Relationships, Sex, Health Education

Life in all its fullness — ST. AIDAN'S Church of England High School

Living and learning according to our Church foundation and the example of Saint Aidan, we strive to be a centre of educational excellence where each and everyone knows the gift of life in all its fullness.

YEAR 11

Physical health and fitness (H)
- Science spring term

The Law (RSE)
- RS autumn term relationships & families: sexuality, gender, marriage, consent

Intimate and sexual relationships (RSE)
- RS autumn term relationships & families
- Science summer term

Mental Wellbeing (H)
- Tutor programme
- Assembly

Drugs, alcohol & tobacco (H)
- Science spring

Respectful relationships (RSE)

Families (RSE)

Being safe (RSE)
- RS autumn term relationships & families

Health & prevention (H)
- Assembly: sleep
- Assembly & PE : Physical activity

Being safe (RSE)
- 'Be Real' day

Mental Wellbeing (H)
- Tutor programme
- Assembly

The Law (RSE)
- RS spring term Religion and life (abortion)
- 'Be Real' day

Intimate and sexual relationships (RSE)
- RS spring term Religion and life
- science summer term – contraception
- 'Be Real' day

YEAR 10

Online media (RSE)
- RS spring term

Being safe (RSE)
- RS spring term

Intimate and sexual relationships (RSE)
- RS spring term
- Science summer term

Internet safety (H)
- ICT
- RS spring

Drugs, alcohol & tobacco (H)
- RS spring

The Law (RSE)
- RS autumn – violence against women & girls, FGM
- RS spring term

Mental Wellbeing (H)
- Tutor programme
- Assembly

Families (RSE)
- English summer term
- RS summer term – Christian practices

Respectful relationships (RSE)
- English spring term
- RS spring term (Disrespect Nobody)
- RS stereotypes: autumn, spring & summer terms

YEAR 9

Families (RSE)
- English spring term
- RS spring term – trusted relationships

Healthy Eating (H)
- Food Technology

Physical health and fitness (H)
- PE
- Science autumn term

Health & prevention (H)
- Dental health – Food Technology
- Science: personal hygiene / immunisation

The Law (RSE)
- RS spring term: pornography

Online media (RSE)
- ICT
- Assembly

Respectful relationships (RSE)
- ICT
- EEnglish – spring & summer terms

YEAR 8

Health & prevention (H)
- Dental health – Food Technology

Healthy Eating (H)
- Food technology

Basic first aid (H)
- Science

Physical health and fitness (H)
- PE

Families (RSE)
- ICT

YEAR 7

Changing adolescent body (H)
- Science summer term

Families (RSE)
- RS Summer Term: Christian Practices

Respectful relationships (RSE)
- RS Summer Term: Christian Practices
- Tutor programme
- Assembly

Mental Well being (H)
- Tutor programme
- assembly

INTENT: To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.