

PSHE

Curriculum

Year 7 Curriculum 2023-24

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
7	Core PSHE	Relationships and Sex Education <i>This unit focused on developing knowledge of consent, boundaries and respect. The study includes friendships, pressure and influence.</i>		Staying Safe on and offline <i>This unit focuses on how to stay safe. It includes recognising and avoiding gangs, risks online (e.g. grooming), substance risks (e.g. cigarettes, vapes and alcohol) and energy drinks.</i>		Health and Wellbeing: Puberty <i>This unit provides students with an understanding of puberty, how the body changes and how it might affect them. It includes the importance of personal hygiene.</i>	
	Tutorial	Our community and transition <i>A broad introductory unit which focuses on students' understanding of their community. It also introduces students to transition points, such as careers.</i>		Democracy, Elections and Campaigning <i>The unit explores how our country is run and the values of democracy. It provides students with an understanding of political parties, elections and campaigning, and political debate.</i>		Identity, Multiculturalism and Equality <i>The unit focuses on life in multi-cultural Britain and how we can celebrate diversity and tolerance of others. It enables students to also develop a knowledge of the Equality Act (2010), prejudice and discrimination.</i>	

PSHE Core Themes:

-  Relationships and Sex Education
-  Staying Safe on and offline
-  Life Beyond School
-  Celebrating Diversity and Equality
-  British Values
-  Health and Wellbeing







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Curriculum

Year 8 Curriculum 2023-24

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
8	Core PSHE	Relationships and Sex Education <i>This unit explores healthy relationships and asks questions such as, what is gender identity? What is love? How can I deal with conflict?</i>		Staying Safe on and offline <i>This unit develops on the knowledge gained in year 7. It includes teaching about the risks of County Lines gangs, child exploitation and cyber bullying.</i>		Health and Wellbeing: Our health <i>This unit aims to give students an understanding of our health, including mental health, how to manage stress types of bullying and abuse, and positive body image.</i>	
	Tutorial	Life Beyond School: Careers <i>The unit explores employment, the labour market and employability. It enables students to consider their career interests and reasons they should be proud to be themselves.</i>		Society: decision making, law and order <i>The unit considers how societies/communities operate, how decisions are reached and how laws are enforced.</i>		Diversity and discrimination <i>The unit focuses on types of discrimination, including racism, ableism and hate crimes. It encourages students to consider how social media plays a role in discrimination.</i>	

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Year 9 Curriculum 2023-24

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
9	Core PSHE	Relationships and Sex Education <i>This unit focuses on consent and the law. It explores the reasons people have sex and wait to have sex, sexual harassment, healthy relationships, and contraception.</i>			Equality <i>A unit that focuses on war and conflict, fair trade and women's rights.</i>	Staying Safe: Addiction <i>This unit aims to equip students with the knowledge of different types of addictive substances, their risks and support channels.</i>	
	Tutorial	Life Beyond School: Life in the Modern World <i>The unit explores different facets of life in the modern world. It includes basic First Aid, savings and money management, online media and related stress, anger and happiness.</i>			Extremism and terror <i>The unit asks, what is terrorism? It explores radicalisation, extremism and antisemitism, and methods of counterterrorism.</i>		Self Esteem <i>The unit focuses on self-esteem, media air-brushing, and grief and loss.</i>

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Year 10 Curriculum 2023-24

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
10	Core PSHE	Relationships and Sex Education <i>This unit explores issues, risks and ways to stay safe relating to sexting, pornography and sexualisation in the media. It also focuses on types of abuse in relationships, such as domestic abuse.</i>		Staying Safe on and offline <i>This unit focuses on different risks and ways of keeping ourselves safe. It includes risks associated with violence, modern day slavery, online gambling and how to keep personal data safe.</i>		Health and Wellbeing: Our health <i>This unit aims to build on students' understanding of health. It includes managing screen time, types of mental health, and managing negative thoughts and feelings.</i>	
	Tutorial	Life Beyond School: Rights and Responsibility <i>The unit explores issues that students are likely to face outside of school and into their adult lives. It starts with a focus on the Instagram generation and moves through the explore marriage and finally their rights as consumers.</i>		Life in Britain <i>The unit considers a broad range of topics about life in Britain. It considers the impact of fake news, British values and our rights, including the rights of LGBTQ+ citizens and human rights laws.</i>		Understanding ourselves Internationally <i>The unit focuses on international issues such as aid and international support, Brexit and different international organisations.</i>	

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Year 11 Curriculum 2023-24

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
11	Core PSHE	Relationships and Sex Education <i>This unit revisits and develops learning from previous years. It teaches students about different types of child-on-child abuse, sexual health and STIs and contraception. It also develops an understanding of respect in relationships.</i>		Staying Safe on and offline <i>This unit addresses issues which students in Year 11 are likely to encounter – such as virtual reality and live streaming, online reputation festivals and risks (e.g. drugs) and cosmetic surgery.</i>		Health and Wellbeing: Our health <i>This unit teaches students about teenage pregnancy, abortion law, moral and ethics and how to check our bodies.</i>	
	Tutorial	Life Beyond School: preparing for Post 16 <i>The unit focuses on preparing for study and employment post 16. It includes time management, CV writing and writing personal statements.</i>		<i>The tutorial programme after Christmas is focused on ensuring that students are well-supported for their upcoming examinations.</i>			

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Year 12 Curriculum 2023-24

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
12	Core PSHE	<u>Health and Wellbeing</u> <i>The unit focuses on health and wellbeing and how this can be managed as a Sixth Form student. It includes lessons on stress, depression and anxiety, sleep, emotional wellbeing and resilience.</i>		<u>Staying Safe: Drugs misuse</u> <i>This unit focuses on ways to stay safe and avoid the risks of substance misuse. It includes lessons on the effects of substance misuse including different drugs and alcohol.</i>		<u>Diversity: Gender</u> <i>The focus of this unit is on gender and identity including LGBTQ+ and Toxic Masculinity.</i>	<u>Health and Wellbeing</u> <i>This short unit focuses on health and how it affects us including cancers.</i>
	Tutorial	<u>Transition and careers</u> <i>The tutorial programme is structured to support students as they transition to study and life in our sixth form. It also aims to prepare students for life beyond sixth form. The programme teaches students about a range of issues, including: types of tax and insurance; developing CVS, cover letters and their own personal branding; university including UCAS and student finance, apprenticeships and work; preparing for interviews.</i>					

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Curriculum

Year 13 Curriculum 2023-24

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
13	Core PSHE	<u>Health and Wellbeing</u> <i>The unit focuses on health and wellbeing from practical and ethical perspectives, including stress management, the nature v nurture debate and improving perceptions of body image.</i>		<u>Relationships and Sex Education</u> <i>This unit builds on prior learning about sec and relationships. It considers respect and relationships, how alcohol impacts decision making, fertility and contraception.</i>			
	Tutorial	<u>Transition and careers</u> <i>The tutorial programme is structured to support students as they transition to life after the sixth form. The Year 13 programme revisits and builds on knowledge from year 12 and earlier years. It includes a range of issues, including: personal safety abroad, moving away from home, rental contracts, pensions and pay, and what to expect after leaving education.</i>					

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