



Curriculum Overview 2022-23

Curriculum Area: PSHE

Year: 7

Year 7 Curriculum:

Autumn Term:

Health, wellbeing and relationships

Pupils will know how to study and organise themselves. Pupils will learn about different types of relationships, including those within families, friendships and romantic. Pupils will know how to identify and articulate a range of emotions. Pupils know the characteristics of mental and emotional health and strategies for managing these. Pupils will know the qualities and behaviors they should expect and exhibit in a wide variety of positive relationships. Pupils recognise indicators of positive, healthy relationships and unhealthy relationships, including online. Pupils understand how to safely and responsibly form, maintain and manage positive relationships, including online. Pupils can clarify and develop personal values in friendships, love and sexual relationships. Pupils understand about the similarities, differences and diversity among people. Pupils understand the impact of stereotyping, prejudice and discrimination on individuals. Pupils understand about the unacceptability of prejudice-based language and behaviour, offline and online. Pupils can recognise bullying, and its impact, in all its forms.

Spring Term:

Health and Wellbeing

Pupils will know the importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination the purpose of vaccinations offered during adolescence for individuals and society. Pupils will understand the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices. Pupils will know what might influence decisions about eating a balanced diet and strategies to manage eating choices. Pupils understand the importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities they will also understand the benefits of physical activity and exercise for physical and mental health and wellbeing along with the importance of sleep and strategies to maintain good quality sleep.

Summer Term:

Health and wellbeing

Pupils will recognise strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing they will also understand strategies for maintaining personal hygiene, including oral health, and prevention of infection. Pupils will know the personal and social risks and consequences of substance use and misuse including occasional use and understand information about alcohol, nicotine and other legal and illegal substances, including the short-term and long-term health risks associated with their use and the personal and social risks and consequences of substance use and misuse including occasional use

Links to National Curriculum

At Key Stage 3, pupils build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Pupils learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

Knowledge and understanding of this curriculum will be assessed by:

At the end of each term pupils will complete a knowledge based assessment online which will cover core knowledge content from that has been covered in the term. These will be auto marked assessments which pupils will be able to review on completion.

Powerful Knowledge/Cultural Capital Opportunities

Pupils will be able to apply their understanding of relationships, safety and prejudice to inform their decisions in life.

Pupils will be able to apply their understanding of social, emotional and physical health to real world scenarios they will encounter.

Pupils will be able to apply their understanding of physical health to their own personal lives, including hygiene and the risks of illegal substances.



Curriculum Overview 2022-23

Curriculum Area: PSHE

Year: 8

Year 8 Curriculum:

Autumn Term:

Relationships & health and wellbeing

Pupils will learn to set realistic yet ambitious targets and goals and I will know about different work roles and career pathways, including clarifying their own early aspirations

Pupils will know strategies for maintaining personal hygiene, including oral health, and prevention of infection. Pupils recognize the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible as well as understanding the impact that media and social media can have on how people think about themselves, including regarding body image, physical and mental health. Leading to the use of simple strategies to help build resilience to negative opinions. Pupils will recognise and manage internal and external influences on decisions which affect health and wellbeing. Pupils, along with, how to recognise when they or others need help with their mental health and wellbeing. Pupils will learn the personal and social risks and consequences of substance use and misuse and about the concepts of addiction including awareness of help to overcome addictions. This leads in to being able to identify risk and manage personal safety in increasingly independent situations, including online and ways of assessing and reducing risk in relation to health, wellbeing, and personal safety

Spring Term:

Relationships

Pupils will learn the difference between biological sex, gender identity and sexual orientation and recognise that sexual attraction and sexuality are diverse also develop an understand that consent is freely given; and how to seek help in such circumstances and understand about the law relating to sexual consent. Learning how to seek, give, not give, and withdraw consent (in all contexts, including online) and that the seeker of consent is legally and morally responsible for ensuring that consent has been given. Pupils will learn how to safely and responsibly form, maintain and manage positive relationships, including online the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships along with strategies to identify and reduce risk from people online. This will lead to the characteristics of abusive behaviours, such as grooming, sexual harassment, sexual and emotional abuse, know about the unacceptability of prejudice-based language and behaviour, offline and online; and the need to promote inclusion and challenge discrimination. Following this, pupils will learn the communication and negotiation skills necessary for contraceptive use, the risks related to unprotected sex, the consequences of unintended pregnancy, sources of support and the options available and that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain sexually transmitted infections (STIs)

Summer Term:

Living in the wider world

In the final term pupils will learn about aspects of the wider world which will inform their choices and decisions following school. This will include aspects on finances, including budgeting, debt and credit. Pupils will also explore the protected characteristics under the 2010 equality act and the legal protections associated with these.

Links to National Curriculum

At Key Stage 3, pupils build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Pupils learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

Knowledge and understanding of this curriculum will be assessed by:

At the end of each term pupils will complete a knowledge based assessment online which will cover core knowledge content from that has been covered in the term. These will be auto marked assessments which pupils will be able to review on completion.

Powerful Knowledge/Cultural Capital Opportunities

Pupils will be able to apply their understanding of relationships, safety and prejudice to inform their decisions in life.

Pupils will be able to apply their understanding of social, emotional and physical health to real world scenarios they will encounter.

Pupils will be able to apply their understanding of physical health to their own personal lives, including hygiene and the risks of illegal substances.



Curriculum Overview 2022-23

Curriculum Area: PSHE

Year: 9

Year 9 Curriculum:

Autumn Term:

Health & Wellbeing and Relationships

Pupils will learn the role of a balanced diet as part of a healthy lifestyle and what might influence decisions about eating a balanced diet as well as the concepts of dependence and addiction including awareness of help to overcome addiction and strategies to manage a range of influences including peers and how to recognise when they or others need help with their mental health. This leads to an understand that the need for peer approval can generate feelings of pressure and lead to increased risk-taking and about the factors that contribute to young people joining gangs; the social, legal, and physical consequences of gang behaviours and the strategies to manage pressure to join a gang. Leading on to the motivations, misconceptions, and consequences of carrying weapons. Pupils will learn about peer influence and to develop strategies for managing it, building up to knowing how to gauge readiness for sexual intimacy and the services available to support healthy relationships and manage unhealthy relationships. Also, how to seek, give, not give, and withdraw consent, understand that the seeker of consent is legally and morally responsible. Pupils will know the impact of sharing sexual images of others without consent and how to manage any request or pressure to share an image of themselves or others and understand that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection. Finally, an understand that features of the internet can amplify risks and opportunities and establish personal values and clear boundaries around aspects of life that they want to remain private and the benefits and positive use of social media.

Spring Term:

Living in the wider world

Pupils will learn about the options available to them at the end of key stage 3, sources of information, advice and support, and the skills to manage this decision-making process and about routes into work, training and other vocational and academic opportunities, and progression routes. As well as an understand of different types and patterns of work, including employment, self-employment, and voluntary work; that everyone has a different pathway through life, education and work; and about different work roles and career pathways, including clarifying their own early aspirations. Pupils will learn about the unacceptability of prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia, transphobia, racism, ableism, and faith-based prejudice.

Summer Term:

Relationships

Pupils recognise the characteristics of abusive behaviours, such as grooming, sexual harassment, sexual and emotional abuse, violence, and exploitation; to recognise warning signs, including online; how to report abusive behaviours or access support for themselves or others, leading on to the portrayal of sex in the media and social media (including pornography) can affect people's expectations of relationships and sex.

Links to National Curriculum

At Key Stage 3, pupils build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Pupils learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

Knowledge and understanding of this curriculum will be assessed by:

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Powerful Knowledge/Cultural Capital Opportunities

Pupils will be able to use their understanding of personal health (diet, alcohol and drugs) to make informed decisions in their lives.

Pupils will understand the personal and legal implications of relationships and engaging in sexual activity.

Pupils will be able to apply their understanding of careers, education and employment in the options process.

Pupils will be able to apply their understanding of prejudice and discrimination and the legal implications of this in the wider world.

Pupils can apply their understanding of positive and negative relationships to their own real world experiences.



Curriculum Overview 2022-23

Curriculum Area: PSHE

Year: 10

Curriculum covered

Autumn Term

Health and Wellbeing and Relationships:

Pupils will learn to challenge their own values and understand how their values influence their decisions. Pupils will learn to recognise situations where they are being adversely influenced due to being part of a particular group or gang; how to access appropriate help, as well as, the consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families. Pupils will learn to identify, manage, and seek help for unhealthy behaviours, habits and addictions including smoking. Along with recognising when they or others need help with their mental health and wellbeing this will lead in to knowing how to recognise warning signs of common mental and emotional health concerns and what help or treatment is available

Spring Term

Relationships and living in the wider world:

Pupils will learn different motivations and contexts in which sexual images are shared, and possible legal, emotional, and social consequences. As well as understand the importance of parenting skills and qualities for family life, the implications of young parenthood and services that offer support for new parents and families, which leads on to the reasons why people choose to adopt/foster children. Pupils will also learn the current legal position on abortion and the range of beliefs and opinions about it. Finally learning how to effectively budget, including the benefits of saving and how to effectively make financial decisions, including recognising the opportunities and challenges involved in taking financial risks

Summer Term

Living in the Wider world:

Pupils will recognise and manage the range of influences on their financial decisions and can access appropriate support for financial decision-making and for concerns relating to money, gambling, and consumer rights

Pupils will learn how to build resilience to thinking errors associated with gambling (e.g. 'gambler's fallacy') the range of gambling-related harms, and how to access support for themselves or others as well as ways to identify risk and manage personal safety in new social settings, workplaces, and environments, including online.

Internal Assessment

There will be no formal assessment in PSHE. However, pupils will complete self-assessments at the end of each topic as well as after each external visit.

Helpful resources/ guides/websites

PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as *anxiety* and unhealthy relationships.

www.childline.org.uk

www.youngminds.org.uk

www.thinkuknow.co.uk

www.nhs.uk

www.brook.org.uk



Curriculum Overview 2022-23

Curriculum Area: PSHE

Year: 11

Curriculum covered

Autumn Term

Health and Wellbeing and living in the wider world:

Pupils will learn to recognise warning signs of common mental and emotional health concerns (including stress, anxiety, and depression), what might trigger them and what help or treatment is available and how to make informed lifestyle choices regarding sleep, diet, and exercise, as well as, know how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this. Pupils will consider and further develop their study and employability skills.

Spring Term

Relationships and Living in the wider world:

Pupils will learn the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect, and equality. This will lead on to the challenges associated with getting help in domestic abuse situations of all kinds; the importance of doing so; sources of appropriate advice and support, and how to access them. Pupils will learn the law relating to 'honour'-based violence and forced marriage; the consequences for individuals and wider society and ways to access support; and about the unacceptability and illegality of discrimination and harassment in the workplace, and how to challenge it. Pupils will develop the skills and strategies to respond to exploitation, bullying, harassment, and control in relationships and recognise unwanted attention (such as harassment and stalking including online), ways to respond and how to seek help. Pupils will learn how to choose and access appropriate contraception (including emergency contraception) and negotiate contraception use with a partner. Finally, pupils will learn about British values and diversity. They will understand and know how to challenge Radicalisation and extremism.

Summer Term

Living in the wider world and Health & Wellbeing

In the final term pupils will receive advice and guidance on how to revise and how to prepare physically and emotionally for their upcoming GCSE exams. This will include work on revision methods, preparation and how diet, sleep and exercise can help reduce stress and anxiety.

Internal Assessment

There will be no formal assessment in PSHE. However, pupils will complete self-assessments at the end of each topic as well as after each external visit.

Helpful resources/ guides/websites

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