



Elms Bank
School & College

Excellence for All

PSHE (RSE)

Long Term Plan - Inspire KS4

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 10	Healthy Lifestyles	Self-Awareness	Healthy Lifestyles	Changing and Growing	Self-Care, Support and Safety	Managing Feelings
	Mental Wellbeing	Risky Behaviours	Online Content	Unsafe Relationships	Prevention	Online and Media
Year 11	Healthy Lifestyles	Changing and Growing	Changing and Growing	Managing Feelings	Self-Care, Support and Safety	Changing and Growing
	Blood, Organ and Stem Cell Donation	Reproductive Health and Pregnancy	Preparing for Adulthood	Respectful Relationships	Drugs	Parenting