

Christ the King Catholic High School: PSHE – Curriculum Overview 2024 - 2025



KEY STAGE 2

PSHE at Key Stage 2 is non-statutory and therefore teachers have the flexibility to teach topics that are best suited to the needs of their students. However, under the guidance issued by the DfE, from September 2020, Relationships Education at primary school is compulsory. Relationships Education focuses on giving children the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focusses on equipping children with the knowledge to make good decisions about their own health and wellbeing. Examples of topics taught at KS2 might include:

Health and Wellbeing:
About the scale of emotions.
About managing mental health.
Impact of bullying on mental health.
About importance of health, lifestyle, diet, exercise and sleep to help our mental wellbeing.
Importance of hygiene.
Personal hygiene and spreading of germs.
Loneliness and depression.
About phobias and poverty.
Basic first aid.
Immunisation and vaccination.
Addictive behaviour and OCD.
To know the key facts about puberty and the changing adolescent body, particularly from age 9 through to 11 including physical and emotional changes.
Key facts about the menstrual cycle.

Relationships:
Explore how families give love, security and stability.
About different family types.
Characteristics of healthy family life.
Importance of self-respect.
Importance of friendships
Manage conflicts and recognise who to trust.
How to report concerns of abuse.
Online safety within relationships.
About marriage and its legal binding.
Tolerance of others
About the terms: sex, gender identity and sexual orientation.

Living in the Wider World:
Road safety
About online safety and people who pretend they are someone they are not.
About online abuse, bullying and harassment.
Responding safely to adults
About keeping secrets and staying safe
Types of bullying, the impact of bullying.
Understanding personal boundaries
permission seeking within relationships
Drugs education
The role of money and managing money.
About homelessness, radicalisation, terrorism and extremism.

TERM 1

TERM 2

TERM 3

YEAR 7

Half term 1 – Society, Law and Democracy
Key Themes: the importance of democracy and its role in our society, the importance of politics, bias and stereotypes
Rationale: Students are encouraged to respect democracy and help students to understand the importance of their role in a democratic society and how they can participate for example through voting or standing for election. Students need to understand equality and their rights, how they should be treated, and how they should treat others in society. Teaching these topics creates a safe place for students to explore, discuss, challenge and form their own opinions and values.

Half term 2 – Healthy Minds and Bodies
Key Themes: emotional and mental wellbeing, personal and oral hygiene, dangers of vaping
Rationale: This topic explores how to stay healthy, both physically and mentally. It explores ways to maintain wellbeing and prevent illness, the consequences and effects of different habits and choices. It encourages the development of positive self-worth and recognition, what might affect or influence unhealthy ways of thinking, and how to overcome this.

Half term 3 – Careers
Key Themes: developing a positive work ethic, futuristic careers and AI, pathways
Rationale: This unit helps to prepare students for the workplace by providing a clear understanding of the world of work. It supports them to acquire the self-development and career management skills they need to achieve positive employment destinations. This helps students to choose their pathways, improve their life opportunities and contribute to a productive and successful economy.

Half term 4 – Personal Safety and RSHE
Key Themes: bullying, online safety, first aid with a focus on bleeding
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. Students need knowledge in how to the best use of the internet and technology in a safe, considered and respectful way, so they are able to reap the benefits of the online world. Students are also taught about the impact of bullying. Students are also provided with basic first aid skills, an essential skill for life

Half term 5 – Personal Safety and RSHE
Key Themes: puberty, menstruation (classes will be split into girls and boys), family and friends
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. Students need knowledge in how to the best use of the internet and technology in a safe, considered and respectful way, so they are able to reap the benefits of the online world. Students are taught about the impact of puberty so that they can understand the physical and emotional changes and impact on their health and wellbeing.

Half-term 6 – Financial Literacy
Key Themes: recognising your money personality (needs vs wants), planning a simple budget, staying in control of your money
Rationale: According to research by the Money and Pension Service, financial education makes children and young people more likely to save money, have a bank account and be confident with money management. Financial education enhances financial wellbeing and prepares students to understand and manage their incomes as adults.

YEAR 8

Half term 1 – Society, Law and Democracy
Key Themes: rules and laws, protected characteristics and the equality act
Rationale: Students are encouraged to respect democracy and help students to understand the importance of their role in a democratic society and how they can participate for example through voting or standing for election. Students need to understand equality and their rights, how they should be treated, and how they should treat others in society. Teaching these topics creates a safe place for students to explore, discuss, challenge and form their own opinions and values.

Half term 2 – Healthy Minds and Bodies
Key Themes: being healthy, self-image, pressure, influence and friends, the dangers of energy drinks
Rationale: This topic explores how to stay healthy, both physically and mentally. It explores ways to maintain wellbeing and prevent illness, the consequences and effects of different habits and choices. It encourages the development of positive self-worth and recognition, what might affect or influence unhealthy ways of thinking, and how to overcome this.

Half term 3 – Careers
Key Themes: careers education, Labour market information
Rationale: This unit helps to prepare students for the workplace by providing a clear understanding of the world of work. It supports them to acquire the self-development and career management skills they need to achieve positive employment destinations. This helps students to choose their pathways, improve their life opportunities and contribute to a productive and successful economy.

Half term 4 – Personal Safety and RSHE
Key Themes: cyber bullying, being safe online, first aid with a focus on asthma and allergies
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. Students need knowledge in how to the best use of the internet and technology in a safe, considered and respectful way, so they are able to reap the benefits of the online world. Students are also taught about the impact of cyber-bullying. Students are also provided with basic first aid skills, an essential skill for life

Half term 5 – Personal Safety and RSHE
Key Themes: fire safety, discrimination in the wider world, dealing with conflict
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. Students need knowledge in how to the best use of the internet and technology in a safe, considered and respectful way, so they are able to reap the benefits of the online world. Students are taught about discrimination and conflict and how to deal with these in their lives. Students are also provided with basic fire safety skills

Half-term 6 – Financial Literacy
Key Themes: bank accounts, credit and debt, consumer rights
Rationale: According to research by the Money and Pension Service, financial education makes children and young people more likely to save money, have a bank account and be confident with money management. Financial education enhances financial wellbeing and prepares students to understand and manage their incomes as adults.

YEAR 9

Half term 1 – Society, Law and Democracy
Key Themes: voting and elections, police and court systems
Rationale: Students are encouraged to respect democracy and help students to understand the importance of their role in a democratic society and how they can participate for example through voting or standing for election. Students need to understand equality and their rights, how they should be treated, and how they should treat others in society. Teaching these topics creates a safe place for students to explore, discuss, challenge and form their own opinions and values.

Half term 2 – Healthy Minds and Bodies
Key Themes: sleep, social media and online stress, change, loss and grief, healthy lifestyles and cancer prevention
Rationale: This topic explores how to stay healthy, both physically and mentally. It explores ways to maintain wellbeing and prevent illness, the consequences and effects of different habits and choices. It encourages the development of positive self-worth and recognition, what might affect or influence unhealthy ways of thinking, and how to overcome this.

Half term 3 – Careers
Key Themes: GCSE options, managing online reputations, careers education
Rationale: This unit helps to prepare students for the workplace by providing a clear understanding of the world of work. It supports them to acquire the self-development and career management skills they need to achieve positive employment destinations. This helps students to choose their pathways, improve their life opportunities and contribute to a productive and successful economy. This unit will support students to make informed decisions regarding their GCSE options.

Half term 4 – Personal Safety and RSHE
Key Themes: gangs and knife crime, drugs, first aid with a focus on choking and head injuries
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. Students are provided with information regarding the danger and impacts of gangs and knife crime. Students are also given an insight to the danger of drugs and the law. Students are also provided with basic first aid skills, an essential skill for life

Half term 5 – Personal Safety and RSHE
Key Themes: FGM, dangers of tobacco, domestic violence
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. Students are provided with information about the law around FGM and how to report it. Students are also provided with information regarding the dangers of tobacco products and the signs of domestic violence. The knowledge in this unit will hopefully protect themselves and others

Half-term 6 – Financial Literacy
Key Themes: money choices and the impact on mental health, insurance, keeping your finances secure
Rationale: According to research by the Money and Pension Service, financial education makes children and young people more likely to save money, have a bank account and be confident with money management. Financial education enhances financial wellbeing and prepares students to understand and manage their incomes as adults.

YEAR 10

Half term 1 – Society, Law and Democracy
Key Themes: Political parties, extremism and radicalisation
Rationale: Students are encouraged to respect democracy and help students to understand the importance of their role in a democratic society and how they can participate for example through voting or standing for election. Students need to understand equality and their rights, how they should be treated, and how they should treat others in society. Teaching these topics creates a safe place for students to explore, discuss, challenge and form their own opinions and values.

Half term 2 – Healthy Minds and Bodies
Key Themes: mental health (focus on anxiety and depression), self-image, smart phones and screen addiction, breast and cervical cancer screening (girls), testicular cancer (boys)
Rationale: This topic explores how to stay healthy, both physically and mentally. It explores ways to maintain wellbeing and prevent illness, the consequences and effects of different habits and choices. It encourages the development of positive self-worth and recognition, what might affect or influence unhealthy ways of thinking, and how to overcome this.

Half term 3 – Careers
Key Themes: preparing for work experience, employment rights, careers education
Rationale: This unit helps to prepare students for the workplace by providing a clear understanding of the world of work. It supports them to acquire the self-development and career management skills they need to achieve positive employment destinations. This helps students to choose their pathways, improve their life opportunities and contribute to a productive and successful economy. This unit will encourage students to start thinking about their work experience self-placement that will take place during term 3.

Half term 4 – Personal Safety and RSHE
Key Themes: alcohol, drugs and county lines, first aid with a focus on chest pain and the recovery position
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. Students are provided with information regarding danger of drugs, the law and county lines. Students are also provided with basic first aid skills, an essential skill for life

Half term 5 – Personal Safety and RSHE
Key Themes: abuse, tackling violence against women and girls, beliefs, values and attitudes
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. Students are provided with information about the law around abuse and violence against women and how to report it. Students are also challenged to think about their beliefs and values and what is important to them as they become young adults

Half-term 6 – Financial Literacy
Key Themes: paylips and deductions, behaviours for work, planning for retirement (students not on work experience)
Rationale: According to research by the Money and Pension Service, financial education makes children and young people more likely to save money, have a bank account and be confident with money management. Financial education enhances financial wellbeing and prepares students to understand and manage their incomes as adults. This unit also tackles behaviour in the workplace in preparation for work experience.

YEAR 11

Half term 1 – Society, Law and Democracy
Key Themes: being a good citizen and volunteering, valuing diversity
Rationale: Students are encouraged to respect democracy and help students to understand the importance of their role in a democratic society and how they can participate for example through voting or standing for election. Students need to understand equality and their rights, how they should be treated, and how they should treat others in society. Teaching these topics creates a safe place for students to explore, discuss, challenge and form their own opinions and values.

Half term 2 – Healthy Minds and Bodies
Key Themes: revision techniques, exam stress, relationships with food and eating disorders, dangers of "legal" highs
Rationale: This topic explores how to stay healthy, both physically and mentally. It explores ways to maintain wellbeing and prevent illness, the consequences and effects of different habits and choices. It encourages the development of positive self-worth and recognition, what might affect or influence unhealthy ways of thinking, and how to overcome this.

Half term 3 – Careers
Key Themes: employability skills, careers in sports, careers in engineering and manufacturing
Rationale: This unit helps to prepare students for the workplace by providing a clear understanding of the world of work. It supports them to acquire the self-development and career management skills they need to achieve positive employment destinations. This helps students to choose their pathways, improve their life opportunities and contribute to a productive and successful economy. This unit will also promote opportunities beyond school and will be supplemented with college assemblies.

Half term 4 – Personal Safety and RSHE
Key Themes: addiction, hate crime, first aid with a focus on CPR and defibrillators
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. Students are provided with information regarding danger of drugs, the law and county lines. Students are also provided with basic first aid skills, an essential skill for life

Half term 5 – Personal Safety and RSHE
Key Themes: self-worth, coercive control, blood, organ and stem cell donation
Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. Students are provided with information about the law around abuse and violence against women and how to report it. Students are also challenged to think about their beliefs and values and what is important to them as they become young adults

Half-term 6 – Self-directed study and revision

Cultural capital: The PSHE curriculum at Christ the King Catholic High School significantly boosts students' cultural capital by enabling our students to become healthy, independent and responsible members of society. It aims to help students understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of becoming young adults. Students are provided with opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. They are encouraged to develop their sense of self-worth by developing competencies and by playing a positive role in contributing to school life and the wider community.

Extra-curricular: The PSHE department offers a wide array of extra-curriculum opportunities both via Enrichment Days, external speakers and other workshops throughout the year (e.g. road safety workshop, Lancashire Fire and Rescue Service delivering a water safety and fireworks safety session. Through a progressive curriculum and engaging workshops, the department ensures students are well-prepared for life beyond school and employment by fostering independent learning and critical thinking.



Christ the King Catholic High School: PSHE Department - Curriculum Overview 2024 - 2025

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| ENRICHMENT & PERSONAL DEVELOPMENT | CAREERS EDUCATION |
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| YEAR 7 | Road Safety Presentation by Lancashire County Council, Bright Sparx and Water Safety talks by Lancashire Fire and Rescue Service, visits and talks by external partners including the Police and Wigan Warriors, rail safety talk | Impact of stereotypes on career choices, diversity and discrimination in the workplace, risk management and impact of behaviours on employment prospects, well-being for aspirations and success at school and beyond, careers within the political and justice system. |
| YEAR 8 | Visits and talks by external partners including the Police and Wigan Warriors, cultural trip to Liverpool (in conjunction with Humanities), Bright Sparx and Water Safety talks by Lancashire Fire and Rescue Service, rail safety talk | Diversity and equality in the workplace, impact of health and wellbeing on its potential impact on long term prospects, potential career choices, local Labour Market Information, understanding employment sectors, risk management and impact on career choices. Students in year 8 are also given access to the careers fair. |
| YEAR 9 | Visits and talks by external partners including the Police and Wigan Warriors, Water Safety talks by Lancashire Fire and Rescue Service, the "Real Game" (cost of living and careers), BP trading game (stock markets), rail safety talk, Bronze Duke of Edinburgh | Risk management and impact on your future, healthy/unhealthy relationship permeates all aspects of your life including employment, the consequences of an abusive relationship can also affect your career and finances, consequences of behavioural and financial decisions, discrimination in the workplace. Students in year 9 are also given access to the careers fair. |
| YEAR 10 | Students attend taster days at Newman and Preston Colleges Talks by external partners, Bright Sparx and Water Safety talks by Lancashire Fire and Rescue Service, rail safety talk Students in Year 10 also attend college taster days at Preston and Newman Colleges. | Post-16 options, CV writing, personal statements, interview skills, Labour Market Information, time management, careers within the political and justice system and the international aid sector, impact of health and wellbeing on its potential impact on long term prospects, risk management and impact on career choices, discrimination in the workplace Students in year 10 also attend taster days at Preston and Newman Colleges. Students in year 10 are also given access to the careers fair. |
| YEAR 11 | Talk by external partners, Bright Sparx and Water Safety talks by Lancashire Fire and Rescue Service, rail safety talk Assemblies delivered | Post-16 options, CV writing, personal statements, interview skills, Labour Market Information, time management, risk management and impact on career choices, college assemblies and course choices. Students in year 11 are also given access to the careers fair. |
| LITERACY & NUMERACY | <p>The PSHE classroom is a "safe space", therefore students are encouraged to debate and share their opinions during their lessons, whilst respecting the views of others. Students are exposed to new vocabulary, particularly around British values, justice and politics.</p> <p>Numeracy is well supported in PSHE a number of ways, for example sessions on finances organised by the Personal Finance Society and other sessions such as the Real game and the BP Trading game which are kindly run by the Maths department. These sessions focus on topics such as payslips, tax, stock market trading.</p> | CATHOLIC ETHOS |
| | | <p>Enrichment Day sessions and PSHE lessons throughout the academic year cover themes of "love one another". Sessions teach tolerance and respect for all humans regardless of their background and identity. Sessions have the dignity of the student at their hearts and encourage students to support each other.</p> <p>Human Relationship and Sex Education is taught in conjunction with the RE department. This is taught in line with the teachings of the Catholic church, the Diocese of Lancaster and is age appropriate. Some RSHE content is delivered using ten:ten, a provider approved by the Catholic Education Service.</p> |