



PSHE DEPARTMENT

DEPARTMENT VISION:

Pensby High School is aware that children and young people are growing up in an increasingly complex world, living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. It is our vision to provide pupils with the knowledge, skills and understanding to prepare them to play a full and active part in society.

AIMS

The aim of PSHE (personal, social, health and economic) education is to give young people the information they need to help them develop into successful and happy adults. Pupils will develop the attributes that they need to manage their lives, now and in the future in modern Britain.

PSHE is divided into 3 core areas:

- Citizenship
 - develops awareness and understanding of democracy, government and how laws are made and upheld;
 - prepares pupils to take their place in society as responsible citizens, manage their money well and make sound financial decisions
- Physical Health and Mental Well Being
 - enables pupils to understand how their bodies are changing, how they are feeling and why;
 - to further develop the language that they use to talk about their bodies, health and emotions;
 - to outline why terms associated with mental and physical health difficulties should not be used pejoratively;
 - to recognise risks, harmful content and contact, and how and when to report issues to keep them safe online
- Relationships and Sex Education
 - to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships;
 - to enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship;
 - to explain contraception, intimate relationships and how to resist pressure to have sex;
 - to teach what is acceptable and unacceptable behaviour in relationships
 - to outline the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way;
 - to give young people the ability to distinguish between content and experiences that exemplify healthy relationships and those that are distorted or harmful;

- to explain the benefits of healthy relationships to their mental wellbeing and self-respect and to understand that unhealthy relationships can have a lasting, negative impact on mental wellbeing;
- to allow pupils to recognise when relationships (including family relationships) are unhealthy or abusive (including the unacceptability of neglect, emotional, sexual and physical abuse and violence including honour-based violence and forced marriage) and strategies to manage this or access support for themselves or others at risk

KEY STAGE 3 CURRICULUM PLAN

Year 7 Curriculum Plan

<u>Term 1a (8 weeks) New Beginnings</u> Week 1 – Introduction to PSHE at Pensby and Transition to Secondary School Week 2 – My Identity Week 3 - Friendships / Working together (Rules) Week 4 – LGBT Week 5 - Organisation & behaviour Week 6 – Assessments and targets Week 7 – Revision strategies Week 8 – Well-being and environment for learning + assessment	<u>Term 1b (7 weeks) Personal Safety</u> Week 1 - Introduction to safety, cyber bullying. And are you ready for social networking? Week 2 - Cyber bullying situations and social media law. Week 3– Online Dangers Week 4 – Mobile Devices and pictures - Sexting Week 5 – Can you trust what you see online? Week 6 – Online propaganda Week 7 – Online contact and assessment	<u>Term 2a (7 weeks) Relationships</u> Week 1 - Family Week 2 – Self-esteem and Body Image Week 3 – Bullying Week 4 – Peer pressure Week 5 – Unhealthy relationships Lesson 6 – Catch Up/ Extension Lesson 7 – Assessment
<u>Term 2b (6 weeks) Careers and Finance</u> Week 1 – Skills and Qualities Week 2 – Job Stereotypes Week 3 – Exploring jobs in my community Week 4 – My Career Week 5 - Money Management Week 6 - Assessment	<u>Term 3a (5 weeks) British Values</u> Week 1 – Introduction and Tolerance of those with different faiths and beliefs Week 2 – The rule of law Week 3 – Individual liberty Week 4 – Mutual respect Week 5 – Democracy and assessment	<u>Term 3b (6 weeks) Looking After Yourself</u> Week 1 Puberty and Hygiene Week 2 FGM & Consent Week 3 Diet & eating disorders Week 4 Drugs Week 5 Self harm/mental health Week 6 Assessment

Year 8 Curriculum Plan

<u>Term 1a (8 weeks) Relationships</u> Week 1 – Gender Difference – Boys & Girls Week 2 - Different types of Relationships Week 3 – Sex in the Media Week 4 – We’re going through changes Week 5 – Communication is the Key Week 6 - Bullying Week 7 - Knife Crime Week 8 - Marriage	<u>Term 1b (7 weeks) Healthy Life-styles</u> Week 1 - Eatwell Guide Week 2- Balanced Diets Week 3 – The problem of obesity Week 4 – Dealing with the problem of obesity Week 5 – What do we need to keep healthy? Week 6 – Eating Disorders Week 7 – Dental health and assessment	<u>Term 2a (7weeks) Citizenship</u> Lesson 1 – Parliament Lesson 2 – Political Parties Lesson 3 – What is voting? Lesson 4 – Precious Liberties Lesson 5 – Rules and Law Lesson 6 - Our Role in society Lesson 7 - Assessment
<u>Term 2b (6 weeks) Being a Good Learner</u> Week 1 – Learning strategies for the appropriate learning situation Week 2 – Metacognition Week 3 – Resilience Week 4 – Self assessment Week 5 – Having Dreams and surpassing people’s expectations Week 6 - Assessment	<u>Term 3a (5 weeks) Mental Health</u> Week 1 –Mental Health introduction Week 2 – How do we behave around Mental Health Issues? Week 3 – Emotional Health Week 4 – Alcohol and Mental Health Week 5 – Depression and assessment	<u>Term 6 3b (6 weeks) Safety</u> Week 1 – Online Safety Week 2 – Road Safety Week 3 – Smoking and Alcohol Week 4 - Vaccines Week 5 – First Aid Week 6 - Assessment

Year 9 Curriculum Plan

<u>Term 1a (8 weeks) Progress and Finance</u> Week 1 - Recognising achievements and planning progression Week 2 – The Future Week 3 - Revision Week 4 – Exam Stress Week 5- How does education affect my financial future? Week 6 – Cash flow and budgeting Week 7 – Being a consumer and your rights (Week 8 - assessment)	<u>Term 1b (7 weeks) Abuse, Child Sexual Exploitation and Reproductive Health</u> Week 1- Respect in Relationships Week 2 – Sexting and Sexual Exploitation Week 3 – Domestic Violence Week 4 – Consent and Healthy Relationships Week 5 –Fertility Week 6 –Self Examination Week 7 – Assessment	<u>Term 2a (7 weeks) Relationships</u> Week 1 - Family Week 2 – Self-esteem and Body Image Week 3 – Bullying Week 4 – Peer pressure Week 5 – Unhealthy relationships Lesson 6 – Catch Up/Extension Lesson 7 – Assessment
<u>Term 2b (6 weeks) Looking After Yourself</u> Week 1 Puberty and Hygiene Week 2 FGM & Consent (ICT ROOM) Week 3 Diet & eating disorders Week 4 Drugs Week 5 Self harm/mental health Week 6 Assessment	<u>Term 3a (5 weeks) Conflict</u> Week 1 – Getting On and Falling Out Week 2 – Anti-social Behaviour and Crime (Week 3 – Assessment)	<u>Term 3b (6 weeks) Parliament and Democracy</u> Week 1 – Introduction to Parliament Week 2– Voting Week 3– Types of Governance and Assessment

KEY STAGE 4 CURRICULUM PLAN

Year 10 Curriculum Plan

<u>Term 1a (8 weeks) Staying Safe Online</u> Week 1 – Staying safe online and digital footprints Week 2— Sex and social Media Week 3 – Sources of information about sex Week 4 – Tackling online extremism & Knife Crime	<u>Term 1b (7 weeks) Alcohol and Drugs</u> Week 1 – Understanding alcohol issues Week 2 – Short term effects of alcohol Week 3 – Alcohol and Tobacco long term (Week 4 – Assessment)	<u>Term 2a (6 weeks) Health</u> Week 1 – How you can impact the health of others Week 2 – Mental Health Week 3 – Healthy Relationships Week 4 - Assessment
<u>Term 2b (5 weeks) Success and Work Experience</u> Week 1 – Setting Goals and Understanding how to achieve them Week 2 - Factors that affect their learning (Week 3 – Work Experience Placement or assessment)	<u>Term 3a (7 weeks) Relationships and the Future</u> Week 1 – Reflection on Work Experience Week 2 – Types of relationship and Role models Week 3 – Careers and Revision skills (Week 4 – Assessment)	<u>Term 3b (6 weeks) Human Rights and Law</u> Week 1 – Human Rights and International Law Week 2 – Respect Week 3 – Contributing to the Community

Year 11 Curriculum Plan

<u>Term 1a (8 weeks) Careers and Independence</u> Week 1 – The Working World & Skills and Qualities Week 2- Applying for a Job and Preparing for an Interview Week 3 – Learning to Drive Drink and Drug Driving Week 4 – Personal Safety and First Aid	<u>Term 1b (7 weeks) Assessing Learning Strategies</u> Week 1 – Mindset and Self-Regulation Week 2 - Exam Stress and Mental Health Week 3 – How you can help yourself Week 4 - Revision Strategies (If you have a lesson)	<u>Term 2a (7 weeks) Sex and Pregnancy</u> Week 1 – Contraception Week 2 – STI's and STD's Week 3 – Getting Pregnant and What if I don't want a baby? Week 4 - Assessment
<u>Term 2b (6 weeks) Personal Finance</u> Week 1 –An introduction to money management Week 2 – Financial Risk Taking and Gambling Week 3 - Payday Loans and Borrowing	<u>Term 3a (5 weeks) Revision</u> Week 1 - Respect and Responsibilities Week 2 - Independent revision Week 3 - Independent Revision	<u>Term 3b – Study Leave</u>

MARKING AND FEEDBACK POLICY

PSHE is not an examined subject, therefore, there is a greater focus on discussion, debating and skill development. At the end of each half term, a peer assessed task is completed by students. This task directly links to the lessons within that unit. This will highlight areas that the student has excelled in, misconceptions and an opportunity to develop their literacy.

OPPORTUNITIES AND VISITS

Working with external organisations can enhance delivery of PSHE, by bringing in specialist knowledge and different ways of engaging with young people. As with any visitor, the school would ensure that the visitor or visiting organisation has the relevant credentials. The school would also ensure that the teaching delivered by the visitor fits with the planned programme and the published RSE policy. The school would ensure that the content delivered is age-appropriate and accessible for all pupils. The school will ensure that the visitor is aware of aspects of confidentiality and understands how safeguarding reports should be dealt with in line with the school's Safeguarding Policy.