ASHTON COMMUNITY SCIENCE COLLEGE: PSHE CURRICULUM

1 - Rights Responsibilities + BV4 - Staying Safe online + offline

2 - Diversity + Equality5 - Health and Wellbeing





Year 7										
	Half term 1 Life as an ACSC Student	Half term 2 Bullying & Discrimination	Half term 3 Mental & Physical Wellbeing - Changing Body	Half term 4 Dangerous substances	Half term 5 Managing Risks	Half term 6 Charities				
	Rights Responsibilities + BV Diversity + Equality Relationships Health and Wellbeing	Rights Responsibilities + BV Diversity + Equality Relationships Staying Safe online + offline Health and Wellbeing	Diversity + Equality Health and Wellbeing	Rights Responsibilities + BV Staying Safe Health and Wellbeing	Staying Safe Health and Wellbeing	Rights Responsibilities + BV Diversity + Equality Health and Wellbeing Life Beyond School				
Knowledge	Topic: Life as an ACSC Student Transition Expectations British Values Introduction Important Relationships – Friendship	Topic: Bullying & Discrimination ACSC does not tolerate any forms of bullying or discrimination Types of bullying Types of discrimination Types of harassment	Topic: Mental & Physical Wellbeing – Changing Body Importance of wellbeing Body Confidence Mental Health related to puberty	Topic: Drugs, Alcohol & Tobacco Dangers of substance abuse Addiction Peer Pressure Laws associated with substances VAPING	Topic: Managing Risk Sun, Water, Fire, Road, Railway safety	Topic: Charities Employability Skills Community initiatives				
Skills/ application of knowledge	 Preparing students life as at ACSC the characteristics of positive and healthy friendships practical steps they can take in a range of different contexts to improve or support respectful relationships. that there are a range of strategies for identifying and managing pressure, including understanding peer pressure, resisting pressure and not pressurising others. that happiness is linked to being connected to others. 	how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). different types of bullying the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. Understand what consent is Understand what harassment is including forms of sexual harassment Respect others including people in positions of authority and due tolerance of other people's beliefs.	 the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress and improving mental wellbeing and happiness. what constitutes a healthy lifestyle the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn. key facts about puberty, the changing adolescent body and menstrual wellbeing." "the main changes which take place in males and females, and the implications for emotional and physical health." how to recognise the early signs of mental wellbeing concerns. common types of mental ill health (e.g. anxiety and depression). 	facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. the law relating to the supply and possession of illegal substances. the physical and psychological risks associated with alcohol consumption and dependency. awareness of the dangers of drugs which are prescribed but still present serious health risks. the facts about the harms from smoking tobacco	The dangers of being exposed to the sun and impact of not wearing protection The dangers of entering open water and local water sources Dangers of starting fires and steps to assist in putting out a fire Road safety for both pedestrians and cyclists Other local issues – railway lines / powerlines	the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities Recognise the need for a range of local charities Explore how and why these charities exist Examples of how money can be raised or support given to charities and the impact it can make				

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				(particularly the link to lung cancer) how to maintain healthy eating and the links between a poor diet and health risks		
Links to prior learning / KS2 Curriculum	Primary KS2 Statuary That there is a normal range of emotions eg happiness, sadness, anger, fear, nervousness How important friendships are to making us feel happy Characteristics of friendships friendships friendships have their up and downs but can be repaired. The benefits of hobbies and interests	Primary KS2 Statuary Respecting others even when they are different – physically, in character or backgrounds Showing respect and manners – treating others with respect. Types of bullying and how to report What a stereotype is and how they are unfair that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Primary KS2 Statuary Importance of self respect and how it links to happiness about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. Impact of healthy eating / diet key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. about menstrual wellbeing including the key facts about the menstrual cycle It is common for people to	Primary KS2 Statuary the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug- taking.	Primary KS2 Statuary	Primary KS2 Statuary • the benefits of community participation, voluntary and service-based activity on mental wellbeing and happiness • Form Time – Skills Builder • D2D charity event
Links to other ACSC curriculum areas	Remembrance Assembly - BV British Values across school and Current Affairs	 Online Bullying – CS curriculum term 1a British Values PSHE Term1a 	FIT Fridays Mental Health Week Food technology – eat well guide Science - puberty	Science Curriculum Food technology poor diet	Affairs • Whole school assemblies • Street Wise performan ce	
Assessment	I can statements – Learning Journey Mind map v1/v2 Recall every lesson Missing Terms Task MS Forms / End of unit quiz	I can statements – Learning Journey Mind map v1/v2 Recall every lesson British Value final discussion MS Forms / End of unit quiz	I can statements – Learning Journey Mind map v1/v2 Recall every lesson British Value final discussion MS Forms / End of unit quiz	I can statements – Learning Journey Mind map v1/v2 Recall every lesson British Value final discussion MS Forms / End of unit quiz	I can statements Learning Journey Mind map v1/v2 Recall every lesson British Value final discussion MS Forms / End of unit quiz	I can statements – Learning Journey Mind map v1/v2 Recall every lesson British Value final discussion MS Forms / End of unit quiz