



Subject: PSHRSE

CURRICULUM INTENT

Children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. PSHRSE education equips our young people to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be aspirational and supports them in making effective transitions, ambitious learning and career choices and in achieving economic wellbeing. A critical component of PSHRSE education is providing opportunities for children and young people to develop their cultural capital, to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future.

PSHE will help ensure that our young people become positive citizens equipped and resilient to cope with everyday life and with the skills and knowledge to improve their social situation. PSHRSE education contributes to personal development by helping young people to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. A key component of this is equipping young people with the vocabulary to express their own feelings and to challenge ill treatment or injustice. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. This encompasses the teaching and embedding of British Values. Developing an understanding of themselves, empathy and the ability to work with others will help young people to form and maintain good relationships, develop the essential skills for future employability, better enjoy and manage their lives and achieve their aspirations.



CURRICULUM IMPLEMENTATION

PSHRSE Education at King Arthur's School is taught in a variety of ways including through dedicated PSHRSE lessons, assemblies, specific events including Diversity Week, National Careers Week and Mental Health Awareness Week and House Tutor provision.

Our curriculum aims to provide students with; a sound understanding of their role as a citizen now and in the future, the opportunity to consider wider societal and personal issues and the ability to develop critical thinking to make safe and informed decisions. We want our students to be Respectful of others and themselves, Ready to take on the challenges of life and Responsive to opportunities that await them.

In line with the Government's Personal, Social, Health Relationship Sex and Economic (PSHRSE) Education Guidance, King Arthur's has committed to developing students' awareness in three key areas, including;

- Health & Wellbeing
- Relationships
- Living in the Wider World



At King Arthur's PSHE is taught by tutors in tutor time once a week as well as drop down mornings to further embed the knowledge, skills and understanding. The curriculum is delivered to ALL students, with built in support for SEND and additional challenge for all. The curriculum is also enhanced through assemblies and drop down mornings for all students in year 7-11. During this time students will experience a variety of activities;

Discussion - one to one or in groups

Research – group or individual using a variety of methods

Presentations – in groups or individually

Creative work Debate- small group and whole class

Visits from outside speakers

Personal written responses

We implement this through the delivery of a high quality PSHE programme which places the development of the individual, not exams, at the forefront of planning. Lessons are planned centrally before being adapted by tutors to meet individual needs and experiences. Schemes of learning build students' knowledge, understanding and skills progressively. The scheme followed the PSHE associations thematic approach with its recommended and accredited resources being the bases of the scheme.

Schemes of learning will provide;

- accurate, balanced, challenging and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities this is aligned with British values
- the skills, language and strategies needed in order to live healthy, safe, fulfilling, responsible and balanced lives
- opportunities to develop positive personal attributes such as resilience, self-confidence, self-esteem, and empathy



- Knowledge of key concepts which are revisited and built upon in an age appropriate way

PSHRSE Education at King Arthur's School is taught in a variety of ways

Core Theme Overviews

Topics taught in PSHRSE are 'spiral' and developmental. The aim is that knowledge and understanding is built upon through the academic years whilst also looking to make cross curricular links, where possible and appropriate e.g. drugs education and SRE, to enrich students awareness. Topics are aimed at the developmental stage of students and are revised regularly to ensure they are suitable for our students. Topics come under the following 3 Core Themes of the PSHRSE Curriculum;

Core Theme 1 – Health & Wellbeing

This Core Theme covers mental, physical and emotional wellbeing. Enriching understanding of what mental ill health can look like, healthy coping mechanisms that can be used to manage mental ill health and how to promote positive mental wellbeing in yourself and others. The topics developed further into looking at the links between physical and mental health and the impacts this can have on emotional wellbeing in the now and in the future.

Core Theme includes; Anti Bullying, Mental Health & Wellbeing, Tolerance, Diversity in the Media, Drugs and substance abuse Education.



Core Theme 2 – Relationships and Sex Education

This Core Theme covers the development of healthy relationships and incorporates the statutory requirements of Sex and Relationships Education. The topic explores how to build healthy relationships with family and peers before looking at romantic relationships, consent, contraception/pregnancy choices and development of the family unit. The aim is to equip students with knowledge to make informed choices, behave in a respectful and appropriate manner and understand the law around Sex, Relationships and Media.

Core Theme includes; Sex and Relationships Education (SRE), Community, Relationships & The Abuse of Power

Core Theme 3 – Living in the Wider World

This Core Theme covers the development of students as part of their wider community. Developing awareness global issues, different cultures and of how developmental stages can influence personal change, students look to enhance their understanding of broader topics and gain practical and useful understanding of topics covered to develop healthy discussion, make informed and appropriate decisions and contribute positively to their local and wider community. Core Theme includes; Personal Finance, The Legal System, Social Justice, Medical Ethics, Careers, Values & Global Education, Personal Safety and Diversity & Awareness.



SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW – THEMATIC MODEL

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	



IMPACT

The impact will be:

It would be inappropriate for assessment in PSHE education to be about levels or grades, passing or failing. The model of assessment that is most meaningful in PSHE compares where a pupil is at the end of a lesson or series of lessons against where they were before the lesson(s). So the benchmark against which progress is measured is the pupil's own starting point, not the performance of others or the requirements of an exam syllabus. The PSHE curriculum will help every child to build personal, interpersonal and social effectiveness, manage risk and decision-making. We will know that this is true as we are delivering a high standard of PSHE, quality assured through qualitative and quantitative measures such as:

- Ipsative assessment at the start and end of units of work
- Formative assessment within lessons
- Observing lessons and scrutinising planning
- Standards of learning in books
- Behaviour data
- Student's perception of their broader development, their ability to put the knowledge and skills learnt into practice in their daily lives. For example are they making more healthy choices, being more organised or resilient. The behaviour of students towards each other and within their local community will be a clear assessment.