



**Elms** Bank  
School & College

Excellence for All

**PSHE (RSE)**

**Long Term Plan - Nurture KS4**

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