Curriculum Overview: PHSE

Curriculum intent statement

Done – PBr has it on previous.

   Through support and scaffolding, all students will be able to acquire this knowledge and develop these skills, regardless of starting point or special educational needs or disabilities.

NB if issues anise within the community the curriculum sequencing will be adapted to meet these needs.

Pre-GCSE (Spiral curriculum)

What we study in Year 7 and why we study it	Concepts	Competencies	Literacy/numeracy
What makes a good student and introduction to PSHE? Key qualities and expectations are discussed. This is done at the start of the year to introduce FHS values and expectations. Students come in with different primary experiences; they need to relate these to the named PHSE	British values Personal values School values Respect	Evaluation Self-reflection Recognising and respecting different views	S & L skills – focus on listening

What we study in Year 7 and why we study it	Concepts	Competencies	Literacy/numeracy
Internet Safety Basics of how to stay safe online – bullying; sexting; passwords; grooming; sharing personal information. We need to ensure that students are all safe online, regardless of primary experiences. Many students have just got their first mobile phones so it is essential that they recognise potential dangers. Some aspects are covered in more depth in Yrs 8 & 9 to suit increasing levels of maturity.	Bullying Sexting Personal information		

What we study in Year 7 and why we study it	Concepts	Competencies	Literacy/numeracy
Lifestyle Diet, exercise, sugar tax, dental hygiene, personal hygiene & puberty. We need to ensure that all of our students have access to accurate information. As students enter puberty, the issues in this unit become more pressing and it is essential that they are equipped with the knowledge they need.	SRE Knowledge Self-care Empathy	Showing empathy and consideration	

What we study in Year 7 and why we study it	Concepts	Competencies	Literacy/numeracy
Lifestyle – choices Crime and gangs; alcohol; drugs; smoking. Students are now exposed to older students so we need to make sure that students are equipped with accurate information rather than inaccurate information from their peers. We want students to be able to make informed safe choices, especially over the Christmas period when they can be more exposed to substance misuse and when they have more leisure time.	Healthy Behaviour	Understanding risk and consequences	

What we study in Year 7 and why we study it	Concepts	Competencies	Literacy/numeracy
Mental Health We focus on the normal ups and downs of life and how to manage them to 'smooth the path' following the Facts For Life programme. By this stage in their school career, it is likely that students have experienced ups and downs and it is important for them to recognise that this is a normal part of life. They learn strategies to manage their downs and signpost professional support where it might be necessary.	Mental Health & Illness	Distinguishing between fact and myth	

What we study in Year 7 and why we study it	Concepts	Competencies	Literacy/numeracy
Finance & Citizenship Outside agency, the Money Charity – saving consumer, savings and debt, personal budgeting. These are essential life skills.	Saving Debt Money Personal budgeting		

What we study in Year 9 and why we study it	Concepts	Competencies	Literacy/numeracy
Values Revisiting prior work on values, now with a greater emphases on questioning the validity of the values. There is also a greater focus on tolerance and respect as students can bring their increasing maturity and wider knowledge of the world to bear on the discussion.	British Values Personal Values School Values	Evaluation Reflection Recognising & respecting different views	

What we study in Year 9 and why we study it	Concepts	Competencies	Literacy/numeracy
Internet Safety Students follow the Bait package on child sexual exploitation. Students are signposted to support agencies	Healthy and unhealthy relationships Grooming Exploitation Consent	Understanding risk and consequences Digital literacy Critical thinking	

What we study in Year 9 and why we study it	Concepts	Competencies	Literacy/numeracy
Lifestyle Choices Focus on drugs and legal highs SRE focuses on consent, sex in the media, pornography, STIs and contraception.	Consent Brain Development Healthy and unhealthy …. Fantasy vs reality Personal safety Risky behaviours	Understanding risk and consequence Distinguishing between fact and myth Critical thinking Digital literacy	

What we study in Year 9 and why we study it	Concepts	Competencies	Literacy/numeracy
Mental Health Students follow a package 'Beyond Fed Up' which has a focus on supporting friends through low points.	Suicide The importance of listening	Listening Recognising when to seek additional help Recognising when others are struggling	

What we study in Year 9 and why we study it	Concepts	Competencies	Literacy/numeracy
Extremism and prevent Why some people become involved in extremism and terrorism and how we can overcome it	Extremism Terrorism Radicalisation ideology	Developing empathy Critical thinking Digital literacy	

What we study in Year 9 and why we study it	Concepts	Competencies	Literacy/numeracy
Citizenship: Crime & Gangs The justice system; the role of the police, the court system and the range of punishments . Some students will have a visit to a Magistrate's Court session.			

What we study in Year 10 and why we study it	Concepts	Competencies	Literacy/numeracy
British Values A further development of students' critical understanding of British Values by considering how realistic the values are for today's society.			

What we study in Year 10 and why we study it	Concepts	Competencies	Literacy/numeracy
Internet Safety A deeper examination of Child sexual exploitation, to match students' deepening maturity, following a programme called 'Friend or Foe'. Sexual exploitation of boys and men, as well as girls and women is now introduced.	Risky behaviours Pressures & expectations		

What we study in Year 10 and why we study it	Concepts	Competencies	Literacy/numeracy
SRE Contraception, consent, STIs, drug use and FGM. A lot more in-depth study from in earlier years, with a real focus on tackling students' misconceptions.			

What we study in Year 10 and why we study it	Concepts	Competencies	Literacy/numeracy
Mental Health A student led unit addressing the aspects of mental health that they are interested.			