Forest Way School
PSHE Thematic Learning Journey

Post 16

Pathways Years 12 & 13

- Life choices
- Life skills
- Vocational

Transition options

Key Stage 4

Cycle 2

- Summer: 1: Drugs, alcohol, tobacco; 2: county lines/ first aid
- Spring: 1: Body image; 2: fighting stereotyping
- Autumn: 1: Mental wellbeing; 2: preparing healthy foods

Cycle 1

- Autumn: 1: emotions; 2: A healthy Diet
- Spring: 1: changing and growing; 2: Managing finances
- Summer: 1: Dentists, Drs, Medicine; 2: Mindfullness

Cycle 3

- Autumn: 1: What makes me happy; 2: Mental wellbeing
- Spring: 1: Changing and growing; 2: the digital world I live in
- Summer: 1: First aid; 2: Skills sports and hobbies

Cycle 4

- Autumn: 1: Gambling; 2: The world I live in
- Spring: 1: Body Image; 2: managing finances
- Summer: 1: Managing feelings; 2: Likes and dislikes

Key Stage 3

Cycle 1

- Autumn: 1: Changes and feelings; 2: Exercise
- Spring: 1: Self-care, support and safety; 2: Our environment
- Summer: 1: Managing feelings; 2: The needs of my body

Cycle 2

- Autumn: 1: Who can help me; 2: Relationship and parenthood
- Spring: 1: Reproduction in Animals; 2: Online information
- Summer: 1: Rules and Laws; 2: Managing feelings

Cycle 3

- Autumn: 1: Working together; 2: Preparing Healthy Food
- Spring: 1: Managing Money; 2: Keeping Safe Online
- Summer: 1: Changing and growing; 2: Playing and working together

Cycle 4

- Autumn: 1: Self Awareness; 2: Healthy foods
- Spring: 1: Sleep and exercise; 2: Keeping safe
- Summer: 1: Self-awareness; 2:Healthy Diet

Key Stage 2

Cycle 1

- Autumn: 1: All about me; 2: Jobs you can do
- Spring: 1: Being Healthy; 2: The needs of my body
- Summer: 1: My School; 2: Fitness

Cycle 2

- Autumn: 1: Emotions; 2: Food and Drink
- Spring: 1: People who help us; 2: First aid
- Summer: 1: Community; 2: Personal safety

Cycle 3

- Autumn: 1: My behaviours; 2: Fruits and vegetables
- Spring: 1: Dentist and Doctors; 2:Online Gaming
- Summer: 1: First Aid; 2: Changing and growing

Key Stage 1

EYFS

Personal, Social, and Emotional Development is a prime area of the EYFS framework, serving as the essential foundation for PSHE. Learning to manage self-care, recognise the importance of physical activity, and make healthy food choices, children develop the habits necessary for long-term physical and mental wellbeing. Through adult led social cooperation and self-regulation, children learn to make positive life choices and build resilience to navigate challenges, ensuring a healthy mindset that supports their progress.

Thrive at Forest Way