

Year Group: Year 7 PSHE

Subject Leader: Mrs Pitman

Main knowledge / skills / understanding developed in this course:

PSHE education equips pupils with the knowledge, understanding, skills & strategies required to live healthy, safe, productive, capable, responsible & balanced lives. Personal development is supported by helping to build confidence, resilience & self-esteem, enabling pupils to identify & manage risk, make informed choices & understand what influences their decisions.

- Recognise that the way in which personal qualities, attitudes & achievements are evaluated by others affects confidence & self-esteem & that this can change with personal circumstances.
- Recognise peer pressure and the characteristics of mental & emotional health. Develop strategies for managing these issues.
- What constitutes a balanced diet and what might influence their decisions about eating a balanced diet
- The positive and negative roles played by drugs in society. Factual information about legal & illegal substances and the law relating to their supply, use & misuse. Recognise & manage different influences on their decisions about the use of substances, including managing peer influence. The risks and consequences of substance use & misuse.
- Explore the range of positive qualities people bring to relationships & that relationships can cause strong feelings & emotions. Understand the importance of friendship & to begin to consider love & sexual relationships in this context. Acknowledge the right not to have intimate relationships until ready & the benefits of delaying sex.

Pupils are encouraged to be enterprising & learn how to make effective transitions, begin to consider appropriate career choices & develop an awareness of economic wellbeing.

Y7 PSHE assists pupils with the transition period and equips them with a range of skills and solutions that will help individuals settle into life at secondary school. The programme then provides a foundation for later learning by provided an appropriate level introduction to the key PSHE topics that are studied through to Y11.

Key Areas of Study:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<u>Emotional health & Wellbeing</u> <ul style="list-style-type: none">• Transition• Making new friends• Conflict resolution• Self-esteem	<u>Citizenship & BV</u> <ul style="list-style-type: none">• What makes a good citizen• Political beliefs• History of the British Isles• Government & elections	<u>Relationship & Sex Education (SRE)</u> <ul style="list-style-type: none">• Healthy relationships• Female genital mutilation• Bullying and how to respond• Puberty/hygiene/sanitary wear• Conception	<u>Health</u> <ul style="list-style-type: none">• Healthy and unhealthy lifestyle choices	<u>Careers</u> <ul style="list-style-type: none">• Self assessment• Careers information• LMI• Networks• Researching industry sectors	<u>Financial Capability</u> <ul style="list-style-type: none">• Wants and needs• Budgeting• Basic banking

Assessment Tasks:

PSHE is not formally assessed but pupils are given the opportunity to demonstrate their achievements, examples of this include:

- Talks and/or presentation, role-play and simulation,
- Designing a display or website,
- Writing articles for school or local newspapers,
- Observation of taking part and contributing to discussions and debate,
- Producing resources for younger pupils, quizzes, board games or card games,
- Written work including self- and peer-assessment sheets.

Emphasis is placed on pupil awareness and appropriate response as well as understanding

Home activities that will help support college work:

Homework is not set in PSHE however the issues covered during the course will likely lead to healthy discussion with family members. Discussions could include relevant topics around newspaper articles and relevant TV programmes. The skills developed in PSHE should empower the pupils to feel confident to express opinions at home.

Year Group: Year 8 PSHE

Subject Leader: Mrs Pitman

Main knowledge / skills / understanding developed in this course:

PSHE education equips pupils with the knowledge, understanding, skills & strategies required to live healthy, safe, productive, capable, responsible & balanced lives. Personal development is supported by helping to build confidence, resilience & self-esteem, enabling pupils to identify & manage risk, make informed choices & understand what influences their decisions.

- Recognise that the way in which personal qualities, attitudes & achievements are evaluated by others affects confidence & self-esteem & that this can change with personal circumstances.
- Recognise peer pressure and the characteristics of mental & emotional health. Develop strategies for managing these issues.
- The positive and negative roles played by drugs in society. Factual information about legal & illegal substances and the law relating to their supply, use & misuse. Recognise & manage different influences on their decisions about the use of substances, including managing peer influence. The risks and consequences of substance use & misuse.
- Explore the range of positive qualities people bring to relationships & that relationships can cause strong feelings & emotions. Understand the importance of friendship & to begin to consider love & sexual relationships in this context. Acknowledge the right not to have intimate relationships until ready & the benefits of delaying sex.
- Pupils are encouraged to be enterprising & learn how to make effective transitions, begin to consider appropriate career choices & develop an awareness of economic wellbeing

Key Areas of Study:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<u>Relationship & Sex Education (RSE)</u>	<u>Health</u>	<u>Careers</u>	<u>Financial Capability</u>	<u>Emotional health & Wellbeing</u>	<u>Citizenship</u>
<ul style="list-style-type: none">• HPV• Diversity in sexuality & gender• Marriage & the law• Online safety & sexting• Consent	<ul style="list-style-type: none">• Illegal substances• First Aid	<ul style="list-style-type: none">• Types of work• Employability skills• Aspirations• Stereotypes	<ul style="list-style-type: none">• The Real Game	<ul style="list-style-type: none">• Understanding emotions• Stress• Mental Health-no stigma allowed.• Depression	<ul style="list-style-type: none">• Human Rights• Rule of Law• Tolerance & equality• Government

Assessment Tasks: PSHE is not formally assessed but pupils are given the opportunity to demonstrate their achievements, examples of this include:

- Talks and/or presentation, role-play and simulation.
- Designing a display or website.
- Writing articles for school or local newspapers.
- Observation of taking part and contributing to discussions and debate.
- Producing resources for younger pupils, quizzes, board games or card games.
- Written work including self- and peer-assessment sheets.

Home activities that will help support college work:

Homework is not set in PSHE however the issues covered during the course will likely lead to healthy discussion with family members. Discussions could include relevant topics around newspaper articles and relevant TV programmes. The skills developed in PSHE should empower the pupils to feel confident to express opinions at home.

Year Group: Year 9 PSHE

Subject Leader: Mrs Pitman

Main knowledge / skills / understanding developed in this course:

PSHE education equips pupils with the knowledge, understanding, skills & strategies required to live healthy, safe, productive, capable, responsible & balanced lives. Personal development is supported by helping to build confidence, resilience & self-esteem, enabling pupils to identify & manage risk, make informed choices & understand what influences their decisions.

- Recognise that the way in which personal qualities, attitudes & achievements are evaluated by others affects confidence & self-esteem & that this can change with personal circumstances.
- Recognise peer pressure and the characteristics of mental & emotional health. Develop strategies for managing these issues.
- What constitutes a balanced diet and what might influence their decisions about eating a balanced diet. Its benefits and risks associated with dieting and obesity. How the media portrays, body image and health issues and that identity is affected by a range of factors, including the media and a positive sense of self.
- The positive and negative roles played by drugs in society. Factual information about legal & illegal substances and the law relating to their supply, use & misuse. Recognise & manage different influences on their decisions about the use of substances, including managing peer influence. The risks and consequences of substance use & misuse.
- Explore the range of positive qualities people bring to relationships & that relationships can cause strong feelings & emotions. Understand the importance of friendship & to begin to consider love & sexual relationships in this context. Acknowledge the right not to have intimate relationships until ready & the benefits of delaying sex.

Pupils are encouraged to be enterprising & learn how to make effective transitions, begin to consider appropriate career choices & develop an awareness of economic wellbeing.

Key Areas of Study:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<u>Careers</u> <ul style="list-style-type: none">• Careers info• LMI• Good decisions• Action planning• Prejudice	<u>Financial Capability</u> <ul style="list-style-type: none">• Enterprise skills• Gambling• Careers / virtual alternative	<u>Emotional Health & Wellbeing</u> <ul style="list-style-type: none">• Bereavement & grief• Dealing with anger & aggression• Unhealthy & healthy coping strategies	<u>Citizenship</u> <ul style="list-style-type: none">• Knife crime• Gangs• Hate crime• Stop & search• County line prevention	<u>Relationship & Sex Education (RSE)</u> <ul style="list-style-type: none">• Self esteem• Consent• Contraception• STIs/HIV	<u>Health</u> <ul style="list-style-type: none">• Healthy eating Vs diets• Addictive substances and behaviour

Assessment Tasks: PSHE is not formally assessed but pupils are given the opportunity to demonstrate their achievements, examples of this include:

- Talks and/or presentation, role-play and simulation.
- Designing a display or website.
- Writing articles for school or local newspapers.
- Observation of taking part and contributing to discussions and debate.
- Producing resources for younger pupils, quizzes, board games or card games.
- Written work including self- and peer-assessment sheets.

Home activities that will help support college work: Homework is not set in PSHE however the issues covered during the course will likely lead to healthy discussion with family members. Discussions could include relevant topics around newspaper articles and relevant TV programmes. The skills developed in PSHE should empower the pupils to feel confident to express opinions at home.

Year Group: Year 10 PSHE

Subject Leader: Mrs Pitman

Main knowledge / skills / understanding developed in this course:

PSHE education equips pupils with the knowledge, understanding, skills & strategies required to live healthy, safe, productive, capable, responsible & balanced lives. Personal development is supported by helping to build confidence, resilience & self-esteem, enabling pupils to identify & manage risk, make informed choices & understand what influences their decisions.

- Recognise that the way in which personal qualities, attitudes & achievements are evaluated by others affects confidence & self-esteem & that this can change with personal circumstances.
- Recognise peer pressure and the characteristics of mental & emotional health. Develop strategies for managing these issues.
- How the media portrays, body image and health issues and that identity is affected by a range of factors, including the media and a positive sense of self.
- The positive and negative roles played by drugs in society. Factual information about legal & illegal substances and the law relating to their supply, use & misuse.
- Recognise & manage different influences on their decisions about the use of substances, including managing peer influence. The risks and consequences of substance use & misuse.
- Explore the range of positive qualities people bring to relationships & that relationships can cause strong feelings & emotions. Understand the importance of friendship & to begin to consider love & sexual relationships in this context. Acknowledge the right not to have intimate relationships until ready & the benefits of delaying sex.

Pupils are encouraged to be enterprising & learn how to make effective transitions, begin to consider appropriate career choices & develop an awareness of economic wellbeing.

The Year 10 PSHE curriculum aims for students to become:

- Successful learners who enjoy learning, make progress and achieve
- Confident individuals who are able to live safe, healthy and fulfilling lives
- Responsible citizens who make a positive contribution to society

Key Areas of Study:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<u>Health</u> <ul style="list-style-type: none">• Alcohol & drugs• Male & female cancer prevention	<u>Relationship & Sex Education</u> <ul style="list-style-type: none">• Body image & the media• Gender & sexuality• Healthy relationships• Emergency contraception	<u>Emotional Health & Wellbeing</u> <ul style="list-style-type: none">• Grief & bereavement• Coping with exams/Stress• Resilience	<u>Citizenship</u> <ul style="list-style-type: none">• How society becomes divided• Extremism• Helping build a better community	<u>Careers lessons</u> <ul style="list-style-type: none">• Careers IAG• LMI• WEX prep• WEX Health and safety• Employability skills• Interview skills	<u>In IT rooms</u> <ul style="list-style-type: none">• Post 16 courses and levels of study• Course research• Action planning• Taster days• Application process• WEX week and review

Assessment Tasks: PSHE is not formally assessed but pupils are given the opportunity to demonstrate their achievements, examples of this include:

- Written and verbal discussions – knowledge building, analysing and evaluation issues.
- Decision making exercises.
- Group and individual presentations.
- Completion of Work Experience Booklets
- Employer assessments from Work Experience

Home activities that will help support college work: Homework is not set in PSHE however the issues covered during the course will likely lead to healthy discussion with family members. Discussions could include relevant topics around newspaper articles and relevant TV programmes. The skills developed in PSHE should empower the pupils to feel confident to express opinions at home.

Year Group: Year 11 PSHE

Subject Leader: Mrs Pitman

Main knowledge / skills / understanding developed in this course:

PSHE education equips pupils with the knowledge, understanding, skills & strategies required to live healthy, safe, productive, capable, responsible & balanced lives. Personal development is supported by helping to build confidence, resilience & self-esteem, enabling pupils to identify & manage risk, make informed choices & understand what influences their decisions.

- Recognise that the way in which personal qualities, attitudes & achievements are evaluated by others affects confidence & self-esteem & that this can change with personal circumstances.
- Recognise peer pressure and the characteristics of mental & emotional health. Develop strategies for managing these issues.
- How the media portrays, body image and health issues and that identity is affected by a range of factors, including the media and a positive sense of self.
- The positive and negative roles played by drugs in society. Factual information about legal & illegal substances and the law relating to their supply, use & misuse.
- Recognise & manage different influences on their decisions about the use of substances, including managing peer influence. The risks and consequences of substance use & misuse.
- Explore the range of positive qualities people bring to relationships & that relationships can cause strong feelings & emotions. Understand the importance of friendship & to begin to consider love & sexual relationships in this context. Acknowledge the right not to have intimate relationships until ready & the benefits of delaying sex.

Pupils are encouraged to be enterprising & learn how to make effective transitions, begin to consider appropriate career choices & develop an awareness of economic wellbeing.

The Year 11 PSHE curriculum aims for students to become:

- Successful learners who enjoy learning, make progress and achieve
- Confident individuals who are able to live safe, healthy and fulfilling lives
- Responsible citizens who make a positive contribution to society

Key Areas of Study:

	Term 2	Term 3	Term 4	Term 1	Term 2 and 3
<u>Emotional Health & Wellbeing</u>	<u>Relationship & Sex Education (RSE)</u>	<u>Health</u>	<u>Citizenship</u>	<u>Careers</u>	<u>Careers</u>
<ul style="list-style-type: none">• Mental health conditions• Seeking help/support	<ul style="list-style-type: none">• Impact of sex & the media• Unhealthy behaviours in relationships• Consent• Teenage pregnancy	<ul style="list-style-type: none">• Tattoos, piercings and cosmetic surgery• Skin cancer awareness/prevention• Drink spiking	<ul style="list-style-type: none">• Voting systems• Fake news• Immigration/migration• Knife crime• BLM	<ul style="list-style-type: none">• College open evenings• College careers fair• Preparation for applications	<ul style="list-style-type: none">• Applications to be sent

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- Written and verbal discussions – knowledge building, analysing and evaluation issues.
- Decision making exercises.
- Group and individual presentations.
- Completion of Work Experience Booklets
- Employer assessments from Work Experience

Home activities that will help support college work:

Homework is not set in PSHE however the issues covered during the course will likely lead to healthy discussion with family members. Discussions could include relevant topics around newspaper articles and relevant TV programmes. The skills developed in PSHE should empower the pupils to feel confident to express opinions at home.