

PSHE 3 Year Curriculum Plan

Author: Natalie Fairhurst

Updated: 12/07/2017

Teaching and Learning Vision

Knowledge is power. Information is liberating.

Kofi Annan

At Smith's Wood Academy, we believe all students, whatever their background, are able to become **experts** in the disciplines that they study. Their expertise will be achieved through quality teaching and the dissemination of deep knowledge by highly skilled and knowledgeable subject experts. The Mastery approach to teaching will prevail – in every classroom, every lesson, every day.

Our students have the right to be introduced to **deep knowledge** and a **wealth of information** from the spectrum of subjects that they study. They will be introduced to, and understand, theories and principles that have influenced, continue to influence, and will influence in the future, the world in which they live. They will be prepared to fully engage in academic discussion about their learning.

This learning will secure a successful place in society for our students. They will go further than they ever thought possible.

Teaching and Learning Vision for the Humanities Department

The Humanities team is dedicated to mastering knowledge, understanding and inspiring curiosity in our world.

PSHE education helps pupils to keep themselves and others healthy and safe and prepares them for life and work in modern Britain. PSHE education contributes to the development of key skills and attributes to manage a range of situations pupils will face currently, and in the future. These skills and attributes- including negotiation, empathy, self-management, critical thinking, communication, and dealing with setbacks- are critical for their future success socially, academically and economically as well-rounded citizens.

We can turn every learner into a young adult with the interest, knowledge and skills that will enable them to move forward to a positive destination.

At the end of Year 9 students in **PSHE** will....

Know and understand

1. Their Identity (their personal qualities, attitudes, skills, attributes and achievements and what influences these; understanding and maintaining boundaries around their personal privacy, including online)
2. What it means to have positive relationships (including different types and in different settings, including online)
3. What it means to have a healthy (including physically, emotionally and socially), balanced lifestyle (including within relationships, work-life, exercise and rest, spending and saving and lifestyle choices)
4. The risks which they may encounter as they grow up (identification, assessment and how to manage risk, rather than simply the avoidance of risk for self and others) and safety (including behaviour and strategies to employ in different settings, including online in an increasingly connected world)
5. An appreciation of diversity and equality (in all its forms, with due regard to the protected characteristics set out in the Equality Act 2010)
6. Their Rights (including the notion of universal human rights), responsibilities (including fairness and justice) and what consent is (in different contexts)
7. How to cope with change (as something to be managed) and how to be resilient (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance)
8. An awareness of power (how it is used and encountered in a variety of contexts including online; how it manifests through behaviours including bullying, persuasion, coercion and how it can be challenged or managed through negotiation and 'win-win' outcomes)
9. A knowledge of different pathways into careers (including enterprise, employability and economic understanding)

Be able to

1. Apply techniques for self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and effective goal-setting)
2. Identifying unhelpful 'thinking traps' (e.g. generalisation and stereotyping)
3. Demonstrate resilience (including self-motivation, perseverance and adaptability)
4. Self-regulate (including promotion of a positive, growth mind-set and managing strong emotions and impulses)
5. Recognise and manage peer influence and the need for peer approval, including evaluating perceived social norms
6. Identify how to access appropriate help and support for PSHE-related issues
7. Clarify own values (including reflection on the origins of personal values and beliefs) and re-evaluating values and beliefs in the light of new learning, experiences and evidence
8. Recall and applying knowledge in new situations
9. Develop and maintain a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)

Have been exposed to the following texts

Bounce- Matthew Syed
Black Box Thinking- Matthew Syed
Grit- Angela Duckworth
Mindset- Caroline Dweck

Have been exposed to the following knowledge and theories that span beyond the GCSE specification

Programmes:

BBC- Murdered By My Father
BBC- Murdered By My Boyfriend

Films:

Remember the Titans
Coach Carter
The Triumph (The Ron Clarke Story)
The Pursuit of Happyness

Developed their cultural and social capital through the following extra-curricular work

3 Year Curriculum Plan

Year 7 PSHE at Smith's Wood Academy

Year 7 PSHE introduces students to the 3 core themes covered within the subject- Health and Wellbeing, Relationships, and Living in the Wider World. Throughout their study of PSHE in Year 7, students will begin to develop a foundation of knowledge which will support their learning on each of these key threads of the PSHE curriculum, on which they will build understanding up to Year 9.

Year 7 Units of Study

Year 7 Units of Study		Length of unit
Unit 1	Staying Safe	6 weeks
Unit 2	Relationships with Others	6 weeks
Unit 3	Puberty and Changes	6 weeks
Unit 4	Belonging	6 weeks
Unit 5	Future Goals and Aspirations	7 weeks
Unit 6	Developing My Skills and Qualities	7 weeks

Year 8 PSHE at Smith's Wood Academy

Year 8 PSHE develops student understanding of the 3 core themes (Health and Wellbeing, Relationships, and Living in the Wider World), but considers aspects of the curriculum which students may be more aware of due to their age, or which may be more suitable to understand as they are now older.

Year 8 Units of Study

Year 8 Units of Study		Length of unit
Unit 1	Healthy Lifestyles	6 weeks
Unit 2	Emotional Health and Wellbeing	6 weeks
Unit 3	Sex and Positive Relationships	6 weeks

Unit 4	Discrimination	7 weeks
Unit 5	The World of Work	7 weeks
Unit 6	Resilience	7 weeks

Year 9 PSHE at Smith's Wood Academy

Year 9 PSHE covers key areas which are vital for students to grasp, before they end their study at the conclusion of Year 9. Topics such as Positive Relationships and Sexual Health will look in more depth at key issues previously studied in Years 7 and 8, but which may be considered more suitable due to their mature age. They will also cover more complex issues such as terrorism and radicalisation.

Year 9 Units of Study

Length of unit

Unit 1	Substance Abuse	7 weeks
Unit 2	Personal Safety and Risks	7 weeks
Unit 3	Positive Relationships and Sexual Health	7 weeks
Unit 4	Justice and Human Rights	7 weeks
Unit 5	Financial Wellbeing and Enterprise	7 weeks
Unit 6	Skills and Attributes	7 weeks

3 Year Curriculum Plan Overview

Year 7

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Autumn Term 1 Staying Safe	Personal safety and hazards	Water safety	Fire safety	Road safety	Staying safe online	Peer pressure	Assessment of topic
Autumn Term 2 Relationships with Others	What are relationships?	Friendship	Conflict resolution	Family relationships	Partnerships	Dealing with loss	Assessment of topic
Spring Term 1 Puberty and Changes	What is puberty?	Female bodies	Male bodies	Emotions and mental health	Personal hygiene	Staying healthy	Assessment of topic
Spring Term 2 Belonging	Personal Identity	The UK	My Community	Discrimination	Global communities	Refugees	Assessment of topic
Summer Term 1 Future Goals and Aspirations	What do I want for my future?	Career options	University	Apprenticeships	Employability skills	Money management	Assessment of topic
Summer Term 2 Developing My Skills and Qualities	Why are skills and qualities important?	My skills	My qualities	Applying skills	Self-management	Growth mind-set	Assessment of topic

Year 8

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Autumn Term 1 Healthy Lifestyles	What does it mean to 'be healthy'?	Physical health (exercise/sleep/diet)	Mental health awareness	Mental health awareness	Substance abuse	First Aid	Assessment of topic
Autumn Term 2 Emotional Health and Wellbeing	Managing emotions	Self-esteem	Body image	Peer pressure	Stress	Learning to relax	Assessment of topic
Spring Term 1 Sex and Positive Relationships	What does a healthy relationship look like?	Consent	Intimacy	Sexting	Sexual Exploitation	Relationship breakdown	Assessment of topic
Spring Term 2 Discrimination	What is discrimination?	What is prejudice?	Discrimination in the UK: LGBT	Discrimination in the UK: Disability	Discrimination in the UK: Racism	My rights and responsibilities	Assessment of topic
Summer Term 1 The World of Work	Employability skills	Body language and communicating with others	Career options (manual careers)	Career options (professions)	Time management	Volunteering	Assessment of topic
Summer Term 2 Resilience	What is resilience?	Fostering grit	Growth mind-set	Learning from failure	Responding to trauma and tragedy	Problem solving	Assessment of topic

Year 9

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Autumn Term 1 Substance Abuse	What are drugs and substances?	Class A drugs	Class B drugs	Class C drugs	Alcohol and tobacco	Addiction and Dependency	Assessment of topic
Autumn Term 2 Personal Safety and Risks	Assessing risks and how to manage them	Knife crime	Partner abuse	Gangs	Female Genital Mutilation	Sexual consent/rape	Assessment of topic
Spring Term 1 Positive Relationships and Sexual Health	What makes a positive relationship?	Sexuality (including Homophobia)	Contraception	Contraception	Sexually Transmitted Infections	Becoming a parent	Assessment of topic
Spring Term 2 Justice and Human Rights	Civil and Criminal Law	The role of the Police in the UK	Human Rights	Radicalisation and Extremism	Prison and Punishment	Capital Punishment	Assessment of topic
Summer Term 1 Financial Wellbeing and Enterprise	Understanding money (bills/tax/mortgages)	Budgeting effectively	Gambling awareness	Enterprise skills	Job Interviews	My career pathway and action planning	Assessment of topic
Summer Term 2 Skills and Attributes	Importance of growth mind set	Black Box Thinking	Celebrating mistakes	Struggle and growth	Example (from Bounce)	Applying growth mind set	Assessment of topic