

Redwood Special School
PSED Long and Medium Term Planning

Curriculum Co-Ordinator: C. Carter

	Autumn	Spring	Summer
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Year Seven	Anxiety and Trust	Communication	Safety Symbols	My Body Changes	Caring for Nature	Environment and Wildlife
	Tolerance	Road Safety	Food and What Not to Eat	Caring for Animals	Signalling and Sign Language	Grooming
	Emergency Services	Firework Safety	Water Safety	Animals and Our Lives	Recycling and Waste	Cyber Safety
	Emotional wellbeing including body awareness activities, relaxation activities, mindfulness, good sleep patterns, managing stress/ conflict and preventing or treating anxiety and depression.					

A Connecting and Responding Curriculum

Year Eight	Relationships with Others	Mindfulness	Stress	Gender Identity	Dares and Crazes	Safety at Home
	Helping Others to Get Help	Self-Image	Problem Solving and Time Management	Sexual Orientation	Bullying and Teasing	Honesty
	Growth Mindset	Anger – Difficult Feelings and Behaviour	Self-Worth	Fire Safety	Medicine and Drugs	Young Carers
	Emotional wellbeing including body awareness activities, relaxation activities, mindfulness, good sleep patterns, managing stress/ conflict and preventing or treating anxiety and depression.					

Year Nine	Personal Goal Setting	A Balanced Diet	Where Does My Food Come From?	Sexually Transmitted Infections	Food Hygiene	Taking Care of Our Elderly
	Dealing with Failure	Healthy Eating	Sleep	Vaccinations and Diseases	Personal Hygiene incl. Oral Health and Infection Prevention	Alzheimer's and Dementia
	Relaxation	The Importance of Physical Exercise	Screen Time	Contraception	Drinking and Driving	Going into Hospital
	Panic Attacks	Emotional wellbeing including body awareness activities, relaxation activities, mindfulness, good sleep patterns, managing stress/ conflict and preventing or treating anxiety and depression.				

A Lifestyle Based Curriculum

Year Ten	Information Sharing	Dealing with Adversity	The Media and Social Media	Respecting Others – Boundaries and Beliefs	Supporting the Community	Junk Food
	Online Scams	Responsibility and Inspiration*	Communicating Effectively	FGM	Saving Money	Nutritional Values
	Stereotyping, Prejudice and Discrimination	Body Language and Communication	The Digital World	The NHS	Borrowing Money	The Human Body
	The students within this year group will also complete a Duke of Edinburgh Bronze and John Muir rotation consisting of two lessons per week.					
Year Eleven	From Learning to Working	The Power of Negotiation	The Organisation of Life	Consent	Sport and Racism	Carrying Weapons
	How to Write a CV	The Government	Pensions	Pornography	Radicalisation	Gangs
	Entrepreneurship, Enterprise and Business	The Law	Tax	Drugs, Alcohol and Smoking	Terrorism and Keeping Safe	Gambling and Debt
		British Values	Banks		Home Management	Public Transport
	The students within this year group will also complete a Duke of Edinburgh Bronze and John Muir rotation consisting of two lessons per week.					

An Adapted National Curriculum, emphasising Life Preparation

Skills for Independence	Planning My Future Life	Rights and Responsibilities	Exploring the World of Work	Drugs, Alcohol and Tobacco	Employment, Choices and Pathways	Community and Enterprise
	Problem Solving	Communication	Health and Wellbeing	Sexual Health	Financial Choices	Environment
	Independent Living	Independent Living	Independent Living	Independent Living	Office Practice	Horticulture
	The students within this year group will also complete a Duke of Edinburgh Silver rotation consisting of three lessons per week.					
REEC	Planning My Future Life	Employment Rights and Responsibilities	Bullying, Abuse and Discrimination	Drugs, Alcohol and Tobacco	Media Literacy and Digital Resilience	Community and Enterprise
	Stress and Anxiety	Financial Choices	Relaxation and Sleep	Sexual Health	Public Transport	First Aid and CPR
	Factories and Manufacturing	Labouring and Construction	Retail and Hospitality	Parenthood and Contraception	Public Services	Other Services
	The students within this year group will also complete a Duke of Edinburgh Silver rotation, the Princes Trust accreditation and various industry qualifications linked to the employment sectors above.					

A Preparation for Adulthood Curriculum

The ExB Base	Health and Wellbeing		Relationships		Living in the Wider World	
	My Body Extending experience of stimuli Extending tolerance of stimuli Encouraging body awareness	My Emotions Understanding basic emotional responses	Friends Who is my friend Building friendships Teamwork Being a good friend	Family My family Your family Roles within a family	Communication Accept or reject a stimulus Select preferred stimulus Request preferred stimulus	Community Respecting difference School community Transition
The EnB Base	Relationships		Living in the Wider World		Health and Wellbeing	
	Families Friends Community	Communication Keeping Safe Community	Healthy Lifestyles Ourselves, Growing and Changing Community			

An Encounter and Discover Curriculum

The Nurture Group	Personal Skills	Rights and Responsibilities	Personal Skills	Drugs, Alcohol and Tobacco	Personal Skills	Environment and Community
	Recognising and Managing Emotions	Criminal Justice System	Recognising and Managing Emotions	Sexual Health and Consent	Recognising and Managing Emotions	Transition
Emotional wellbeing including body awareness activities, relaxation activities, mindfulness, good sleep patterns, managing stress/ conflict and preventing or treating anxiety and depression.						

A Nurture and Development Based Curriculum