



**Elms** Bank  
School & College

Excellence for All

**PSHCE**

**Long Term Plan – Inspire KS5**

<b>Key Stage 5</b>	<b>Autumn A</b> Healthy Lifestyles	<b>Autumn B</b> The world I Live In	<b>Spring A</b> Relationships	<b>Spring B</b> The world I Live In	<b>Summer A</b> Relationships	<b>Summer B</b> Healthy Lifestyles
Year 1	<b>Mental health and emotional wellbeing</b> <ul style="list-style-type: none"> <li>• Mental health and emotional wellbeing</li> <li>• Managing stress</li> <li>• Body image</li> <li>• Healthy coping strategies</li> </ul>	<b>Readiness for work</b> <ul style="list-style-type: none"> <li>• Career opportunities</li> <li>• Preparing for the world of work</li> </ul>	<b>Diversity and Inclusion</b> <ul style="list-style-type: none"> <li>• Living in a diverse society</li> </ul> Challenging prejudice and discrimination	<b>Planning for the future</b> <ul style="list-style-type: none"> <li>• Exploring future opportunities</li> <li>• Post-19 options</li> <li>• The impact of financial decisions</li> </ul>	<b>Respectful relationships</b> <ul style="list-style-type: none"> <li>• Consent</li> <li>• Assertive communication</li> <li>• Positive relationships and recognising abuse</li> <li>• Strategies for managing dangerous situations or relationships</li> </ul>	<b>Health choices and safety</b> <ul style="list-style-type: none"> <li>• Independence and keeping safe</li> <li>• Travel</li> <li>• First aid</li> <li>• The impact of substance use</li> </ul>

<p><b>Key Stage 5 Year 2</b></p>	<p><b>Independence</b></p> <ul style="list-style-type: none"> <li>• Responsible health choices</li> <li>• Managing change Health and wellbeing, including sexual health, into adulthood</li> </ul>	<p><b>Next steps</b></p> <ul style="list-style-type: none"> <li>• Application processes</li> <li>• Future opportunities and career development</li> <li>• Maintaining a positive professional identity</li> </ul>	<p><b>Intimate relationships</b></p> <ul style="list-style-type: none"> <li>• Personal values, including in relation to contraception and sexual health</li> <li>• Fertility</li> <li>• Pregnancy</li> </ul>	<p><b>Financial choices</b></p> <ul style="list-style-type: none"> <li>• Managing money</li> <li>• Financial contracts</li> <li>• Budgeting</li> <li>• Saving</li> <li>• Debt Influences on financial choices</li> </ul>	<p><b>Building and maintaining relationships</b></p> <ul style="list-style-type: none"> <li>• New friendships and relationships, including in the workplace</li> <li>• Personal safety</li> <li>• Intimacy</li> <li>• Conflict resolution</li> <li>• Relationship changes</li> </ul>	<p><b>External Providers</b></p> <p>Brook - Young Persons Advisory Service Early Break – Drug and Alcohol Samaritans – Bereavement</p> <p>—</p>
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