



Intent, Content and Progression Route Map PSHE

Intent:

The intent for the PSHE (Personal, Social, Health and Economic) spiral curriculum is to provide pupils with a progressive and interconnected education that builds upon their prior knowledge and skills, whilst linking contextually to the world around them. The curriculum aims to ensure that students develop a deep and holistic understanding of key concepts and themes related to their personal and social well-being. It is designed to revisit and reinforce essential knowledge and skills and prepare them for adulthood. The overall aim is to provide pupils with the knowledge, skills and understanding they need to lead happy, healthy and successful lives.

- We endeavour to promote physical and mental well-being amongst students by providing them with the tools to make informed choices about their health. This includes topics such as healthy relationships, sexual health, drug and alcohol awareness, and mental health support.
- We strive to equip pupils with the necessary knowledge and skills to develop and maintain healthy relationships. This includes understanding consent, respect and the importance of communication, as well as providing comprehensive and age-appropriate sex education.
- We aim to support students in developing their personal skills and qualities, such as resilience, self-awareness and empathy. This includes exploring topics such as self-esteem, managing emotions, setting goals and understanding personal finance.
- We seek to foster active and responsible citizenship amongst pupils, encouraging them to engage with and contribute positively to their communities. This includes exploring topics such as democracy, human rights and equality.
- We aim to provide pupils with the knowledge and skills necessary to make informed choices about their future careers and develop key employability skills. This includes understanding the world of work and developing skills such as teamwork and communication.

Implementation:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p><u>Health and Wellbeing</u></p> <ol style="list-style-type: none"> 1. What do we mean by a healthy life style? 2. How can I keep a balanced diet? 3. How do I know if I am eating healthily? 4. What are the consequences of not living healthily? 5. What is the big deal about energy drinks? 6. How can I commit to a healthy life? 	<p><u>Health and Wellbeing</u></p> <ol style="list-style-type: none"> 1. Why is smoking bad? 2. How dangerous are drugs? 3. How can I control my anger? 4. How can we keep good mental health? 5. Puberty – what can I expect? 6. Periods - What do I need to know about the menstrual cycle? 	<p><u>Sex and Relationships</u></p> <ol style="list-style-type: none"> 1. How do we develop good friendships? 2. What are the different types of families? 3. What do we need to know about love and romance? 4. Bully and banter – what is acceptable? 5. How can we prevent online bullying? 6. How can we keep safe and positive relationships? 	<p><u>Wider World</u></p> <ol style="list-style-type: none"> 1. How can we be aspirational learners and reach our potential? 2. Why do we need self-esteem and how can we build it up? 3. What are the differences between wants and needs? 4. Why are stereotyping and discrimination wrong? 5. Why must we be so careful with social media? 6. How can we shop ethically? 	<p><u>Respecting Religion</u></p> <ol style="list-style-type: none"> 1. Introduction to Islam 2. The five pillars of Islam 3. What does the Qur’an actually say? 4. What is the significance of The Hajj for Muslims? 5. Ramadan and Eid 6. Islam and dress 	<p><u>Citizenship</u></p> <ol style="list-style-type: none"> 1. Liberties and freedoms 2. What is crime? 3. Anti-social behaviour 4. Youth courts 5. Services supporting young people 6. Black Lives Matter

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 8	Health and Wellbeing <ol style="list-style-type: none"> 1. What are the dangers of smoking and vaping? 2. What do we need to know about cancer? 3. What do we need to know about personal safety and first aid? 4. What is CPR and how can we use it to save lives? 5. What issues do young parents face? 6. How can we manage anxiety? 	Health and Wellbeing <ol style="list-style-type: none"> 1. How can we build self-confidence? 2. How can I improve on my skills and behaviour? 3. How can I manage my behaviour to achieve my targets? 4. Emotional literacy – why is self-awareness and sensitivity important? 5. What is mindfulness? 6. What is self-harm and why do people do it? 	Sex and Relationships <ol style="list-style-type: none"> 1. What is consent and why is it important? 2. What are the different types of contraception and how do we use them? 3. Why is pornography so dangerous? 4. Why is sexting dangerous? 5. How do we keep good sexual health? 6. Why do some men and boys have issue with their body image? 	Wider World <ol style="list-style-type: none"> 1. Discrimination - disability and the media 2. Homophobia 3. Discrimination – teens and the media 4. Online grooming 5. Careers – Entrepreneurs 6. Careers – teamwork skills 	Respecting Religion <ol style="list-style-type: none"> 1. Islam- Sunni an Shi'ite 2. Islam - peace and conflict 3. Sharia Law 4. What islamophobia? 5. What do Christianity, Islam and Judaism have in common? 6. Islam Assessment 	Citizenship <ol style="list-style-type: none"> 1. What are British values? 2. What are national and cultural identity? 3. What is parliament? 4. Racial prejudice 5. What are human rights? 6. What are animal rights?
Year 9	Health and Wellbeing <ol style="list-style-type: none"> 1. How can we recognise and prevent eating disorders? 2. How can we keep a positive body image? 3. How do we recognise child sexual exploitation? 4. How can we tell the difference between healthy and abusive relationships? 5. Why is peer pressure so powerful? 6. Why do people commit suicide and what are the warning signs? 	Health and Wellbeing <ol style="list-style-type: none"> 1. How can we manage anxiety? 2. Why are people selfie obsessed? 3. Why must we be so careful about alcohol? 4. What are the dangers of drugs? 5. Why are responsible health choices important? 6. Why are acid attacked increasing and what to do if we see one? 	Sex and Relationships <ol style="list-style-type: none"> 1. Contraception 2. Sexually Transmitted Infection 3. HIV / AIDS 4. Relationship types 5. Sexuality 6. Who are the LGBT community? 	Wider World <ol style="list-style-type: none"> 1. Employability – applying and preparing 2. Workplace skills 3. Enterprising skills and qualities 4. Work skills 5. Knife crime 6. The law on young offenders 	Respecting Religion <ol style="list-style-type: none"> 1. Introduction to Hinduism 2. Hinduism – Big Vega 3. Hinduism and Polytheism 4. Hinduism – reincarnation 5. Hindu food 6. Hindu Assessment 	Citizenship <ol style="list-style-type: none"> 1. Democracy 2. Voting in the UK 3. Different elections 4. The role of the police and courts 5. The justice system 6. Function of money
Year 10	Health and Wellbeing <ol style="list-style-type: none"> 1. What is hate crime and why does it happen? 2. How harmful is binge drinking? 3. How can we live more sustainably and reduce our carbon footprint? 4. Managing grief and bereavement 5. Managing social anxiety 6. Homelessness 	Health and Wellbeing <ol style="list-style-type: none"> 1. How do I organise myself to succeed? 2. Harnessing the power of memory and the mind 3. Fertility and reproductive health 4. Social media and self esteem 5. Tattoos and piercings 6. Why do people commit suicide? 	Sex and Relationships <ol style="list-style-type: none"> 1. Why is parenting challenging? 2. How does the law protect us from harassment and stalking? 3. What is revenge porn and how do we avoid becoming victims? 4. Why do some people have same sex relationships? 5. Why is it important we learn about sex, gender and trans identity? 6. Sexism and gender prejudice – what is it and does it still exist? 	Wider World <ol style="list-style-type: none"> 1. The right career for me 2. What are employers looking for in CVs? 3. Why pursue a STEM career? 4. Preparing for work 5. Rights and responsibilities in the work place 6. Money laundering 	Religion and Ethics <ol style="list-style-type: none"> 1. Why do people believe in life after death? 2. Do heaven and hell exist? 3. Why is stem cell research such a controversial issue? 4. What are the legal and religious arguments for and against drugs? 5. Why do people suffer? 6. Religion and death 	Citizenship <ol style="list-style-type: none"> 1. How does the criminal justice system work? 2. Anti-social behaviour 3. Community Cohesion 4. Crim, gangs and county lines 5. Why do people become extremists? 6. Overt and covert racism
Year 11	Health and Wellbeing <ol style="list-style-type: none"> 1. Why is PSHE so important? 2. Why do we take risks? 3. Obesity and body positivity 4. The importance of sleep 5. Gambling and online gaming 6. Happiness and positivity 	Sex and Relationships <ol style="list-style-type: none"> 1. What is body shaming and why do people do it? 2. How can we establish clear sexual boundaries? 3. What makes good sex? 4. What is 'safe sex' and 'chem sex'? 5. How can we manage break-ups? 6. Keeping myself and my friends safe? 	Religion and Ethics <ol style="list-style-type: none"> 1. What do we mean by ethics? 2. What are the different religious and ethical views on abortion 3. Arguments for and against capital punishment 4. Euthanasia 5. Genetic engineering 6. Religion and IVF 	Wider World <ol style="list-style-type: none"> 1. GCSE Revision and study skills 2. Applying to college and university 3. Independent living 4. Preparing for job interviews 5. Health and safety at work 6. How do trade unions protect us? 	Revision	Revision



Impact

The impact of the PSHE curriculum is to empower pupils to make informed decisions, develop positive relationships, take care of their physical and mental well-being, and become active and responsible members of society. This will facilitate them to move successfully into the next stage of their life and prepare them successfully for adulthood.