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NOTE: This is a working document designed to give flexibility alongside professional judgement. Not all topics are appropriate for all of our YP and each session should be carefully planned with the current cohort in mind.

**INDIGO**

**‘Building Resilience for Future Success’**

**PSHE Termly Plan 2022-2023 to be used in conjunction with the**

**PSHE Association Program of Study**

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| **Autumn Term** |
| **Week/Date** | **Topic/Resources** | **Learning Opportunities** |
| **1****Thursday 8th Sept** **(GS)** | **Self-concept (Connect)** | **KS3**H1, H2, H3, H4, H5**KS4**H1, H2, H3, H4 |
| **2****Thursday 15th Sept (NG)** | **Emotional Wellbeing (Take Notice/Give)** | **KS3**H6, H7, H8, H9, H10**KS4**H5, H6, H7, H8 |
| **3****Thursday 22nd Sept (GS)** | **Healthy Lifestyles (Be active)** | **KS3**H13, H14, H15, H16, H17, H18, H19, H21**KS4**H11,  |
| **4****Thursday 29th Sept (NG)** | **Learning Skills (Keep Learning)** | **KS3**L1, L2, L3, L4, L5, L6, L9**KS4**L1, L2, L3, |
| **5****Thursday** **6th Oct****(GS)** | **Choices and Pathways** | **KS3**L7, L8, L9, L10, **KS4**L4, L5, L6 |
| **6****Thursday 13th Oct** | **Building Positive Relationships****Positive Relationships/Relationship Values/ Forming and maintaining respectful relationships** | **KS3**R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23**KS4**R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R17 |
| **7****Thursday 20th Oct** | **Building Positive Relationships****Puberty, sexual health & fertility / Consent** | **KS3**R24, R25, R26, R27, R28, R29, R30, R31, H34, H35, H36**KS4**R18,R19, R20, R21, R22, H26, H27, H28, H29, H31 |
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| **8****Thursday** **3rd Nov** | **Building Positive Relationships****Contraception and parenthood** | **KS3**R32, R33, R33, R34, R35, R36**KS4**R23, R25, R26 |
| **9****Thursday 10th Nov** | **Media literacy and digital resilience/Social influences****Social Media & Sharing Images** | **KS3**L20, L21, L22, L23, L24, L25, L26, L27, H30, R 29, R30, R42**KS4**H12, L22, L23, L24, L25, L26, L27, L29, L29, H22, R22, R35, R38 |
| **10****Thursday 17th Nov****(GS)** | **Work and Careers** | **KS3**L11, L12**KS4**L7, L8, L10, L11, L12 |
| **11****Thursday 24th Nov****(NG)** | **Employment rights and responsibilities** | **KS3**L13, L14**KS4**L13, L14, L15 |
| **12****Thursday 1st Dec****(GS)** | **Misuse of harmful substances (drugs, alcohol and tobacco)** | **KS3**H23, H4, H25, H26, H27, H28, H29**KS4**H19, H20, H21, R20 |
| **13****Thursday** **8th Dec****(NG)** | **Managing Risk and Personal Safety** | **KS3**H30, H31, H32**KS4**H22, H23, H25 |
| **14****Thursday****15th Dec** | **Celebrations** |  |
| **Indigo Spring Term** |
| **Week/Date** | **Topic/Resources** | **Learning Opportunities** |
| **1****Thursday 5th Jan 23****(GS)** | **Self-concept (Connect)** | **KS3**H1, H2, H3, H4, H5**KS4**H1, H2, H3, H4 |
| **2****Thursday 12th Jan 23 (NG)** | **Emotional Wellbeing (Take Notice/Give)** | **KS3**H6, H7, H8, H9, H10**KS4**H5, H6, H7, H8 |
| **3****Thursday 19th Jan 23 (GS)** | **Healthy Lifestyles (Be active)** | **KS3**H13, H14, H15, H16, H17, H18, H19, H21**KS4**H11,  |
| **4****Thursday 26th Jan 23 (NG)** | **Learning Skills (Keep Learning)** | **KS3**L1, L2, L3, L4, L5, L6, L9**KS4**L1, L2, L3, |
| **5****Thursday** **2nd Feb 23****(GS)** | **Choices and Pathways** | **KS3**L7, L8, L9, L10, **KS4**L4, L5, L6 |
| **6****Thursday 9th Feb 23****(GS)** | **Building Positive Relationships****Positive Relationships/Relationship Values/ Forming and maintaining respectful relationships** | **KS3**R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23**KS4**R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R17 |
| **7****Thursday** **16th Feb 23****(NG)** | **Building Positive Relationships****Puberty, sexual health & fertility / Consent** | **KS3**R24, R25, R26, R27, R28, R29, R30, R31, H34, H35, H36**KS4**R18,R19, R20, R21, R22, H26, H27, H28, H29, H31 |
| **Half Term** |
| **8****Thursday** **2nd March 23****(GS)** | **Building Positive Relationships****Contraception and parenthood** | **KS3**R32, R33, R33, R34, R35, R36**KS4**R23, R25, R26 |
| **9****Thursday 9th March 23 (NG)** | **Media literacy and digital resilience/Social influences****Social Media & Sharing Images** | **KS3**L20, L21, L22, L23, L24, L25, L26, L27, H30, R 29, R30, R42**KS4**H12, L22, L23, L24, L25, L26, L27, L29, L29, H22, R22, R35, R38 |
| **10****Thursday 16th March 23****(GS)** | **Work and Careers** | **KS3**L11, L12**KS4**L7, L8, L10, L11, L12 |
| **11****Thursday 23rd March** **(NG)** | **Employment rights and responsibilities** | **KS3**L13, L14**KS4**L13, L14, L15 |
| **12****Thursday 30th March****(GS)** | **Misuse of harmful substances (drugs, alcohol and tobacco)** | **KS3**H23, H4, H25, H26, H27, H28, H29**KS4**H19, H20, H21, R20 |
| **Summer Term** |
| **Week/Date** | **Topic/Resources** | **Learning Opportunities** |
| 1**Thursday 20th April 2023****GS** | **Self-concept (Connect)** | **KS3**H1, H2, H3, H4, H5**KS4**H1, H2, H3, H4 |
| **2****Thursday 27th April****NG** | **Emotional Wellbeing (Take Notice/Give)** | **KS3**H6, H7, H8, H9, H10**KS4**H5, H6, H7, H8 |
| **3****Thursday 4th May****GS** | **Healthy Lifestyles (Be active)** | **KS3**H13, H14, H15, H16, H17, H18, H19, H21**KS4**H11,  |
| **4****Thursday 11th May****NG** | **Learning Skills (Keep Learning)** | **KS3**L1, L2, L3, L4, L5, L6, L9**KS4**L1, L2, L3, |
| **5****Thursday 18th May****GS** | **Choices and Pathways** | **KS3**L7, L8, L9, L10, **KS4**L4, L5, L6 |
| **6****Thursday 25th May****NG** | **Work and Careers** | **KS3**L11, L12**KS4**L7, L8, L10, L11, L12 |
| **Half Term** |
| **7****Thursday 8th June****2023****GS** | **Building Positive Relationships****Positive Relationships/Relationship Values/ Forming and maintaining respectful relationships** | **KS3**R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23**KS4**R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R17 |
| **8****Thursday 15th June****NG** | **Building Positive Relationships****Puberty, sexual health & fertility / Consent** | **KS3**R24, R25, R26, R27, R28, R29, R30, R31, H34, H35, H36**KS4**R18,R19, R20, R21, R22, H26, H27, H28, H29, H31 |
| **9****Thursday 22nd June****GS** | **Building Positive Relationships****Contraception and parenthood** | **KS3**R32, R33, R33, R34, R35, R36**KS4**R23, R25, R26 |
| **10****Thursday 29th June****NG** | **Media literacy and digital resilience/Social influences****Social Media & Sharing Images** | **KS3**L20, L21, L22, L23, L24, L25, L26, L27, H30, R 29, R30, R42**KS4**H12, L22, L23, L24, L25, L26, L27, L29, L29, H22, R22, R35, R38 |
| **11****Thursday 6th July****GS** | **Misuse of harmful substances (drugs, alcohol and tobacco)** | **KS3**H23, H4, H25, H26, H27, H28, H29**KS4**H19, H20, H21, R20 |
| **12****Thursday 13th July****NG** | **Managing Risk and Personal Safety** | **KS3**H30, H31, H32**KS4**H22, H23, H25 |
| **13****Thursday 20th July****GS** | **Celebration** |  |