

Curriculum Progression Pathway for Personal, Social and Health Education (PSHE)

Subject Intent

PSHE at George Pindar School is a developmental programme of learning through which students acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, students develop the qualities and attributes they need to thrive as individuals, family members and members of society. Students are equipped to live healthy, safe, productive, capable, responsible and balanced lives. The programme contributes to personal development by helping students to build their confidence, resilience and self-esteem, and to identify and manage risk & make informed choices. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing as well as providing students with knowledge, skills and understanding to prepare them to play a full and active part in society as responsible citizens. The PSHE programme also provides opportunities for students to reflect on and clarify their own and explore the complex and sometimes conflicting range of values and attitudes they encounter now, and in the future. Links are made from students' KS2 learning and developed ready for KS5. Our curriculum responds to the needs of our students within their local context as well as responding to national and global issues as they arise throughout the year.

Why is the study of PSHE important?

The Department for Education (DfE) calls PSHE education 'an important and necessary part of all students' education'.

Educating students about their health reduces risk-taking behaviours such as drug or alcohol addiction and improves diet and exercise levels, in turn boosting long-term life chances.

When students receive lessons on healthy relationships, their first sexual activity occurs later and they are more likely to report abuse and exploitation. Experts see PSHE education as the best way to promote the safe use of technology and address online abuse. There is growing evidence that personal development PSHE education can promote positive outcomes relating to emotional health while reducing stigma and helping students learn where to go if they have mental health concerns. This all helps to boost students' life chances.

The non-academic skills and attributes acquired through PSHE education have a positive impact on academic performance and life chances as well as being key to boosting the employability of school-leavers and improving social mobility. Whilst teaching in Mathematics, Citizenship, English and other subjects make important contributions to education for economic well being, PSHE provides an opportunity for students to learn about aspects such as the impact of personal

financial choices, an understanding of risk and responsibility, about different types of work and the influence of the media on financial choices (e.g. in relation to gambling).

PSHE education has been proven to remove barriers to learning and provide skills to aid success.

What skills will the study of PSHE teach you?

- Confidence (speaking up and out, taking on challenges etc)
- Positive Relationships (friendships, home relationships, being safe both online and offline)
- Absence of prejudice
- Building empathy
- Dealing with conflict and self regulation
- Coping Skills (resilience and mental health)
- Developing an appreciation of the consequences of choices made and self reflection
- Learning how to recognise and avoid exploitation and abuse
- Support (citizenship, helping others)

What will you know and understand from your study of PSHE?

The Curriculum is cyclical and students revisit topics that they have discussed throughout the key stages to further develop their knowledge, understanding, skills and coping strategies.

- *Relationships and Sex Education:* Families. Respectful relationships/ friendships. Online & media. Being Safe. Some intimate & sexual relationships including sexual health and consent. FGM
- *Health & Wellbeing Education:* Mental Wellbeing. Internet safety and harm. Physical health and fitness. Healthy Eating. Drugs, alcohol and tobacco. Health and prevention. Basic first aid. Changing adolescent body, hygiene and dental health
- *Citizenship & British Values:* The Government and Political systems. Democratic systems of government. The Law and the justice system. Human rights. Prejudice, discrimination and acceptance and tolerance. Individual liberty and freedom of speech. Volunteering, charity and community contributions. Economic and financial wellbeing. Extremism & Radicalisation
- *Character and Careers:* Looking at Character skills strengths and areas for development. Growth Mindset. Enterprising skills. Options process. Career paths. Education and the impact on careers and income. The rights of the worker and laws.

How does your study of PSHE support your learning in other subjects?

Studying PSHE helps students with problem solving and decision making skills that are so vital in science and the technology subjects. Students develop their debating and ability to explain and argue point of view with clarity, skills which are vital when being able to talk confidently in English and modern foreign languages.

Assessing the validity & reliability of information and being able to analyse information in PSHE lessons are skills invaluable to the study of the humanities subjects in particular but almost all subjects across our curriculum. The ability to self-reflect & set goals along with developing self-worth/respect/esteem are skills valuable in all areas of the curriculum as well as life in general.

By helping young people to be healthier, happier and safer, PSHE enables students to do better in school, developing skills and attributes such as confidence and positive risk-taking, which enable them to excel.

How can you deepen your understanding of PSHE?

Be aware of the world around you. Pay attention to a reliable source of local, national and international news. Ask questions and challenge the world around you - how can you make a difference to make the world a better place?

How can PSHE support your future?

PSHE supports students to consider their futures in a grounded and evidence based way and to explore future pathways through the careers aspect of the curriculum. Projecting themselves into future settings allows students to assess what skills they have now, and what skills and plans they may need to develop in order to follow their chosen paths.

Studying PSHE teaches students about their health and reduces risk-taking behaviours such as drug or alcohol addiction and improves diet and exercise levels, in turn boosting long-term life chances.

Exam board used in Y10 & Y11

n/a

CURRICULUM PROGRESSION PATHWAY

| | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
|--|---|---|---|--|---|
| Autumn 1 <i>Assemblies:</i> Proud Respectful Neighbourly Determined Protected characteristics Aspirational Proud | Self Managers Self confidence Communication skills Pindar Values -Respectful Protected characteristics and discriminatory language. The law around discrimination. Extremism and PREVENT Friendship and empathy Why is careers education important? Employability How to choose the right career A Levels T Levels Apprenticeships BTECs What is a good job? What will future jobs like? | Attitudes to mental health Promoting emotional wellbeing Digital resilience Coping strategies - unhealthy and healthy Self awareness and emotional intelligence Protected characteristics, Discrimination and prejudice including legal protection and consequences. Extremism and PREVENT Supportive communities Employability How to choose the right career A Levels T Levels Apprenticeships | Stress Panic Attacks Self harm Eating disorders Suicide Mental Health Mindfulness Romantic relationships Capacity to consent Preventing STIs Extremism and PREVENT Employability How to choose the right career A Levels T Levels Apprenticeships | Self improvement Role models Interpersonal skills Time management Employment rights and responsibilities How to revise Social media influence Revenge porn Body shaming Online fraud Protected Characteristics Extremism and PREVENT Illegal drugs Employability How to choose the right career A Levels T Levels Apprenticeships | New challenges Reframing negative thinking Recognising mental ill health and how to cope with stress Promoting emotional wellbeing Managing risk Managing impulses, including gambling Supporting problematic gambling Finances -appropriate and inappropriate borrowing Emotional wellbeing Responsible health choices, vaccinations, donations Cancer, what is it what support is available Testicular cancer Breast cancer and cervical screening Extremism and PREVENT Fertility and reproductive health Managing tough times |

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| | | | | | including bereavement Employability How to choose the right career A Levels T Levels Apprenticeships 1-2-1 interviews with the Careers Advisor |
| Autumn 2 <i>Assemblies:</i> Pindar values Remembrance Anti-bullying week Online safety Discrimination and protected characteristics Consent Proud | Neighbourly Charity Christmas fair planning Bullying and bystanders Friendship challenges Similarities and differences - peer group influences Apprenticeships BTECs What is a good job? What will future jobs like? | Anger management Aspirations Communication Bullying The Monarchy Criminal Justice system Youth Justice and the law Identity and the community Bias and stereotypes Diverse and supportive communities Apprenticeships BTECs What is a good job? What will future jobs like? | Employability Workplace skills Anti bullying Debt avoidance Financial institutions Consumer rights Good mental health and dealing with stress Depression and panic attacks Self harm Apprenticeships BTECs What is a good job? What will future jobs like? | Study Skills Anti bullying Mindfulness De-stressing techniques Importance of rest and sleep Screen time - does it matter? Understanding credit and debt Apprenticeships BTECs What is a good job? What will future jobs like? | Planning for the unexpected Anti bullying Financial risks and rewards Avoiding identity theft and fraud Choosing financial products and services Money choices and how they affect mental wellbeing Smashed 1-2-1 interviews with the Careers Advisor |
| Spring 1 <i>Assemblies:</i> Pindar values Respectful Neighbourly Determined Independent Proud | Aspirational Digital Citizenship Digital footprint Online behaviour rules Revision and why it is important Class A and B drugs, differences and legality Energy drinks | Being resilient Online behaviour rules Self esteem and achievement Being aspirational Personal identity - British Values Budgeting our money Creating a budget plan | Self discipline to achieve Problematic online behaviour Knife crime and its impact The law and young offenders Human rights - Unicef Is Aid the answer? Mental health - suicide | Keeping finances secure Problematic online behaviour Understanding payslips and deductions Staying in control of money Consumer rights Insurance - when will I need it? | Relationship abuse Consent and rape Nudes and sexual images Date rape and sexual assault Contraception Teenage pregnancy Finding your dream job - personality traits |

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| | Risks of vaping, smoking and secondhand smoke Finding your dream job - personality traits Understanding behaviours for work How to be a team player Apprenticeship week | Commitment Relationship values Sexual orientation Finding your dream job - personality traits Understanding behaviours for work How to be a team player Apprenticeship week | Selfie obsession Dealing with peer pressure Finding your dream job - personality traits Your Options choices Apprenticeship week | How do I choose a career that is right for me? Positive and negative risks Gender and trans identity Sam sex relationships Forced and arranged marriages Consent, rape and sexual harassment Conflict management Finding your dream job - personality traits Work experience preparation | Understanding behaviours for work How to be a team player Apprenticeship week 1-2-1 interviews with the Careers Advisor |
| Spring 2 <i>Assemblies:</i> Pindar values Careers British Values Extremism Mental health Proud | Proud What do we feel proud of? Goal setting Being proud - starting school Being proud - who can support you? Being proud video Understanding the effect of puberty on our physical bodies and our mental health The menstrual cycle and PMS Healthy and unhealthy relationships including coercion and pressure statements Understanding behaviours for work | Different financial transactions Different financial products Savings, loans, interest rates Credit and debt Income tax and NI How is tax spent? Consent Safe sex - contraception Menstrual cycle Understanding behaviours for work The Big Legal Lesson | Human rights abuse - genocide and trafficking Non-democratic governments What is multiculturalism? Overcoming prejudice: Britain, immigration, refugees, asylum seekers Crimes- why do people commit crimes? Your options choices The big Legal Lesson | Enterprising personalities Working towards rewarding careers Employability - CV writing Employability - interviews Employment law Understanding behaviours for work The Big Legal Lesson | Core revision 1-2-1 interviews with the Careers Advisor |

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| | The Big Legal Lesson | | | | |
| Summer 1 <i>Assemblies:</i> Pindar values Respectful Neighbourly Determined Aspirational | Independent Wants and needs Shopping ethically What rights are we entitled to Protecting the rights of others Creating a fairer society Managing Conflict Introduction to consent FGM The big Legan Lesson Behaviours for work: listening and speaking; active listening; negotiating and persuading | Shopping ethically Target setting and my personal development Emotional literacy and self awareness Managing my behaviour to achieve Self confidence and goals Safe sex and STIs Sexting and Image sharing dangers Behaviours for work: listening and speaking; active listening; negotiating and persuading, problem solving, leadership | Capital punishment Climate change Sustainability Effect of plastic on our environment Why do some people reject climate change? Anti social behaviour and the law Gangs, avoiding peer pressure and dangerous situations, getting support Behaviours for work: listening and speaking; active listening; negotiating and persuading, problem solving, leadership | The role of media in a democracy Responsible journalism Misinformation and what can we do about it? Should the media be censored? What is identity and how can it be defined? Binge drinking, SMASHED Tattoos and piercings Gambling Knife crime Sexism and gender prejudice | Core revision 1-2-1 interviews with the Careers Advisor |
| Summer 2 <i>Assemblies:</i> Pindar Values Managing conflict Equality Stereotyping Your online presence Staying safe Proud | Determined Understanding behaviours for work - leadership Planning for sponsored walk Cyberbullying What do we mean by a healthy lifestyle? Consequences of not eating healthily Healthy living - exercise | What is mindfulness? What is news? PRIDE month How does the media hold those in power to account? Should we believe everything we read? Does the media create more harm than good? Safe sex - dangers of pornography Is the body perfect an illusion? - male focus Online grooming | How can we take action against global issues? How the economy influences our decisions Managing risk in relation to financial decisions PRIDE Sending nudes, risks and the law, consequences of pressurising and where to receive support Careers interest Work patterns and | What are the debates around identity in the UK? How is the UK population changing? Is there mutual respect and understanding of diverse groups in the UK? Can a changing and diverse society lead to unity? Identifying career preferences Work experience Career pilot | n/a |

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| | <p>Careers interest</p> <p>Work patterns and workplaces</p> <p>Your online presence - personal strengths</p> <p>Your online presence - managing reputation</p> | <p>Smoking and vaping - is vaping a better option?</p> <p>Careers interest</p> <p>Work patterns and workplaces</p> <p>Your online presence - personal strengths</p> <p>Your online presence - managing reputation</p> | <p>workplaces</p> <p>Your online presence - personal strengths</p> <p>Your online presence - managing reputation</p> <p>Career Pilot</p> | | |
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