

5-year curriculum overview

PSHE



Heworth Grange
School
Enriching Lives, Inspiring Ambitions



Proud to be part of
Consilium
Academies

Year 7

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<p>Transition to Secondary School</p> <ul style="list-style-type: none"> • Building positive relationships, based around mutual respect and equality • Developing communication skills • How to improve study skills • How to identify, express and manage their emotions in a constructive way • How to manage challenges of moving to a new school • What is safeguarding and why is it important <ul style="list-style-type: none"> • Basic first aid • Personal safety strategies <ul style="list-style-type: none"> • How to establish and manage friendships 	<p>Managing stressful times (emotional wellbeing)</p> <ul style="list-style-type: none"> - What is emotional wellbeing? - Recognising how you cope during stressful situation - Addressing positive and negative coping strategies for stress - Developing skills to manage your own stress as well as your friends - Why emotional wellbeing is important 	<p>Developing Skills and Aspirations</p> <ul style="list-style-type: none"> • Identifying abilities and qualities required for a broad range of careers • How to be enterprising, including skills of problem solving, communication, teamwork, leadership, risk management and creativity. • Equality of opportunity (positive discrimination) <ul style="list-style-type: none"> • How to challenge stereotypes • Ethical and unethical business practices and consumerism • Link between values and career choices 	<p>Health and Puberty</p> <ul style="list-style-type: none"> - How to make healthy lifestyle choices, including diet, dental health, physical activity, and sleep • How to manage influences relating to caffeine, smoking and alcohol • How to manage physical and emotional changes during puberty • Managing personal hygiene <ul style="list-style-type: none"> • About FGM and how to access help and support • How to recognize and respond to inappropriate and unwanted contact (consent) 	<p>Healthy Relationships</p> <ul style="list-style-type: none"> - What is child on child abuse, both on and offline • How to identify healthy relationships, both on and offline • The signs and effects of online bullying • How to respond to bullying of any kind, particularly online • What to do if you witness or are suffering from peer-on-peer abuse, particularly online 	<p>British Values</p> <ul style="list-style-type: none"> • How to consider the ethics of cultural differences • Living in a diverse society <ul style="list-style-type: none"> • Identity, rights and responsibilities we have as British citizens • How to challenge prejudice, stereotypes and discrimination (introduction, before learning in more detail for year 9 RE) • Protected characteristics

Year 8

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<p>Emotional Wellbeing</p> <ul style="list-style-type: none"> • Attitudes towards mental health • How to challenge myths and stigma • Normalising mental health • About our daily wellbeing and how to manage emotions <ul style="list-style-type: none"> • Healthy and unhealthy coping strategies (e.g. self-harm and eating disorders) • Specific mental health illnesses: what they are and how to understand them • Advice on how to support someone struggling with their mental health 	<p>Staying Safe</p> <ul style="list-style-type: none"> • What are 'county lines'? • What do we mean by 'gangs'? • Consequences of crime <ul style="list-style-type: none"> • Local issues • How to keep yourself safe • Recognising and responding to peer pressure • How positive and healthy relationships can keep people safe from crime 	<p>Developing Skills and Aspirations</p> <ul style="list-style-type: none"> • Identifying abilities and qualities required for a broad range of careers • How to be enterprising, including skills of problem solving, communication, teamwork, leadership, risk management and creativity. • Equality of opportunity (positive discrimination) <ul style="list-style-type: none"> • How to challenge stereotypes • Ethical and unethical business practices and consumerism • Link between values and career choices 	<p>Health and Puberty</p> <ul style="list-style-type: none"> • Links to (expanding on) year 7 health and puberty • How to deal with the physical and emotional changes you are going through • How to recognize and prevent potential bullying around puberty <ul style="list-style-type: none"> • Personal hygiene • Highlighting people and places to seek advice during puberty and for personal hygiene • Normalising puberty 	<p>Relationships and Safety</p> <ul style="list-style-type: none"> • Recognising the qualities of a positive, healthy relationship • How to develop self-worth and confidence • The law around consent • Recognising that the legal and moral duty is with the seeker of consent <ul style="list-style-type: none"> • How to effectively communicate about consent in relationships • How to recognize passive, aggressive and assertive behaviour • What is peer-on-peer abuse and how to recognise and prevent it 	<p>Drugs and Alcohol</p> <ul style="list-style-type: none"> • About medicinal and recreational drugs • About the relationship between habit and dependence • How to assess the risks of alcohol, tobacco, e-cigarettes etc. • How to manage influences in relation to substance abuse <ul style="list-style-type: none"> • How to recognize and promote positive social norms and attitude • About over consumption of energy drinks

Year 9

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<p>Healthy Lifestyles</p> <ul style="list-style-type: none"> • The relationship between physical and mental health • Balancing work, leisure, exercise and sleep • How to make informed healthy eating choices • How to manage influences on body image <ul style="list-style-type: none"> • To make independent health choices • Health risks with drugs and alcohol • Making healthy and safe choices around drugs and alcohol 	<p>Intimate Relationships</p> <p>Typical relationship progression</p> <ul style="list-style-type: none"> • The law and risks around sending, receiving or passing on sexual images • Levels of intimacy and consequences • The law in relation to consent • The continuous right to withdraw consent • The risks associated with unprotected sex • Contraception and pregnancy • Sexual orientation • Peer on peer abuse 	<p>In The News</p> <p>Look at what the news is and where it can be accessed</p> <p>Understand the risks of fake news, news on social media, news bias etc.</p> <p>Learn about topical issues in the news, relating to our PSHE learning throughout the year</p>	<p>Setting Goals</p> <ul style="list-style-type: none"> • Transferable skills, abilities and interests • Different types of Post-16 options • Why GCSE options matter and how to make informed decisions • Skills for decision making <ul style="list-style-type: none"> • How to manage feeling related to big choices • Why it is important to make informed decisions, based on your own interests not simply following friends (avoiding peer pressure) 	<p>Grooming and Child Sexual Exploitation</p> <ul style="list-style-type: none"> • Understanding the terms CSE & grooming • Recognising the signs that someone may be being groomed • Identifying online dangers • Identifying vulnerable young people <ul style="list-style-type: none"> • Keeping yourself safe • Who to access if help is needed or if you are worried about grooming or CSE • Case studies: Operation sanctuary Rochdale (Three Girls) 	<p>Family and Relationships</p> <ul style="list-style-type: none"> • Looking at different types of families and parenting, including lone parenting, same sex parenting, adoption etc. <ul style="list-style-type: none"> • Building positive relationships at home. • About conflict within family relationships, as well as resolution • How to manage family and relationship changes (e.g. family breakdowns, divorce etc) <ul style="list-style-type: none"> • How to access support services • Issues around homelessness amongst young people.

Year 10

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<p>Democracy</p> <ul style="list-style-type: none"> • Democracy v. Dictatorship (comparison to the type of leadership we learnt about in Afghanistan) • The Democratic Process in the UK • Your right to vote • Political parties in the UK • Parliament and Government • How the Government raises and spends money • General Elections • Local government – who are they are how can you get involved? 	<p>Consent and Healthy Relationships</p> <ul style="list-style-type: none"> • Why do we need to understand what consent is? • How is consent relevant to us all? • How to enter into a mutual and equal intimate relationship • The role of pleasure in healthy relationships • The portrayal and impact of sex in the media • Dangers around photographing or filming nudity (issues of revenge porn etc. • How intimate relationships can impact your emotional wellbeing 	<p>Sex and Health Education</p> <ul style="list-style-type: none"> • Conception and Contraception • Sexual health and STIs • The importance of sexual health clinics • Pregnancy and parenthood 	<p>British Values and Human Rights</p> <ul style="list-style-type: none"> - What are British Values? - Why are they important and how do they protect us? - How do they link to human rights? - Human rights around the world - Focus on prevent 	<p>Work Experience</p> <ul style="list-style-type: none"> • Identifying the skills needed for a job you are interested in • How to develop/improve your own skill set • The benefits associated with non-paid/voluntary work - How to organise work experience and help with CV and personal statement writing 	<p>Drugs and Alcohol</p> <ul style="list-style-type: none"> • To recognise the risks of drugs and alcohol, particularly when leaving school - To understand how to keep yourself safe and to make responsible decisions - To understand pressures of drugs in club and festival settings

Year 11

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<p>Post 16 Choices: What's next?</p> <ul style="list-style-type: none"> - Different options for post GCSE - What are my options? - Applications: what are they and when should I be doing them? - Open evenings - what are they and should I be going to them? - How will my options impact my future? - What do I need to get into university? 	<p>General Health and Transition into Adulthood</p> <ul style="list-style-type: none"> • Increased responsibility for looking after your own health - including first aid • Building upon knowledge of testicular and breast self-examinations • Managing challenging relationships and break ups • Managing challenging relationships around grief 	<p>Drugs and Alcohol</p> <ul style="list-style-type: none"> • To recognise the risks of drugs and alcohol, particularly when leaving school - To understand how to keep yourself safe and to make responsible decisions - To understand pressures of drugs in club and festival settings 	<p>Managing Money</p> <ul style="list-style-type: none"> - What does it mean to be responsible with money? - What is tax? - What is debt? - What is finance? - Making responsible decisions - The cost of living - Universal credit 	<p>Managing Exam Stress</p> <p>How to revise during exam season</p> <p>Healthy ways to manage stress during an exam</p> <p>Breathing techniques and growth mindset for stress management</p>	<p>Exams</p>