V Unit 2: What are laws and how are they enforced?	Careers (Catch Up): Life's Transition Points	Careers: Options	KS4 V&V 1: What is democracy?	MOCKS	
11	Wednesday	04/12/2024	P2	V&V Unit 2: How is justice administered in the UK?	Careers (Catch Up): Finding Careers Information	Careers: Careers and Aspirations	KS4 V&V 1: How is the UK governed?	MOCKS	
12	Wednesday	11/12/2024	P3	V&V Unit 2: Should the age of criminal responsibility be changed?	V&V Unit 1: What is Values and Virtues in Year 8? What are the British Values?	Careers: Labour market Information	KS4 V&V 1: How does Parliament work?	MOCKS	
SPRING TERM									
1	Wednesday	15/01/2025	P4	RSE/Ten Ten: Who am I?	V&V Unit 1: What do charities, NGOs and groups do in Herefordshire?	Careers: Exploring Careers	KS4 V&V 1: Why is media freedom necessary in a democracy?	RSE/Ten Ten: Self worth FIRST AID: D, L & M	
2	Wednesday	22/01/2025	P5	RSE/Ten Ten: Changing Bodies	V&V Unit 1: How can citizens get involved in community change?	Careers: Decision making	KS4 V&V 1: How can we improve democracy in the UK?	RSE/Ten Ten: Self worth FIRST AID: T & V	
3	Thursday	30/01/2025	P1	RSE/Ten Ten: Healthy inside and out	V&V Unit 1: What is news and what responsibilities does the media have?	Careers: GCSE Options	KS4 V&V 2: How are laws made and how are they enforced?	RSE/Ten Ten: Addiction	
4	Thursday	06/02/2025	P2	RSE/Ten Ten: Where we come from	V&V Unit 1: Should we believe everything we see and read?	Careers: Qualifications & Pathways FIRST AID: D, L & M	KS4 V&V 2: What is the difference between criminal and civil law?	RSE/Ten Ten: Eating Disorders	
5	Thursday	13/02/2025	P3	RSE/Ten Ten: Family and friends	V&V Unit 2: Why is it important to have aspirations?	Careers: Qualifications & Pathways FIRST AID: T & V	KS4 V&V 2: What is the purpose of punishment?	RSE/Ten Ten: Birth Control	
Half Term									
6	Thursday	27/02/2025	P4	RSE/Ten Ten: My life on screen	V&V Unit 2: How can we keep our bodies healthy?	V&V Unit 1: What is Values and Virtues in Year 9? What are the British Values?	Careers: Prep for work exp. FIRST AID: D, L & M	RSE/Ten Ten: Pornography	
7	Thursday	06/03/2025	P5	RSE/Ten Ten: Living in the Wider World	V&V Unit 2: How can we keep our minds healthy?	V&V Unit 1: What are my rights and responsibilities as a UK citizen?	Careers: Prep for work exp. FIRST AID: T & V	RSE/Ten Ten: Sexually Transmitted Infections	
8	Friday	14/03/2025	P1	Careers: Your Future FIRST AID: D, L & M	V&V Unit 2: Why is connection to others important?	V&V Unit 1: What is the Equality Act 2010?	KS4 V&V 3: What is identity and how can we be defined?	RSE/Ten Ten: Coercive control	
9	Friday	21/03/2025	P2	Careers: Your Future FIRST AID: T & V	V&V Unit 2: Why is it important to recognise and manage our feelings?	V&V Unit 1: What is discrimination and prejudice?	KS4 V&V 3: How is the UK population changing?	RSE/Ten Ten: Truth and Lies	
10	Friday	28/03/2025	P3	Careers: Life's Transition Points	V&V Unit 2: What are the types of bullying and what impact does it have?	V&V Unit 1: What are the effects of discrimination on individuals and groups in society?	KS4 V&V 3: How diverse is the UK?	KS4 V&V 3: What is identity and how can we be defined?	
11	Friday	04/04/2025	P4	Careers: Finding Careers information	V&V Unit 2: What are stereotypes and what is unlawful discrimination?	V&V Unit 1: How far have we made progress on equality in the UK?	KS4 V&V 3: Is there mutual understanding & tolerance between groups in the UK?	KS4 V&V 3: How diverse is the UK?	
SUMMER TERM									
1	Friday	02/05/2025	P5	V&V Unit 3: What are the dangers of smoking and vaping?	V&V Unit 2: What is respect and tolerance?	V&V Unit 1: What can we do to challenge racism and extremism?	KS4 V&V 3: Can a changing and diverse population lead to unity?	KS4 V&V 3: Can a changing and diverse population lead to unity?	
2	Tuesday	06/05/2025	P1	V&V Unit 3: What are the dangers of drugs and alcohol?	V&V Unit 2: What are the risks of being online and high screen time?	V&V Unit 2: What is the economy?	Careers: 3 Colleges taster day Introduction	KS4 V&V 4: What are changemakers?	
3	Tuesday	13/05/2025	P2	V&V Unit 3: How do I manage situations involving drugs?	V&V Unit 2: What is a 'digital footprint' and how can I manage mine?	V&V Unit 2: What is the best way to look after money?	Careers: Understanding the Workplace	KS4 V&V 4: What change have protests led to?	
4	Tuesday	20/05/2025	P3	V&V Unit 3: What are the dangers of carrying a knife?	Careers: YEAR 8 CAREERS DAY	V&V Unit 2: How can we pay for things and how do I manage borrowing?	Careers: Work and organisational structure	KS4 V&V 4: Should protesters ever break the law?	
Half Term									
5	Tuesday	03/06/2025	P4	V&V Unit 3: Why should everyone be aware of FGM?	V&V Unit 2: Why is good quality sleep important and how can I improve it?	V&V Unit 2: Where can we save money?	Careers: Diversity and Equality	LEAVERS	
6	Tuesday	10/06/2025	P5	V&V Unit 3: How can we talk about our emotions?	V&V Unit 2: What have I learned in Year 8 Values and Virtues?	V&V Unit 2: What are our rights as consumers?	Careers: Employment Rights and responsibilities	LEAVERS	
7	Wednesday	18/06/2025	P1	V&V Unit 3: How can I keep my body and mind healthy?	Careers: Personal Qualities and Skills	V&V Unit 2: What have I learned in Year 9 Values and Virtues?	KS4 V&V 4: What are changemakers?	LEAVERS	
8	Wednesday	02/07/2025	P2	V&V Unit 3: How do I stay safe on the road?	Careers: Careers Management	V&V: How will Year 10 be different to KS3?	KS4 V&V 4: What change have protests led to?	LEAVERS	
9	Wednesday	09/07/2025	P3	V&V Unit 3: What have I learned in Year 7 Values and Virtues?	Careers: Jobs and Opportunities	V&V: How can I manage my time to get the most out of my GCSEs?	KS4 V&V 4: Should protesters ever break the law?	LEAVERS	
10	Wednesday	16/07/2025	P4	<i>Elsteddfod</i>				<i>LEAVERS</i>	