

# ATAM Academy – Personal, Social, Health Education (PSHE) Curriculum “As One”



**Welcome to RSHE**

Transition year – Getting ready for Year 7

Take a tour through your RSHE Learning journey

The beginning of a lifelong love of learning about the world around us

Introduction to RSHE

Emotions within friendships

Characteristics of a healthy relationship

Consent

Autumn 2 Relationships

Success and Failure

Overcoming Challenges

Employment Skills

Autumn 1 Dreams and Goals

Extremism and Radicalisation Lesson

Responsibilities of Parenthood

Media and self-esteem

Puberty

Summer 2 Changing Me

Self-identity and Family

First impressions

Managing expectations

Autumn 2 Being Me in My World

Long-term physical health

Stress triggers

Medicine

Spring 2 Healthy Me

Stress and Anxiety

Effects of Substances

Vaccination

Spring 2 Healthy Me

Wellbeing

Social Injustice

LGBT+ bullying

Spring 1 Celebrating Differences

Short and long term goals

Money and Happiness

Online (E-safety)

Autumn 1 Dreams and Goals

Health choices

Physical and psychological of substances

First Aid and CPR

Spring 2 Healthy Me

Power and control

Risk of intimate relationships

Contraception

Summer 2 Relationships

Mental Health stigma

Emotional Changes

Sleep

Summer 1 Changing Me

Protected characteristics

Equality Act 2010

Direct and indirect discrimination

Spring 1 Celebrating Differences

Consent and sexual exploitation

County Lines

Coercion and Negative self-identity

Autumn 2 Being Me in My World

Improving health

Positive effect of volunteering

Chronic diseases

Spring 2 Healthy Me

Human rights

Stages of grief

Online data and threats

Autumn 2 Being Me in My World

Equality

Power and control

Vulnerable

Spring 1 Celebrating Difference

Managing Anxiety

Sexual health

Pregnancy facts and myths

Spring 2 Healthy Me

Next stages of their lives

Money

Intimate Relationships

Summer 2 Changing Me

Work life balance

Impact on future goals

Autumn 1 Dreams and Goals

Equality in relation to disability

Consequences to not adhering to Equality

Equality

Multicultural societies

Spring 1 Being Me in My World

Positive and negative connotations of sex

Safely ending a relationship

Stereotypes - Forced marriage

Summer 1 Relationships

Post 16 Options

Consider summer work experience and voluntary work to enhance your learning

Reflect on your journey in RSHE so far

Apply for University through UCAS or alternative post 18 courses

Revise for and sit your ALEVELs feeling confident

Go to university to enhance your knowledge of growing up and to get a degree

Look at all the different options you have to experience your life, from travelling to further education.

Check out some amazing places

Aspiration on career, health

Gambling

Finance

Topic 1 Dream and Goals

Sexuality stereotypes

Sexual transmitted diseases

Role of media

Changing Me

Complete Y10 mock exams to get GCSE ready

Personal Strengths

SMART Targets

Mental Health and Illness

Autumn 1 Dreams and Goals

Equality

Power and control

Vulnerable

Spring 1 Celebrating Difference

Human rights

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Online data and threats

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Autumn 1 Dreams and Goals

Work life balance

Impact on future goals



# ATAM Academy Personal, Social, Health Education (PSHE) Curriculum "As One"



Continue your lifelong love of learning as you transition to secondary school

## Summer 2 Changing me

Self-image/body image and puberty  
How babies are made? (sex education)  
Respect and consent  
Boyfriends/girlfriends and sexting

## Spring 2 Healthy me

How substances affect the body  
Exploitation, including 'county lines' and gang culture

## Autumn 2 Celebrating differences

Perceptions of normality, Inclusion/exclusion  
Understanding disability, power struggles and bullying  
Empathy

## Autumn 1 Being me in my world

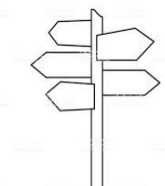
Global citizenship and children's universal rights and group dynamics  
Democracy, having a voice  
Anti-social behaviour and good role-models



Reflect on your journey in RSHE so far

Transition year – Getting ready for Year 7

Enjoy the Summer Holiday. See you in Year 7



Summer 2 Changing me  
Being unique, menstruation, accepting change, preparing for transition



Summer 1 Relationships  
Jealousy, love and loss, getting on and falling out, girlfriends and boyfriends, and showing appreciation to people and animals



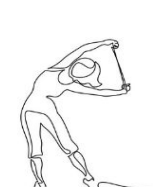
Autumn 2 Celebrating differences  
Assumptions, stereotypes about gender and bullying, gender diversity, making friends



Autumn 1 Being me in my world  
Rights, responsibilities, rewards and consequences in safe and fair learning environment



Celebrating differences  
I'm special, I'm me, different families but similarities – LGBT  
Making friends and standing up



Autumn 1 Being me in my world  
Understanding feelings, gentle hands, being in a classroom and rights and responsibilities



Summer 1 Relationships  
Identifying mental health worries and sources of support  
Love, loss and managing feelings  
Power, control and assertiveness

Spring 1 Emotional, mental health and managing stress

Spring 1 Dreams and goals  
Personal learning goals, in and out of school  
Emotions in success  
Recognising achievements



## YEAR 5

Autumn 1 Being me in my world  
Being a citizen, rights and responsibilities, rewards and consequences, democracy and having a voice

Autumn 2 Celebrating differences  
Cultural differences and how they can cause conflict  
Racism and bullying  
Material wealth and happiness



Spring 1 Dreams and goals  
Future dreams, dream job and how to get there, importance of money and careers  
Supporting others (charity)

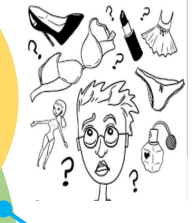


Spring 2 Healthy me  
Smoking, including vaping, alcohol and anti-social behaviour  
First aid and relationships with food



Summer 1 Relationships  
Relationships, building self-esteem, safer online communities, online gaming, gambling, reducing screen time and grooming

Summer 2 Changing me  
Self- and body image, influence of online and media on body image, puberty for girls and boys, growing responsibility and coping with change



Spring 2 Healthy me  
Healthier friendships, smoking, alcohol, peer pressure, celebrating inner strength



Spring 1 Dreams and goals  
Overcoming disappointment, creating realistic goals, resilience and positive attitudes



Autumn 2 Celebrating differences  
Challenging assumptions, accepting self and others, understanding influences/bullying and identifying how special and unique everyone is  
LGBT

Autumn 1 Being me in my world  
Being part of a class/school, school council, democracy and having a voice  
What motivates behaviour?



Summer 2 Changing me  
How babies grow and their needs  
Outside/inside body changes  
Family stereotypes - LGBT

Spring 1 Dreams and goals  
Realistic goals, perseverance and learning strengths  
Learning with others, and cooperation



Spring 2 Healthy me  
Motivation, relaxation healthy eating and nutrition, and using medicines safely



Summer 2 Changing me  
Increasing independence  
Difference in female and male bodies and assertiveness



Autumn 2 Celebrating Differences  
Families and managing family conflicts, LGBT  
Witnessing and solving bullying

Summer 1 Relationships  
Family roles, friendship and negotiation, keeping safe online and who to go to for help



## YEAR 3

Summer 2 Changing me  
Difference between female/male bodies and coping with change



Summer 1 Relationships  
Different types of family, LGBT, physical contact, boundaries, secrets and trusts

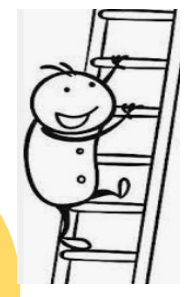


Spring 2 Healthy me  
Linking healthy lifestyles, medicine and road safety

Autumn 1 Being me in my world  
Setting personal goals and self-identity  
Seeing things from others' perspectives

Spring 1 Dreams and goals  
Difficult challenges, overcome obstacles and achieving success

Spring 2 Healthy me  
Exercise, fitness and drugs  
Food labelling and healthy swaps  
Healthy and safe choices



## YEAR 2

Summer 1 Relationships  
Belonging to a family  
Physical and contact/preferences



Spring 1 Dreams and goals  
Setting goals and learning styles  
Successes, achievements and challenges

Spring 2 Healthy me  
Physical activity, exercising, healthy food and sleep  
Keeping clean and safety  
Stranger danger

Autumn 2 Celebrating differences  
Similarities and difference  
Bullying and making new friends



Summer 1 Relationships  
My family and me, making friends and falling out, bullying and being a good friend

Getting ready for Year 1

Autumn 2 Celebrating differences  
I'm special, I'm me, different families but similarities – LGBT  
Making friends and standing up

## YEAR 1

Summer 1 Relationships  
My family and me, bullying, making friends and falling out



Summer 1 Relationships  
My family and me, bullying, making friends and falling out



Spring 2 Healthy me  
Everybody's body, stranger danger and glorious food and keeping clean



Autumn 2 Celebrating differences  
I'm special, I'm me, different families and making friends

## EYFS

Autumn 1 Being me in my world  
Self-identity and being gentle, understanding different feelings and class rules



The beginning of a lifelong love of learning about the world around us

## YEAR 6

Summer 2 Changing me  
Respecting my body, growth and change  
Fun and fears

Spring 1 Dreams and goals  
Challenges, setting goals and never giving up  
Obstacles and support

