



Curriculum Overview

Department: PSHE

Year Group		Term 1 and 2		Term 3 and 4	Term 5 and 6
Year 7 Topic		Personal Wellbeing and Mental Health	Relationships and Social Education	Relationships and Sex Education	Physical Health and Wellbeing
Knowledge	Developing	<ul style="list-style-type: none"> Develop knowledge of different identities and gender Develop knowledge of how your personality is formed 	<ul style="list-style-type: none"> Develop knowledge of different types of family Develop knowledge of what a good friend is Develop knowledge of the different types of bullying Develop knowledge of how to keep safe on line, cyberbullying and protecting identity online 	<ul style="list-style-type: none"> Develop knowledge of puberty and the menstrual cycle Develop knowledge of different types of contraception and their effectiveness. Develop knowledge of key terms related to sexuality, such as LGBTQ+ and sexual orientation. Know key rights and responsibilities in relationships, including consent and privacy. Know some facts about sex and the implications of misinformation. 	<ul style="list-style-type: none"> Develop knowledge of common worries and anxieties Develop knowledge of the effects of smoking Developing knowledge of what is the difference between skills and qualities Develop knowledge of Labour market information.
	Core	<ul style="list-style-type: none"> Knowledge of different identities and gender Knowledge of personal characteristics 	<ul style="list-style-type: none"> Knowledge of different family types Knowledge of what a good friend is. Knowledge of the different types of bullying and be able to distinguish between banter and bullying. Knowledge of the importance of personal safety, cyberbullying, and protecting identity on line. 	<ul style="list-style-type: none"> Develop knowledge of how the body changes during and the menstrual cycle Develop a good range of knowledge of different types of contraception and their effectiveness. Develop knowledge of key terms related to sexuality, such as LGBTQ+ and sexual orientation. Know the rights and responsibilities in relationships, including consent and privacy. Know facts about sex and the implications of misinformation. 	<ul style="list-style-type: none"> Knowledge of worries and anxieties Knowledge of the effects of smoking and why people start smoking Knowledge of what their skills and qualities are Knowledge of the Labour market information and how it is changing
	Advanced	<ul style="list-style-type: none"> Awareness of factors that shape our identities and gender Knowledge of how personalities are formed and how it affects your behaviour. 	<ul style="list-style-type: none"> Awareness of the different family types and the importance of communication with family members. Knowledge of how a good friend should behave. Knowledge of what it feels like to be bullied and the different types of bullying. 	<ul style="list-style-type: none"> Develop knowledge of how the body changes during and the menstrual cycle Develop a secure range of knowledge of different types of contraception and their effectiveness. Develop a wide knowledge of key terms related to sexuality, such as LGBTQ+ and sexual orientation. 	<ul style="list-style-type: none"> Awareness of anxieties and worries and how to deal with them. Knowledge of the consequences of smoking and drug taking. Knowledge of what skills and qualities they possess and able to match to different careers. Knowledge of Labour market information and widen careers knowledge.

			<ul style="list-style-type: none"> Using the knowledge highlight the problems with pornography, cyberbullying and protecting identity on line. 	<ul style="list-style-type: none"> Know the rights and responsibilities in relationships, including consent and privacy. Know facts about sex and the implications of misinformation and have sound knowledge around sex and the law. 	
Understanding	Developing	<ul style="list-style-type: none"> Able to understand the different types of identities. Understand the different personalities. 	<ul style="list-style-type: none"> Understand the role of the family. Develop an understanding of the ways to keep oneself safe. 	<ul style="list-style-type: none"> Develop an understanding of consent and the importance of it. Develop an understanding of how you can keep yourself safe in a relationship. 	<ul style="list-style-type: none"> Develop understanding of the reasons why students may worry Develop understanding of the risks of smoking. To understand that different careers require different skills and qualities.
	Core	<ul style="list-style-type: none"> Understand and have respect for one`s identity. Understand that everyone is an individual and has a right and a voice. 	<ul style="list-style-type: none"> Understand the importance of the family. Understand why it is important to keep oneself safe. 	<ul style="list-style-type: none"> Understand when it`s appropriate to use the different ways to give consent. Understand how to keep yourself safe. 	<ul style="list-style-type: none"> Understand the reasons why students worry and how to overcome these problems Understand the differences between smoking and vaping. Understand the importance of developing skills and qualities to increase career choice.
	Advanced	<ul style="list-style-type: none"> Understand and empathise with identity and why people are like the way they are. Understand that there are external factors that may affect one`s personality and that people change over time. 	<ul style="list-style-type: none"> Understand the power of communication in the family. Understand how to help others to keep safe and develop an awareness of how others may fall into trouble. 	<ul style="list-style-type: none"> Understand that you are the one who is in control and that it is ok to change your mind. Understand how to keep yourself safe. 	<ul style="list-style-type: none"> Understand that students deal differently to problems. Understand the consequence of smoking and the potential risks. Understand that a student needs to be aware of the local job market and that job roles are constantly changing.
Skill	Developing	To contribute in discussions and respect other group members identities.	To be able to contribute in a mature manner and show respect for others.	To contribute in group discussions and listen to the advice given by others.	To be able to contribute to class discussions and listen carefully. To be able to develop careers research skills. To listen carefully to outside speakers.
	Core	To listen to the opinions of others and be able to reflect on these.	To listen to the opinions of others and be able to reflect on these.	To contribute during class and to be prepared to voice one`s opinions.	To listen to the opinions of others and be able to reflect on these. To match skills and qualities to oneself. To be able to reflect on other`s experiences and widen career knowledge.
	Advanced	To show empathy to other student`s viewpoints and appreciate the wide range of backgrounds and experiences others have.	To show empathy to other student`s viewpoints and appreciate the wide range of backgrounds and experiences others have.	To be able to take on board the opinions of others and show empathy to other student`s experiences.	To pose solutions to the problems and how students could avoid the temptation of drug taking. To recognise one`s strengths and weaknesses in relation to appropriate careers. To be able to promote oneself and be enterprising.

Year Group		Term 1	Term 2 and 3	Term 3	Term 4	Term 5	Term 6
Year 8 Topic		Relationships	Relationships and Sex Education	Physical Health and Wellbeing	Personal Wellbeing and Mental Health	Careers and Social Education	Social Education
Knowledge	Developing	<ul style="list-style-type: none"> Develop knowledge of teenage and Parents/Carers rights, responsibilities and privileges. Develop knowledge of how to distinguish between friendship, love, healthy and unhealthy relationships. 	<ul style="list-style-type: none"> Develop knowledge of consent. Develop knowledge of how to protect yourself in a relationship. 	<ul style="list-style-type: none"> Learn about the dangers of taking recreational drugs. To develop knowledge of how to keep one`s self safe from drug use. 	<ul style="list-style-type: none"> Learn about the different types of stress and anger. To develop knowledge of Alcohol and the risks of addiction. 	<ul style="list-style-type: none"> Develop knowledge of democracy and common human rights. 	<ul style="list-style-type: none"> Learn about current laws and children`s rights. To learn about different ways to manage money
	Core	<ul style="list-style-type: none"> Knowledge of teenage rights, responsibilities and privileges and the role of the Parent or Carer. Knowledge of different types of relationships and to be able to recognise the differences. 	<ul style="list-style-type: none"> Knowledge of Consent and the ways to give consent verbal and nonverbal. Knowledge of ways to keep yourself safe and healthy in a relationship. 	<ul style="list-style-type: none"> Investigate the dangers and consequences of taking drugs. Knowledge of how to keep safe and the risks of addiction. . 	<ul style="list-style-type: none"> Investigate the signs of stress and anger. To develop knowledge of Alcohol and the risks of addiction and how to keep safe. 	<ul style="list-style-type: none"> Develop knowledge of two types of democracy, pressure groups and what is meant by `human rights`. 	<ul style="list-style-type: none"> To have knowledge of the right of children including with regard to the police. To have knowledge of different types of banks and account types.
	Advanced	<ul style="list-style-type: none"> Develop an awareness of the conflicts that may occur between teenagers and parents/carers. Knowledge of how to explore relationship types and to assess how to solve relationship problems. 	<ul style="list-style-type: none"> Analyse relationships and identify strategies to deal with if in a relationship if it`s not running smoothly. Awareness of not being pressurised into a relationship and where to access help, from external agencies. 	<ul style="list-style-type: none"> Develop an awareness of the long-term consequences of taking drugs. Awareness of different strategies to use to keep safe from drugs. The risk of addiction and the possible consequences of substance abuse. 	<ul style="list-style-type: none"> Develop an awareness of strategies on how to deal with stress and anger. To develop knowledge of Alcohol and the risks of addiction and how to keep yourself self plus identify risky behaviour in others. 	<ul style="list-style-type: none"> Develop knowledge of Democracy, pressure groups and their campaign methods and different legislation on human rights. 	<ul style="list-style-type: none"> To have knowledge of children`s rights and laws that relate to children in particular including dealing with the police and legal system. To know about different accounts, banks and strategies in saving and borrowing money.
Understanding	Developing	<ul style="list-style-type: none"> To develop an understanding of the different roles Parents /Carers have to teenagers. Develop an understanding of 	<ul style="list-style-type: none"> Develop an understanding of consent and the importance of it. Develop an understanding of how you can keep yourself safe in a relationship. 	<ul style="list-style-type: none"> Develop an understanding of the dangers of drug taking. Learn how to keep oneself safe from 	<ul style="list-style-type: none"> Develop an understanding of stress and anger. Understand peer pressure and strategizes to deal 	<ul style="list-style-type: none"> Develop an understanding of the voting system Develop an understanding of the importance of human rights. 	<ul style="list-style-type: none"> Begin to understand the role of the police and the laws that effect children. Begin to understand the reasons for different bank

		what constitutes a healthy and unhealthy relationship.		being influenced to take drugs.	with it around drinking alcohol.		accounts and choices about money management.
	Core	<ul style="list-style-type: none"> Understand the complex relationships between teenagers and Parents/Carers. Understand how important it is to be in a healthy relationship and know how to recognise the signs of an unhealthy one. 	<ul style="list-style-type: none"> Understand when it`s appropriate to use the different ways to give consent. Understand how to keep yourself safe and recognise unhealthy relationships between others. 	<ul style="list-style-type: none"> Understand the dangers of drug taking. Understand how to avoid being coerced into drug use. 	<ul style="list-style-type: none"> Understand the different forms of stress and anger. Understand what makes you feel stress or anger. Understand the different types of alcohol. 	<ul style="list-style-type: none"> Understand the importance of the right to vote. Understand the importance behind human rights. 	<ul style="list-style-type: none"> To understand the role of the police and where laws come from. To understand the reasons for different bank accounts and there suitability for different purposes.
	Advanced	<ul style="list-style-type: none"> Understand the role of Parents/ carers and how to diffuse possible confrontations. Understand how to deal with rejection and how to access help. 	<ul style="list-style-type: none"> Understand that you are the one who is in control and that it is ok to change your mind. Analyse relationships and identify strategies to deal with if in a relationship if it`s not running smoothly. Awareness of not being pressurised into a relationship and where to access help, from external agencies. 	<ul style="list-style-type: none"> Understand the consequences of drug taking. 	<ul style="list-style-type: none"> Understand the reasons why stress/anger is a problem and how one can combat it. Understand how to recognise the main signs of alcoholism. 	<ul style="list-style-type: none"> Understand that everyone has an opinion. Understand how the rights of humans differ in different countries. 	<ul style="list-style-type: none"> To understand the role of the police, where laws come and the pro and cons of theoretical changes to the law. To understand the reasons for different bank accounts and there suitability for different purposes including the dangers of borrowing.
Skill	Developing	To contribute in group discussions and listen to the advice given by others	To contribute in group discussions and listen to the advice given by others.	To be able to contribute in a mature manner and show respect for others.	Develop strategies to combat stress and anger and dealing with peer pressure.	To be able to put forward some ideas and opinions.	To discuss different opinions and listen respectfully.
	Core	To contribute during class and to be prepared to voice one`s opinions.	To contribute during class and to be prepared to voice one`s opinions.	To listen to the opinions of others and be able to reflect on these.	Explore ways to reduce stress and anger and the risks from alcohol.	To listen to the opinions of others and be able to reflect on these.	To discuss and debate respectfully showing understanding for the opposite view point.
	Advanced	To be able to take on board the opinions of others and show empathy to other student`s experiences.	To be able to take on board the opinions of others and show empathy to other student`s experiences.	To show empathy to other student`s viewpoints and appreciate the wide range of backgrounds and experiences others have.	Identify ways of dealing with stress and how to help others. Identify signs of anger/stress/alcoholism and coping strategies and how to help others.	To make good judgements of the importance behind human rights and appreciate why they differ in different cultures.	To debate on either side of an argument irrelevant of personal opinion with reason and evidence.

Year Group		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9 Topic		Wellbeing and Mental Health	Relationships and Sex Education	Careers	Physical Health and Wellbeing Relationships and Sex Education	Relationships and Social Education	Social Wellbeing
Knowledge	Developing	<ul style="list-style-type: none"> Develop knowledge on how to build confidence in certain situations Develop knowledge and identify challenges teenagers face. 	<ul style="list-style-type: none"> Outline knowledge of a few key milestones in women`s rights. Identify some examples of sexual harassment and violence against women Know the meaning of LGBT+ and Gender Questioning. 	<ul style="list-style-type: none"> Develop knowledge of the GCSE option process. Learn about different pathways into careers. Develop a CV. 	<ul style="list-style-type: none"> Learn about the dangers of cocaine and heroin Develop knowledge of the school drug policy. Learn about pregnancy and the choices of becoming pregnant 	<ul style="list-style-type: none"> To develop safety in social settings and with social media. Learn about different types of committed, long term partnerships. 	<ul style="list-style-type: none"> To learn about what wellbeing means To develop knowledge on mindfulness and ways to seek help if suffering from a mental illness. Learn about common crimes
	Core	<ul style="list-style-type: none"> Build on knowledge of how to develop confidence. Knowledge of and the ability to explore the challenges teenagers face. 	<ul style="list-style-type: none"> Learn about some key milestones in women`s rights. Know about characteristics of different forms of violence against women Know the meaning of LGBT+ and Gender Questioning. 	<ul style="list-style-type: none"> Knowledge of the option process and how to make suitable choices. Knowledge of the different pathways and the suitability of these. Detailed CV. 	<ul style="list-style-type: none"> Knowledge of the differences between heroin and cocaine Knowledge of why it is important to have a school`s drug policy. Knowledge of pregnancy and the consequences. 	<ul style="list-style-type: none"> Knowledge of how social media can be damaging and how to keep oneself safe. Learn about the legal, emotional and practical characteristics of committed, long term partnerships. 	<ul style="list-style-type: none"> To relate the knowledge of wellbeing to themselves. To know how to practise mindfulness and ways to ask for help if needed. Knowledge of what sort of sentences should apply to different crimes.
	Advanced	<ul style="list-style-type: none"> Using knowledge identify certain situations where they need to be more confident. Awareness of how to build resilience when faced with challenges. 	<ul style="list-style-type: none"> Detailed knowledge of a range of milestones in women`s rights in the UK and their significance. Detailed knowledge of challenges that remain. Details knowledge of a range of key milestones in LGBT+ and Gender Questioning rights. 	<ul style="list-style-type: none"> Knowledge of the option choices with clear thinking post 16. Critically think about the different pathways post 16. CV showing thought and research. 	<ul style="list-style-type: none"> Consequences short and long term with heroin and cocaine. Knowledge to ascertain if there is a need for a drugs policy and should drugs be decriminalised in the UK. Critically examine the consequences of teenage pregnancy and analyse the short- and long-term consequences. 	<ul style="list-style-type: none"> Knowledge of the importance of protecting your online reputation. Learn about the legal, emotional and practical characteristics of committed, long term partnerships and what skills help them to work. 	<ul style="list-style-type: none"> To know ways to enhance wellbeing. To know that mental problems present themselves in different ways and there are many support agencies available for help. Knowledge of "Youth Caution" Knowledge of the consequences of knife crime and the wider impact.

Understanding		<ul style="list-style-type: none"> Learn and understand how to build up confidence. Develop understanding of how to overcome challenges. 	<ul style="list-style-type: none"> Able to understand that some things have helped to improve sex equality but there are still inequalities in some areas. Understand some different forms of sexism including examples of sexual harassment. Understand the nature of LGBT+ bullying. 	<ul style="list-style-type: none"> Understand the importance of choosing subjects. Understand there are lots of different pathways post 16 Understand the importance of reflecting on school experiences. 	<ul style="list-style-type: none"> Understand the dangers of the drugs. Understand how drugs use could impact on their education. Understand how pregnancy occurs and the options available. 	<ul style="list-style-type: none"> Understand simple steps on how to keep yourself safe in social situations. Understand what skills help make relationships work. 	<ul style="list-style-type: none"> To understand the importance of wellbeing. To understand why you experience different moods. To understand why young people commit common crimes.
	Core	<ul style="list-style-type: none"> Understand why confidence is important. Understand strategies on how to build up confidence. 	<ul style="list-style-type: none"> Understand the extent of sex equality in the UK today. Understand the nature of sexism Understand how and why LGBT+rights have developed and challenges remain. 	<ul style="list-style-type: none"> Understand how to gather information about the option process. Understand the different pathways and personal suitability. 	<ul style="list-style-type: none"> Understand the addiction of the drugs. Understand the importance of educating students on the dangers of drug use. Understand the choices on becoming pregnant, and the consequences positively and negatively. 	<ul style="list-style-type: none"> Understand the different ways to keep you safe online. Understand what skills make relationships work and be able to give reasons. 	<ul style="list-style-type: none"> To understand that wellbeing refers to physical and mental. To understand the different mood changes and are able to analyse the reasons why. To understand what sort of sentences, apply to different crimes.
	Advanced	<ul style="list-style-type: none"> Understand how to build up confidence in difficult situations. Understand how to support others in understanding the reasons for their lack of confidence. 	<ul style="list-style-type: none"> Able to make strong, well informed evaluations of key milestones in the development of women`s rights. Understand in detail the extent of sex equality in the UK Understand strongly of how and why LGBT+ rights have developed and the range of challenges that remain. 	<ul style="list-style-type: none"> Understand why it is important to think maturely about the option process and to make well informed decisions. Understand which pathway will be best for the learner, and to know that these may change due to LMI. 	<ul style="list-style-type: none"> Understand the reasons why people take the drugs despite knowing how harmful they are. Understand the reasons why some countries do not enforce strict drug laws. Understand that each individual will have different opinions and have the ability to reason these viewpoints. 	<ul style="list-style-type: none"> Understand the consequences of not keeping yourself safe online and in social settings. Understand the reasons different relationships are likely to be successful and identify why some might not. 	<ul style="list-style-type: none"> To understand the connection between physical activity and wellbeing and diet and wellbeing. To be able to understand and put into place strategies for maintaining a positive mental state. To think about the age of criminal responsibility should be for different crimes.
		To contribute in group discussions and listen to the advice given by others	To contribute and respect other group member`s opinions.	To listen carefully to external providers giving information on option choices. To develop career research skills.	To contribute and respect other group member`s opinions.	To be able to put forward some ideas and opinions.	To contribute and respect other group member`s opinions.

Skill	Core	To contribute during class and to be prepared to voice one`s opinions.	To listen effectively in order to appreciate the opinions of others. To have the ability to weigh up arguments.	To personalise the information given from Employers. To use research skills to inform choices.	To listen effectively in order to appreciate the opinions of others. To have the ability to weigh up arguments.	To listen to the opinions of others and be able to reflect on these.	To contribute and respect other group member`s opinions.
	Advanced	To show empathy to other student`s viewpoints and appreciate the wide range of backgrounds and experiences others have.	To show empathy to other student`s viewpoints and appreciate the wide range of backgrounds and experiences others have. Be able to evaluate a wide variety of arguments and challenge arguments assertively.	To critically think about the information given on option choices. To research in detail career pathways.	To show empathy to other student`s viewpoints and appreciate the wide range of backgrounds and experiences others have. Be able to evaluate a wide variety of arguments and challenge arguments assertively.	To analyse and evaluate viewpoints both from peers and the media and form sound judgements.	To show empathy to other students in the class and to be able to show support.