

PSHE Curriculum Overview

Below is a curriculum overview, showing what is taught at each stage of the year.

| | Cycle 1 | Cycle 2 | Cycle 3 |
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| Year 7 | <p>Topic:</p> <ol style="list-style-type: none"> 1. Our transition 2. Our Health <p>Overview: In the first half of the cycle, students investigate the way they feel about moving to Secondary School, and how their friendships might change. They look at using social media and phones responsibly, and how this can affect friendships. In the second half, students look at their changing bodies, what happens during puberty, and how they can stay hygienic and healthy (physically and mentally) as this happens.</p> <p>Mid-Cycle Assessment: N/A</p> <p>Assessment Week: Confidence checkers and ungraded knowledge quiz</p> | <p>Topic:</p> <ol style="list-style-type: none"> 1. Our relationships 2. Our World <p>Overview: Students firstly look at features of healthy relationships and friendships, and how they are in control of their own bodies in terms of boundaries and levels of intimacy. We investigate ways of staying safe online and when out and about. In the second half of the term, we look at how the brain learns, and apply some useful learning techniques to improve our British, European, and World geography knowledge.</p> <p>Mid-Cycle Assessment: N/A</p> <p>Assessment Week: Confidence checker and ungraded knowledge quiz</p> | <p>Topic:</p> <ol style="list-style-type: none"> 1. Our bodies 2. Our threats <p>Overview: During the first half of the cycle, students revise knowledge of reproduction and menstruation covered, previously covered in science. We look at being healthy, hygienic and respectful during the emotional changes that can happen during puberty. For the last weeks of the year, students touch briefly on the ideas of habit and dependency, and the risks of tobacco and alcohol consumption.</p> <p>Mid-Cycle Assessment: N/A</p> <p>Assessment Week: Confidence checker and ungraded knowledge quiz</p> |

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| Year 8 | <p>Topic:</p> <ol style="list-style-type: none"> 1. Friendships 2. Healthy relationships <p>Overview: At the beginning of the year, we look at changing identities and challenges that can arise in friendships in year 8. Students learn how they can stay mentally healthy. Relationships and Sex Education focusses on understanding sexuality and gender identity, and consent and empowerment, including staying safe online.</p> <p>Mid-Cycle Assessment: N/A</p> <p>Assessment Week: Confidence checker and ungraded knowledge quiz</p> | <p>Topic:</p> <ol style="list-style-type: none"> 1. Substance education 2. Careers and aspirations <p>Overview: We begin Substance Education in year 8 by looking at the history of medicine and how medicine, legal and illegal drugs have developed in our society. We look at the risks and pressures of drugs culture, and how to stay resilient to becoming involved in gang culture and setups such as County Lines. During the second half of the term, students start to consider learning and career pathways in preparation for Phase 1 of the Options process.</p> <p>Mid-Cycle Assessment: N/A</p> <p>Assessment Week: Confidence checker and ungraded knowledge quiz</p> | <p>Topic:</p> <ol style="list-style-type: none"> 1. Citizenship and Diversity 2. Introduction to Finances <p>Overview: In Cycle 3, our young people learn about different political systems around the world, and how they might use their right to vote in Local and General Elections. Lastly, we begin the basics of Finance Education, looking at saving versus spending, 'good' and 'bad' debt, avoiding scams and understanding consumer rights. We also seek to understand poverty and the roles of Foodbanks and charities in society.</p> <p>Mid-Cycle Assessment: N/A</p> <p>Assessment Week: Confidence checker and ungraded knowledge quiz</p> |

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| Year 9 – | Topic: Overview: Mid-Cycle Assessment: Assessment Week: | Topic: Overview: Mid-Cycle Assessment: Assessment Week: | Topic: Overview: Mid-Cycle Assessment: Assessment Week: |

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| Year 10 | <p>Topic:</p> <ol style="list-style-type: none"> 1. Preparing for Work Experience 2. Skills for Living <p>Overview: Year 10 starts with planning and target-setting, and guiding students to begin identifying their strengths and successes. We also look at university life and work experience. The cycle ends with Finance Education; the cost of running a household and living a desired lifestyle, budgeting and meal planning.</p> <p>Mid-Cycle Assessment:</p> <p>Assessment Week: Confidence checker and ungraded knowledge quiz</p> | <p>Topic:</p> <ol style="list-style-type: none"> 1. Citizenship – Global Issues 2. Healthy Relationships <p>Overview: Students begin Cycle 2 with Global Citizenship, looking at environmental issues and climate change. They then move on to Relationships and Sex Education where they look in detail at the laws around sexual activity, healthy and unhealthy relationships, consent and coercive control. Students learn about different forms of contraception and reducing the risk of Sexually Transmitted Infection in order to stay healthy.</p> <p>Mid-Cycle Assessment:</p> <p>Assessment Week: Confidence checker and ungraded knowledge quiz</p> | <p>Topic:</p> <ol style="list-style-type: none"> 1. Citizenship – Political Systems and Diversity <p>Overview: In the final cycle of year 10, students revisit political systems and seek to understand migration and displacement. We look at the benefits of diversity. The end of the year is spent preparing for Work Experience.</p> <p>Mid-Cycle Assessment:</p> <p>Assessment Week: Confidence checker and ungraded knowledge quiz</p> |

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| Year 11 | <p>Topic:</p> <ol style="list-style-type: none"> 1. The World of Work 2. Preparing for exams <p>Overview: Students begin year 11 by reflecting on their strengths and successes, and set some goals for the year ahead. They look at the various post-16 options available to them, and how to write an effective CV. As mock exams approach, students investigate different learning styles and revision techniques, and how to stay mentally healthy in times of pressure.</p> <p>Mid-Cycle Assessment: N/A</p> <p>Assessment Week: Confidence checker</p> | <p>Topic:</p> <ol style="list-style-type: none"> 1. Healthy relationships 2. Reducing risk <p>Overview: We re-visit healthy relationships and discuss how we can stay resilient to exploitation in real life and online (including in the gaming world). We briefly recap the dangers of substance misuse.</p> <p>Mid-Cycle Assessment:</p> <p>Assessment Week: Confidence checker</p> | <p>Topic:</p> <ol style="list-style-type: none"> 1. Guided Revision <p>Overview: As exams approach, PSHE lessons are an opportunity for teachers to guide students into positive revision habits and effective learning techniques, as well as supporting them mentally and emotionally.</p> <p>Mid-Cycle Assessment: N/A</p> <p>Assessment Week: N/A</p> |