Remote education Spring 1 and 2

Subject: PSHE

Year Group: Key Stage 3 (7, 8 and 9)

**Due to the sensitive nature of the Relationship and Sex Education that takes place in the Spring term, students should complete the 3 following lessons starting with Lesson 1.**

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|  | Topic | How will the new content be delivered? | What activities need to be completed? |
| Lesson 1 - Growing and Changing  | Home Learning on Puberty | PPT and resources | Mind map and activities to be emailed to PSHE teacher |
| Lesson 2 – Our Special People | Home Learning on Relationships | PPT and resources | Mind map and activities to be emailed to PSHE teacher |
| Lesson 3 – Sleep Factor | Home Learning on Sleep health | PPT and resources | Mind map and activities to be emailed to PSHE teacher |