

Jigsaw PSHE 11-16 (fourth edition, published 2024) is completely compliant with DfE statutory RSHE requirements for England (2019).

The grid below shows which Jigsaw lessons (shown by the numbers) in each Puzzle contribute to each RSHE outcome, demonstrating our spiral curriculum approach.

RELATIO EDUCAT	FAMa) that there are different types of committed, stable relationships might contribute to human happiness and happiness and happiness and their importance	(12-13)								
By the en should k	d of Secondary pupils now:		Healthy Me	Relationships	Changing Me			Healthy Me	Relationships	Changing Me
	there are different types of committed, stable			1,2	3				2,3	1,2
(FAM)	relationships might contribute to human happiness and				3					1
FAMILIES	(FAMc) what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony				3	5				



RELATIO	NSHIPS and SEX			Year 7	(11-12)					Year 8	(12-13)		
By the en should k	nd of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(FAMd) why marriage is an important relationship choice for many couples and why it must be freely entered into							5					
	(FAMe) the characteristics and legal status of other types of long-term relationships						3						2
FAMILIES (FAM)	(FAMf) the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting						3						
FA	(FAMg) how to: determine whether other children, adults or sources of information are trustworthy; judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed	2,4,5		5		© Jigsaw Edt	eation Group	4				4	



RELATIONSHIPS and SEX			Year 7	' (11-12)					Year 8	3 (12-13)		
By the end of Secondary pupils should know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
(RRa) characteristics of positive and healthy friendships (in all contexts, including online) including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non- sexual) types of relationship	5				1,2,4 5,6			3,5			2,3 4,5,6	1,2
(RRb) practical steps they can take in a range of different contexts to improve or support respectful relationships	5,6	1,2 3,5			1,2 4,5						2,3,6	3,6



RELATION	ISHIPS and SEX ON			Year 7	(11-12)					Year 8	3 (12-13)		
By the end should kr	l of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
NCLUDING FRIENDSHIPS (RR)	(RRc) how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)		2,3,4				4	3,4	1,2 3,4				
RESPECTFUL RELATIONSHIPS, INCLUDING	(RRd) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs		1,3 4,5			1,2 5	4	3	1,2, 5,6			2,3 4,6	1,2



RELATIO EDUCAT	NSHIPS and SEX			Year 7	(11-12)					Year 8	3 (12-13)		
By the er should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
SHIPS (RR)	(RRe) about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help		1,4 5						1,4, 5			4	
CLUDING FRIENDSHIPS	(RRf) that some types of behaviour within relationships are criminal, including violent behaviour and coercive control											4,6	
-ATIONSHIPS, IN	(RRg) what constitutes sexual harassment and sexual violence and why these are always unacceptable												
RESPECTFUL RELATIONSHIPS, INCLUDING	(RRh) the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal		1,4					3,5	1,2 4				



RELATIO EDUCAT	e end of Secondary pupils Id know: (OMa) their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online			Year 7	(11-12)					Year 8	3 (12-13)		
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts,	4,6				4,5 6				3		1,5	4
ONLINE AND MEDIA (OM)	(OMb) about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online	4,5				4,5				3		1,5	
ONFIN	(OMc) not to provide material to others that they would not want shared further and not to share personal material which is sent to them	4,5				4,5						5	4
	OMd) what to do and where to get support to report material or manage issues online	4,5,6				4				3		5	1



RELATIO EDUCAT	NSHIPS and SEX			Year 7	' (11-12)					Year 8	(12-13)		
By the en should k	nd of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(OMe) the impact of viewing harmful content	4								3			4
AND MEDIA (OM)	OMf) that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners												4
ONLINE /	(OMg) that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail	5											4
	(OMh) how information and data is generated, collected, shared and used online	4								3		5	



RELATIO EDUCAT	NSHIPS and SEX			Year 7	(11-12)					Year 8	(12-13)		
By the en should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
NG SAFE (BS)	(BSa) the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships					4	7					4	1
BEING	(BSb) how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)					5						2,3	

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RELATIOI EDUCAT	NSHIPS and SEX			Year 7	' (11-12)					Year 8	3 (12-13)		
By the en should k	d of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
DING SEXUAL HEALTH (ISR)	(ISRa) how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship					1,2	3					2,3	2,3
AND SEXUAL RELATIONSHIPS, INCLUDING SEXUAL HEALTH (ISR)	(ISRb) that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing						3						1,2 3
INTIMATE AND SE	(ISRc) the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause						2						



RELATIONSHIPS and SEX EDUCATION			Year 7	(11-12)					Year 8	(12-13)		
By the end of Secondary pupils should know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
(ISRd) that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	3				3,6					5	6	
(ISRe) that they have a choice to delay sex or to enjoy intimacy without sex												1,2
Others (ISRe) that they have a choice to delay sex or to enjoy intimacy without sex ISRf) the facts about the full range of contraceptive choices, efficacy and options available												
(ISRg) the facts around pregnancy including miscarriage						2						



RELATIO EDUCAT	INSHIPS and SEX			Year 7	(11-12)					Year 8	(12-13)		
By the er should k	nd of Secondary pupils (now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
NG SEXUAL HEALTH (ISR)	(ISRh) that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)						3						
INTIMATE AND SEXUAL RELATIONSHIPS, INCLUDING SEXUAL HEALTH (ISR)	(ISRi) how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing												
INTIMATE AND SE	(ISRj) about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment												



RELATION EDUCAT	NSHIPS and SEX			Year 7	(11-12)					Year 8	(12-13)		
	d of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
S, INCLUDING SEXUAL HEALTH (ISR)	(ISRk) how the use of alcohol and drugs can lead to risky sexual behaviour												5
INTIMATE AND SEXUAL RELATIONSHIPS, INCLUDING SEXUAL HEALTH (ISR)	(ISRI) how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment						2						



PHYSICA WELLBI	L HEALTH AND MENTAL EING			Year 7	7 (11-12)					Year 8	(12-13)		
By the e	nd of Secondary pupils (now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(MWa) how to talk about their emotions accurately and sensitively, using appropriate vocabulary	1,2	1,2,5		1			1,4		6	6	2,3	1,2 3
	(MWb) that happiness is linked to being connected to others	2,5,6	4,6			1,2,6	3,5	1,2	5		5	2,3,4	1,2 3
(MW)	(MWc) how to recognise the early signs of mental wellbeing concerns				1,3,4					5			
ELLBEING	(MWd) common types of mental ill health (e.g. anxiety and depression)				4								
MENTAL WELLBEING (MW)	(MWe) how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health	2,4,6		1,2 3,4 6	1,2 3,5	2,3 4,6		4,6	1,3,5	2,4 5			4,5 6
	(MWf) the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness				2	© Jigsaw Edu	cation Group		5				



PHYSICAL HEALTH AND MENTAL WELLBEING			Year 7	(11-12)					Year 8	(12-13)		
By the end of Secondary pupils should know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
(ISa) the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, overreliance on online relationships including social media, the risks related to online gambling including the accumulation online gambling including the accumulation is targeted at them and how to be a discerning consumer of information online	4				4 , 6	5			3,5,6		1	
(ISb) how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours	6				3,4 5 © Jigsaw Edu			1				



PHYSICA WELLBE	IL HEALTH AND MENTAL Eing			Year 7	(11-12)					Year 8	(12-13)		
By the er should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
ESS (PH)	(PHa) the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress				1,2,6								
PHYSICAL HEALTH AND FITNESS (PH)	(PHb) the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health				6						1,3		
	(PHc) about the science relating to blood, organ and stem cell donation												



PHYSICAI WELLBE	L HEALTH AND MENTAL Ing			Year 7	(11-12)				Year 8	(12-13)		
By the en should k	d of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
HEALTHY EATING (HE)	(HEa) how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer									1,3		



PHYSICA WELLBE	AL HEALTH AND MENTAL Eing			Year 7	(11-12)					Year 8	(12-13)		
By the ei	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
;o (DAT)	(DATa) the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions				5						2		
AND TOBACCO	(DATb) the law relating to the supply and possession of illegal substances										2		
DRUGS, ALCOHOL /	(DATc) the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood										1		5
	(DATd) the physical and psychological consequences of addiction, including alcohol dependency												



PHYSICA WELLBE	LL HEALTH AND MENTAL EING			Year 7	(11-12)					Year 8	(12-13)		
By the er should k	nd of Secondary pupils (now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
товассо (рат)	(DATe) awareness of the dangers of drugs which are prescribed but still present serious health risks												
DRUGS, ALCOHOL AND T	(DATf) the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so										1,2		



PHYSICA WELLBI	L HEALTH AND MENTAL EING			Year 7	(11-12)					Year 8	(12-13)		
By the e	nd of Secondary pupils (now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(HPa) about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics												
HEALTH AND PREVENTION (HP)	(HPb) about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist										3		
TH AND PRE	(HPc) (late secondary) the benefits of regular self-examination and screening												
HEAL	(HPd) the facts and science relating to immunisation and vaccination				5						4		
	(HPe) the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn				3,6		5						



PHYSICA WELLBE	L HEALTH AND MENTAL EING			Year 7	(11-12)				Year 8	(12-13)		
By the er should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
(BFA)	(BFAa) basic treatment for common injuries			7								
FIRST AID ((BFAb) life-saving skills, including how to administer CPR			7								
BASIC F	(BFAc) the purpose of defibrillators and when one might be needed											



PHYSICA WELLBI	AL HEALTH AND MENTAL EING			Year 7	⁷ (11-12)					Year 8	(12-13)		
By the e	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
ENT BODY (CAB)	(CABa) key facts about puberty, the changing adolescent body and menstrual wellbeing						1,2						
CHANGING ADOLESCENT	(CABb) the main changes which take place in males and females, and the implications for emotional and physical health						1,2						



RELATIO EDUCA	NSHIPS and SEX			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the e	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(FAMa) that there are different types of committed, stable relationships											1,3	4
	(FAMb) how these relationships might contribute to human happiness and their importance for bringing up children					1,4						3	
FAMILIES (FAM)	(FAMc) what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony											1,3	4
	(FAMd) why marriage is an important relationship choice for many couples and why it must be freely entered into											1	4



RELATIO EDUCAT	NSHIPS and SEX			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the en	d of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(FAMe) the characteristics and legal status of other types of long-term relationships											1,3	4
(FAM)	(FAMf) the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting												
FAMILIES (I	(FAMg) how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed	2, 3	1			1		5				5	1,2



RELATIONSHIPS and SEX EDUCATION			Year 9 (A	ges 13-14)					Year 10 (Ages 14-15)		
By the end of Secondary pupils should know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
(RRa) characteristics of positive and healthy friendships (in all contexts, including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non- sexual) types of relationship	1,2, 5	3			1,2		2,6	4	1		2,3	5
(RRb) practical steps they can take in a range of different contexts to improve or support respectful relationships	1,2 6	3,6					4,6	4	1,3 6		3	4,5



RELATIOI EDUCAT	NSHIPS and SEX ION			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the en should k	d of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
NCLUDING FRIENDSHIPS (RR)	(RRc) how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)		1,2 4			2			1,2,4				4
RESPECTFUL RELATIONSHIPS, INCLUDING	(RRd) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs	1,2	2,5,6	4				1	3			3	1,4,5



RELATIO EDUCAT	NSHIPS and SEX			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the er should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
SHIPS (RR)	(RRe) about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	3	1,3,4					4				5	
CLUDING FRIENDSHIPS	(RRf) that some types of behaviour within relationships are criminal, including violent behaviour and coercive control	2,3,5	5			2,4			4			2,5	
ATIONSHIPS, IN	(RRg) what constitutes sexual harassment and sexual violence and why these are always unacceptable											5	
RESPECTFUL RELATIONSHIPS, INCLUDING	(RRh) the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal		1,2						1,2				4



RELATIO EDUCAT	INSHIPS and SEX			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the er should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(OMa) their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	4	4					3,4		3		4	
ONLINE AND MEDIA (OM)	(OMb) about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online	4	4			3		3,4,5		3		4	
ONFIN	(OMc) not to provide material to others that they would not want shared further and not to share personal material which is sent to them							3,4					
	(OMd) what to do and where to get support to report material or manage issues online		4					3,4,5					



RELATIO EDUCAT	NSHIPS and SEX			Year 9 (A	ges 13-14)					Year 10 (Ages 14-15)		
By the er should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(OMe) the impact of viewing harmful content					3		4,5				4	
AND MEDIA (OM)	(OMf) that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners					3						4	
ONLINE	(OMg) that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail					3		4				4	
	(OMh) how information and data is generated, collected, shared and used online							3,5					



RELATIO EDUCAT	NSHIPS and SEX			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the en should k	d of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
NG SAFE (BS)	(BSa) the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships	2,3				4,6			4			3,5	
BEING	(BSb) how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)	5				2,4						3	



RELATIONSHIPS a	and SEX			Year 9 (A	ges 13-14)					Year 10 (Ages 14-15)		
By the end of Seconshould know:	condary pupils	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
CEXCOAL HEALTH (ISR) RECOCHART AND ADDRESS CONSTRUCTION TO THE CO	Ra) how to ognise the racteristics positive ects of lthy one-ne intimate tionships, ch include ual respect, sent, loyalty, t, shared rests and ook, sex and adship	2,5				1,4,5				1		1,3	
aspectant can by c mak relating position negations e.g. emo men	Rb) that all ects of health be affected choices they the in sex and tionships, itively or attively, physical, titional, ntal, sexual reproductive					4 5,6					5	3	
about heal fertil pote of lift fertil and	Rc) the facts ut reproductive lth, including lity, and the ential impact feetyle on lity for men women and nopause					4							



RELATION	ISHIPS and SEX ON			Year 9 (A	ges 13-14)					Year 10 (Ages 14-15)		
	d of Secondary pupils	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
AND SEXUAL RELATIONSHIPS, INCLUDING SEXUAL HEALTH (ISR)	(ISRd) that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	4		5		2,6						5	
IONSHIPS, INC	(ISRe) that they have a choice to delay sex or to enjoy intimacy without sex	2				2,5						3,5	
IND SEXUAL RELAT	(ISRf) the facts about the full range of contraceptive choices, efficacy and options available					4,5					5		
INTIMATE A	(ISRg) the facts around pregnancy including miscarriage										5		



RELATIONSHIPS and SEX EDUCATION				Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the end of Secondary pupils should know:		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
(ISRh) that the are choices in relation to pregnancy (w medically and legally accura impartial information o options, inclu keeping the b adoption, abo and where to further help)	vith d ate, n all ding aby, rtion												
are choices in relation to pregnancy (M medically and legally accura impartial information o options, inclu keeping the b adoption, abo and where to further help) (ISRi) how th different sexu transmitted infections (STIs), including the condom use) the importance and facts abo testing	ally ng sex ough and e of					4,5					4,5		
(ISRj) about the prevalence of some STIs, the impact they can have on those contract them key facts about treatment	e an who and					5					4,5		



RELATIO EDUCAT	NSHIPS and SEX			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the er should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
IDING SEXUAL HEALTH (ISR)	(ISRk) how the use of alcohol and drugs can lead to risky sexual behaviour	4											
INTIMATE AND SEXUAL RELATIONSHIPS, INCLUDING SEXUAL HEALTH (ISR)	(ISRI) how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	4				2,4 5					4,5		



PHYSICA WELLBE	L HEALTH AND MENTAL			Year 9 (A	ges 13-14)					Year 10 (Ages 14-15)		
By the er should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(MWa) how to talk about their emotions accurately and sensitively, using appropriate vocabulary	4,5 6	2,3 4	1,3 4	1,5,6	2	2,4	2,6	5		1,6	1,2 3	1,2 3,5
	(MWb) that happiness is linked to being connected to others	1,6	3		1, 6	1		3,6	3	1	3,6	1,3	
(MW)	(MWc) how to recognise the early signs of mental wellbeing concerns		2,3 4	4,5	5		1		5	3,5	3	2	5
ELLBEING	(MWd) common types of mental ill health (e.g. anxiety and depression)			5	5		1	2			3		
MENTAL WELLBEING (MW)	(MWe) how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health		4	4,5 6	1,5		1,2 4			3,4 5		2,5	1,2 4,5
	(MWf) the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness				5	© Jigsaw Ed	3 ucation Group			2,4			



PHYSICA WELLBE	L HEALTH AND MENTAL			Year 9 (A	ges 13-14)					Year 10 (A	ges 14-15)		
By the en should k	nd of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
INTERNET SAFETY AND HARMS (IS)	(ISa) the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online	4		4,5		3	5	3,4		3		4	1
	(ISb) how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours	4	4			© Jigsaw Edu	cation Group	3,4	5			4	



PHYSICA WELLBE	L HEALTH AND MENTAL ING			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the en should k	nd of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
ESS (PH)	(PHa) the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress						1,3			2,4 5			
PHYSICAL HEALTH AND FITNESS	(PHb) the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health						1,3		6	2,5,6	2		
	(PHc) about the science relating to blood, organ and stem cell donation									5			



PHYSICA WELLBE	L HEALTH AND MENTAL			Year 9 (A	ges 13-14)				Year 10 (A	ges 14-15)		
By the en should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
HEALTHY EATING (HE)	(HEa) how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer								4,5	4		



PHYSICA WELLBE	L HEALTH AND MENTAL ING			Year 9 (A	ges 13-14)					Year 10 (Ages 14-15)		
By the er should k	nd of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
(O (DAT)	(DATa) the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions	4			2,3 4,						2,3		
AND TOBACCO	(DATb) the law relating to the supply and possession of illegal substances	4			2						2		
DRUGS, ALCOHOL A	(DATc) the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood	4			2,4						2		3
	(DATd) the physical and psychological consequences of addiction, including alcohol dependency				2		1						



PHYSICA WELLBE	L HEALTH AND MENTAL ING			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the en should k	nd of Secondary pupils now:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
TOBACCO (DAT)	(DATe) awareness of the dangers of drugs which are prescribed but still present serious health risks				2						2		
DRUGS, ALCOHOL AND T	(DATf) the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so				2						2		



PHYSICA WELLBE	L HEALTH AND MENTAL SING			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the er	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
HEALTH AND PREVENTION (HP)	(HPa) about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics (HPb) about dental health and the benefits of good oral bygiene and												
EALTH AND F	oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist										1		
Ĭ	(HPc) (late secondary) the benefits of regular self-examination and screening										1,2,5		



PHYSICA WELLBE	L HEALTH AND MENTAL Eing			Year 9 (A	ges 13-14)					Year 10 (A	ges 14-15)		
By the en should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
TION (HP)	(HPd) the facts and science relating to immunisation and vaccination												
HEALTH AND PREVENTION (HP)	(HPe) the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn						3			4	1,6		



PHYSICA WELLBE	L HEALTH AND MENTAL EING			Year 9 (A	ges 13-14)				Year 10 (A	ges 14-15)		
By the er should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Dreams and Goals	Healthy Me	Relationships	Changing Me
(BFA)	(BFAa) basic treatment for common injuries											
FIRST AID ((BFAb) life-saving skills, including how to administer CPR				4							
BASIC F	(BFAc) the purpose of defibrillators and when one might be needed				4							



PHYSICA WELLBE	AL HEALTH AND MENTAL EING			Year 9 (A	ges 13-14)					Year 10 (A	Ages 14-15)		
By the er should k	nd of Secondary pupils know:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
ENT BODY (CAB)	(CABa) key facts about puberty, the changing adolescent body and menstrual wellbeing						5						5
CHANGING ADOLESCENT	(CABb) the main changes which take place in males and females, and the implications for emotional and physical health						2,5						5



	NSHIPS and SEX EDUCATION d of Secondary pupils should know:			Year 11 (A	Ages 15-16)		
by the en	u vi deconicaly pupils sinvini know.	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(FAMa) that there are different types of committed, stable relationships	2	n/a	4		1	n/a
	(FAMb) how these relationships might contribute to human happiness and their importance for bringing up children		n/a	4		1	n/a
(FAM)	(FAMc) what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony	2	n/a	4			n/a
AMILIES ((FAMd) why marriage is an important relationship choice for many couples and why it must be freely entered into	2	n/a	4			n/a
FAMII	(FAMe) the characteristics and legal status of other types of long-term relationships	2	n/a	4			n/a
	(FAMf) the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting		n/a	4	5		n/a
	(FAMg) how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed		n/a	5		3	n/a



	NSHIPS and SEX EDUCATION nd of Secondary pupils should know:			Year 11 (A	Ages 15-16)		
by the en	ia di Jecuniany pupins silvulu kilow.	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
(RR)	(RRa) characteristics of positive and healthy friendships (in all contexts, including online) including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships.		n/a			4	n/a
FRIENDSHIPS	(RRb) practical steps they can take in a range of different contexts to improve or support respectful relationships	2	n/a	5		1	n/a
	(RRc) how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)	2	n/a			2,3	n/a
INCLUDING	(RRd) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs		n/a			2,3	n/a
RELATIONSHIPS,	(RRe) about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help		n/a			2,3 4	n/a
	(RRf) that some types of behaviour within relationships are criminal, including violent behaviour and coercive control	2	n/a			4,5	n/a
RESPECTFUL	(RRg) what constitutes sexual harassment and sexual violence and why these are always unacceptable		n/a		2		n/a
RES	(RRh) the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal	3	n/a			2,3	n/a



	INSHIPS and SEX EDUCATION and of Secondary pupils should know:			Year 11 (/	Ages 15-16)		
by tile el	no oi secondary pupils snould know.	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(OMa) their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	4	n/a				n/a
	(OMb) about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online	2,4	n/a				n/a
A (OM)	(OMc) not to provide material to others that they would not want shared further and not to share personal material which is sent to them	2,4	n/a				n/a
MEDIA	(OMd) what to do and where to get support to report material or manage issues online	4	n/a				n/a
AND	(OMe) the impact of viewing harmful content	4	n/a				n/a
ONLINE	(OMf) that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners	2,4	n/a				n/a
	(OMg) that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail	2,4	n/a				n/a
	(OMh) how information and data is generated, collected, shared and used online	4	n/a				n/a



	NSHIPS and SEX EDUCATION nd of Secondary pupils should know:			Year 11 (A	ges 15-16)		
by the c	no of Occording pupils should know.	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
SAFE (BS)	(BSa) the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships	2,3	n/a		1,2	5	n/a
BEINGS	(BSb) how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)		n/a		2	1	n/a



	which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship is that all aspects of health can be affected by choices they make in sex and relationships, positively or egatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing is sexual and reproductive health and wellbeing is sexual and the potential impact of lifestyle on fertility and women and menopause is sexual pressure, including noterstanding peer pressure, resisting pressure and not pressurising others			Year 11 (/	Ages 15-16)		
, tile e	to of Secondary pupils Silvoto kilow.	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
œ œ	(ISRa) how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship		n/a			1	n/a
SEXUAL HEALTH (ISR)	(ISRb) that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing		n/a		2,3 4		n/a
UAL H	(ISRc) the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause		n/a		3,4		n/a
NG SEX	(ISRd) that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others		n/a		1,2,4	1,4	n/a
RELATIONSHIPS, INCLUDING	(ISRe) that they have a choice to delay sex or to enjoy intimacy without sex		n/a		2	1	n/a
S, INC	(ISRf) the facts about the full range of contraceptive choices, efficacy and options available		n/a		4		n/a
NSHIE	(ISRg) the facts around pregnancy including miscarriage		n/a		5		n/a
ELATIC	(ISRh) that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)		n/a		5		n/a
SEXUAL R	(ISRi) how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing		n/a		4		n/a
AND S	(ISRj) about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment		n/a		4		n/a
NTIMATE	(ISRk) how the use of alcohol and drugs can lead to risky sexual behaviour		n/a				n/a
<u> </u>	(ISRI) how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment		n/a		3,4,5	1	n/a



	EALTH AND MENTAL WELLBEING of Secondary pupils should know:			Year 11 (A	Ages 15-16)		
tile ella c	n seculuary pupils silvulu nitem.	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	(MWa) how to talk about their emotions accurately and sensitively, using appropriate vocabulary		n/a	1	2	1	n/a
(aaiai)	(MWb) that happiness is linked to being connected to others		n/a	4		1	n/a
1	(MWc) how to recognise the early signs of mental wellbeing concerns		n/a	1	1	4	n/a
	(MWd) common types of mental ill health (e.g. anxiety and depression)		n/a	1			n/a
	(MWe) how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health		n/a	2,5		4	n/a
	(MWf) the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness		n/a	1	1		n/a



	NL HEALTH AND MENTAL WELLBEING nd of Secondary pupils should know:			Year 11 (A	Ages 15-16)			
By the e	no di deconicary pupilis siliculu kilow.	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	
TY AND HARMS (IS)	(ISa) the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online	4	n/a				n/a	
INTERNET SAFETY	(ISb) how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours	4	n/a				n/a	



YSICAL HEALTH AND MENTAL WELLBEING the end of Secondary pupils should know:	Year 11 (Ages 15-16)						
and the decontainty puping another known.	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	
(PHa) the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress		n/a	1	1		n/a	
(PHb) the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health (PHc) about the science relating to blood, organ and stem cell donation		n/a				n/a	
(PHc) about the science relating to blood, organ and stem cell donation		n/a				n/a	



		Year 11 (Ages 15-16)						
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	
HEALTHY EATING (HE)	(HEa) how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer		n/a				n/a	



	L HEALTH AND MENTAL WELLBEING nd of Secondary pupils should know:			Year 11 (A	Ages 15-16)		
y tile el	n or secondary pupirs silvata kilon.	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
TH (ISR)	(DATa) the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions	3	n/a				n/a
(DAT) НЕАLTН	(DATb) the law relating to the supply and possession of illegal substances	3	n/a				n/a
I OBACCO (D	(DATc) the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood		n/a				n/a
AND	(DATd) the physical and psychological consequences of addiction, including alcohol dependency		n/a				n/a
ALCOHOL	(DATe) awareness of the dangers of drugs which are prescribed but still present serious health risks		n/a				n/a
DRUGS,	(DATf) the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so		n/a				n/a



	. HEALTH AND MENTAL WELLBEING d of Secondary pupils should know:	Year 11 (Ages 15-16)						
by the c	o of occording y paging attention attention.	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	
(HP)	(HPa) about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics		n/a				n/a	
	(HPb) about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist		n/a				n/a	
) PREVENTION	(HPc) (late secondary) the benefits of regular self-examination and screening		n/a		3		n/a	
H AND	(HPd) the facts and science relating to immunisation and vaccination		n/a				n/a	
НЕАLТН	(HPe) the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn		n/a	1	1		n/a	



	PHYSICAL HEALTH AND MENTAL WELLBEING By the end of Secondary pupils should know:		Year 11 (Ages 15-16)							
by the en			Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me			
(BFA)	(BFAa) basic treatment for common injuries	5	n/a				n/a			
FIRST AID	(BFAb) life-saving skills, including how to administer CPR	5	n/a				n/a			
BASIC F	(BFAc) the purpose of defibrillators and when one might be needed		n/a				n/a			



	AL HEALTH AND MENTAL WELLBEING nd of Secondary pupils should know:	Year 11 (Ages 15-16)						
by the en	Be M		Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	
SCENT BODY (CAB)	(CABa) key facts about puberty, the changing adolescent body and menstrual wellbeing		n/a				n/a	
CHANGING ADOLESCENT BODY (CAB)	(CABb) the main changes which take place in males and females, and the implications for emotional and physical health		n/a				n/a	