



Medium Term Unit Planning

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
PSHE			
1. Friendships	Safe relationships	To compare the features of a healthy and unhealthy friendship	<ul style="list-style-type: none"> • Identify features • What do if a friendship is unhealthy • Scenarios to discuss
2. Peer pressure	Safe relationships	Understand about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong.	<p>Recognise and understand peer pressure,</p> <p>Strategies to respond to pressure from friends including online</p> <p>how to assess the risk of different online 'challenges' and 'dares'</p> <p>how to get advice and report concerns about personal safety, including online</p> <p>what consent means and how to seek and give/not give permission in different Situations (also part of SRE lessons HT2)</p>
3. Mental well being	Physical health and Mental wellbeing	to recognise that anyone can be affected by mental ill-health and that difficulties	Compare mental health to physical health. Recognise ways to look after. What can affect mental wellbeing?



Medium Term Unit Planning

		can be resolved with help and support	
4. Managing feelings	Physical health and Mental wellbeing	To develop positive strategies for managing feelings.	Recognise that there are situations when someone may experience mixed or conflicting Feelings and how feelings can often be helpful, whilst recognising that they sometimes need to be overcome Identify where they and others can ask for help and support with mental wellbeing in and outside school - the importance of asking for support from a trusted adult