



Curriculum Overarching Intent

PSHE will promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and help prepare pupils for the opportunities, responsibilities and experiences of later life.

Prior Learning

Within KS2:

- Health & Wellbeing
 - Healthy lifestyles (physical wellbeing)
 - Mental health
 - Ourselves, growing and changing
 - Keeping safe
 - Drugs, alcohol and tobacco
- Relationships
 - Families and close positive relationships
 - Friendships
 - Managing hurtful behaviour and bullying
 - Safe relationships
 - Respecting self and others
- Living In The Wider World
 - Shared responsibilities
 - Communities
 - Media literacy & digital resilience
 - Economic wellbeing: Money
 - Economic wellbeing: Aspirations, work and career



PSHE

	Vision	Key Concepts and Key Skills
Year 7	In Year 7, students 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. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.	1. Self-concept 2. Healthy Lifestyles 3. Managing risk and personal safety 4. Puberty and sexual health 5. Positive relationships 6. Relationship values 7. Forming and maintaining respectful relationships 8. Consent 9. Bullying, abuse and discrimination 10. Social influences 11. Learning skills 12. Choices and pathways 13. Work and career 14. Financial choices 15. Media Literacy and digital resilience
Year 8	In Year 8, students continue to build on the knowledge and understanding, skills, attributes and values they have acquired and developed during Year 7. PSHE education continues to teach the knowledge and skills which will equip them for the opportunities and challenges of life introducing mental health awareness, and topics associated with risk taking behaviour. Students continue to learn how to manage diverse relationships, their online lives, and increased financial realisation.	1. Self-concept 2. Mental Health and emotional wellbeing 3. Healthy Lifestyles 4. Drugs, alcohol and tobacco 5. Managing risk and personal safety 6. Positive relationships 7. Forming and maintaining respectful relationships 8. Bullying, abuse and discrimination 9. Social influences 10. Choices and pathways 11. Work and career 12. Financial choices 13. Media Literacy and digital resilience
Year 9	In Year 9, students continue to build on the knowledge and understanding, skills, attributes and values they have acquired and developed during Year 7 and Year 8. PSHE education continues to teach the knowledge and skills which will equip them for the opportunities and challenges of life introducing a variety of learning strategies in preparation for the start of their GCSEs, and a bespoke E-safety unit. Students continue to learn how to manage different relationships and how to make informed choices about the variety of different career pathways available to them when they leave school.	1. Mental Health and emotional wellbeing 2. Healthy Lifestyles 3. Puberty and sexual health 4. Positive relationships 5. Relationship values 6. Forming and maintaining respectful relationships 7. Consent 8. Contraception and parenthood 9. Bullying, abuse and discrimination 10. Social influences 11. Learning skills 12. Choices and pathways 13. Work and career 14. Media Literacy and digital resilience
Year 10	In Year 10, students deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during key stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.	1. Self-concept 2. Drugs, alcohol and tobacco 3. Managing risk and personal safety 4. Sexual health and fertility 5. Relationship values 6. Consent 7. Contraception and parenthood 8. Bullying, abuse and discrimination 9. Social influences 10. Work and career 11. Employment rights and responsibilities 12. Media Literacy and digital resilience
Year 11	In Year 11, students continue to deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during the previous four years. PSHE education continues to reflect the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.	1. Self-concept 2. Drugs, alcohol and tobacco 3. Managing risk and personal safety 4. Sexual health and fertility 5. Relationship values 6. Forming and maintaining respectful relationships 7. Consent 8. Contraception and parenthood 9. Bullying, abuse and discrimination 10. Social influences 11. Choices and pathways 12. Work and career 13. Financial choices 14. Media Literacy and digital resilience



PSHE

Our Curriculum Progression Model is:

Readiness for their next step...

Knowledge over time	Year 11	Health & Wellbeing 1. The Law Relating To Sexual Exploitation 2. Abusive Relationships 3. Harmful Relationships 4. The Characteristics Of A Positive One-To-One Intimate Relationship 5. Pregnancy 6. The Different Choices Made In Relation To A Pregnancy 7. The Role Of The Parent	Relationships (Ten:Ten resourced) 1. Self-Worth 2. Addiction 3. Eating Disorders 4. Birth Control 5. Pornography 6. STIs 7. Coercive Control	Work Related learning / Risks 1. Labour market information 2. Researching post 16 provision 3. Writing CV's 4. Writing personal statements 5. Applications 6. Drugs / Gangs / County Lines 7. Alcohol	Living in the wider world Financial Awareness / Risks 1. Salaries 2. Outgoings and debt 3. Mortgages 4. Financial risk and security 5. Buying – Running – Maintaining a car 6. Smoking 7. Gambling	
	Year 10	Health & Wellbeing 1. Legal and Illegal Drugs: 2. The Risks Associated With Alcohol Consumption 3. Addiction: 4. Dangers Of Smoking 5. Peer Pressure 6. Alcohol And Risky Sexual Behaviour 7. STIs And How They Are Transmitted	Relationships (Ten:Ten resourced) 1. Authentic Freedom 2. Self-Image 3. Beliefs, values and attitudes 4. Parenthood 5. Pregnancy and abortion 6. Abuse 7. Solidarity	British Values / E-Safety 1. Immigration 2. Anti-Racism (+Islamophobia) 3. Role of Parliament and how laws are made 4. Equality and the Rule of Law 5. Stereotyping 6. Cybercrime 7. AUP and real world	First Aid 1. Basic Life support 2. Basic life support – Patient is not breathing 3. Bone, muscle and joint injuries 4. Bleeding and Shock 5. Chest pain 6. Choking 7. First Aid Scenarios	Work Related Learning 1. Work Experience 2. Interview skills 3. Health + Safety 4. Suitable skills 5. Acceptable behaviour 6. Persistence and resilience 7. Enterprise Adviser visit
	Year 9	Health & Wellbeing 1. Physical Activity and Mental Well-Being: 2. The Characteristics Of A Healthy Life-Style 3. Blood, Organ And Stem Cell Donation 4. A Healthy Diet X1 5. A Healthy Diet X2 6. How Choices Made About Sex And Relationships Affect Health 7. Reproductive Health	Relationships (Ten:Ten resourced) 1. Love 2. Love people, use things 3. The Benefits Of Delaying Sexual Activity 4. Fertility And Contraception 5. Stable, Committed Relationships 6. The Law And Consent 7. How To Seek And Gain Consent	Work Related Learning 1. Intro to enterprise 2. Becoming enterprising 3. Solving problems and opportunities 4. Turning a passion into a business 5. Creativity and idea generation. 6. Apprenticeships/ Traineeships 7. A level / BTEC	E-Safety 1. E-Safety and Cyberbullying 2. Cyber security 3. Devices and security 4. E-Safety Facebook page 5. Gaming 6. Sexting 7. Netiquette	Learning Strategies / Risks 1. Memory 2. Using Technology 3. Preparing for Learning 4. Dealing with Stress 5. FutureMe challenge 6. Exploited – CSE 7. Exploited – Power and Control
	Year 8	Health & Wellbeing 1. Mental and Emotional Disorders 2. Unhealthy Coping Strategies 3. Positive And Negative Effects On Mental Health 4. Healthy Coping Strategies 5. Maintaining And Monitoring Health 6. The Importance Of Personal Hygiene 7. E-Safety	Relationships (Ten:Ten resourced) 1. Created and Chosen 2. Appreciating Difference 3. Feelings 4. Before I was born 5. Harmful relationships, prejudice and discrimination 6. Think before you share 7. The wider world	British values / Risks 1. What are our values? 2. Identity and Culture 3. Anti-Racism 4. Parliament / Government 5. Elections and voting 6. Safety in different situations 7. Effects of poor behaviour	Knowing the risks 1. Intro to drugs 2. Media and the law 3. Alcohol 4. Dangers of drugs 5. Smoking 6. Causes, effects of fire setting 7. Online safety – Personal info and Cyberbullying	Financial Awareness / Work Related Learning 1. To explore what type of saver you are. 2. To explain how to balance budgeting in school 3. To examine household budgets 4. To understand the importance of fair trade. 5. What is a career? 6. Researching a career. 7. Exploring your own skills and qualities.
	Year 7	Health & Wellbeing 1. The Dangers of Sharing Information Online 2. The Legal Implications of Sharing Intimate Images Online 3. The Media and Body Shape X1 4. The Media and Body Shape X2 5. The Dangers of Viewing Harmful Content 6. Online Gambling 7. Harmful Behaviours Online	Relationships (Ten:Ten resourced) 1. Who Am I? 2. The Changing Adolescent Body 3. Self Esteem 4. Human Reproduction 5. Positive and Healthy Relationships 6. Harmful Behaviours Online 7. Bullying and Abuse	British Values / Risks 1. Introduction To British Values/Democracy 2. Liberty 3. Freedom Of Faith 4. Rule of law 5. PREVENT 6. Anti-social behaviour 7. Taking care of where we live	Financial Awareness / Work Related Learning 1. Money – Wants and Needs 2. Making ends meet – Intro to budgeting 3. Bank Accounts – The different types. 4. Earnings – How I'll support myself in the future 5. Where do I get money from and how do I spend it? 6. Employability skills 7. Dream Jobs	First Aid 1. Basic Life support x1 2. Basic life support x2 3. Allergies 4. Asthma 5. Choking 6. Bleeding 7. Head injuries

Key texts and websites that you can access to support their knowledge development in this subject include:

Year 10		Year 11	
BBC Bitesize: https://www.bbc.co.uk/bitesize/subjects/z3ckjxs https://www.bbc.co.uk/bitesize/careers Oak Academy: https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4/subjects/rshe-pshe		BBC Bitesize: https://www.bbc.co.uk/bitesize/subjects/z3ckjxs https://www.bbc.co.uk/bitesize/careers Oak Academy: https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4/subjects/rshe-pshe	
Year 7	Year 8	Year 9	
BBC Bitesize: https://www.bbc.co.uk/bitesize/subjects/ztvg9j6 https://www.bbc.co.uk/bitesize/careers Oak Academy: https://classroom.thenational.academy/subjects-by-key-stage/key-stage-3/subjects/rshe-pshe	BBC Bitesize: https://www.bbc.co.uk/bitesize/subjects/ztvg9j6 https://www.bbc.co.uk/bitesize/careers Oak Academy: https://classroom.thenational.academy/subjects-by-key-stage/key-stage-3/subjects/rshe-pshe	BBC Bitesize: https://www.bbc.co.uk/bitesize/subjects/ztvg9j6 https://www.bbc.co.uk/bitesize/careers Oak Academy: https://classroom.thenational.academy/subjects-by-key-stage/key-stage-3/subjects/rshe-pshe	