

Churchmead School Personal Development Program PSHEC and RSE Curriculum Mapping

Year 7- PSHE, CITIZENSHIP and RSE CURRICULUM MAP

Term	Core Theme:	Topic:	Skills: Critical thinking, Independent/Group investigation, Communication, Empathy, Morals, Compassion, Courage. Knowledge:	Assessment:
1	H&W	Transition and safety	<ul style="list-style-type: none"> how to identify, express and manage their emotions in a constructive way how to manage the challenges of moving to a new school personal safety strategies and travel safety, e.g. road, rail and water, bike how to respond in an emergency situation basic first aid To understand Bike, Road and Water safety 	Personal Reflection, Informal Assessment and Self-Assessment
2	RSE	Building relationships (Friendships)	<ul style="list-style-type: none"> how to develop self-worth and self-efficacy about qualities and behaviours relating to different types of positive relationships how to recognise unhealthy relationships and friendships how to recognise and challenge media stereotypes how to evaluate expectations for romantic relationships about consent, and how to seek and assertively communicate consent 	
3	H&W	Health and puberty	<ul style="list-style-type: none"> how to make healthy lifestyle choices including diet, dental health, physical activity and sleep how to manage physical and emotional changes during puberty about personal hygiene how to recognise and respond to inappropriate and unwanted contact about FGM and how to access help and support 	
4	RSE	Diversity/ British Values (FBV)	<ul style="list-style-type: none"> about identity, rights and responsibilities about living in a diverse society British Values how to challenge prejudice, stereotypes and discrimination the signs and effects of all types of bullying, including online and how to respond to bullying of any kind. how to support others Peer on Peer abuse 	
5	LITWW	Developing skills and aspirations	<ul style="list-style-type: none"> how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity about a broad range of careers and the abilities and qualities required for different careers about equality of opportunity how to challenge stereotypes, broaden their horizons and how to identify future career aspirations about the link between values and career choices 	
6	LITWW	Financial decision making	<ul style="list-style-type: none"> how to make safe financial choices about ethical and unethical business practices and consumerism about saving, spending and budgeting how to manage risk-taking behaviour with finances 	

Year 8- PSHE, CITIZENSHIP and RSE CURRICULUM MAP

Term	Core Theme:	Topic:	Skills: Critical thinking, Independent/Group investigation, Communication, Empathy, Morals, Compassion, Courage. Knowledge:	Assessment:
1	H&W	Emotional wellbeing	<ul style="list-style-type: none"> about attitudes towards mental health how to challenge myths and stigma about daily wellbeing and managing emotions how to develop digital resilience and understand unhealthy strategies (e.g. self harm and eating disorders) Understand healthy coping strategies and positive Mindsets 	<p style="text-align: center;">Personal Reflection, Informal Assessment and Self-Assessment</p>
2	RSE	Identity and relationships	<ul style="list-style-type: none"> the qualities of positive, healthy relationships how to demonstrate positive behaviours in healthy relationships about gender identity and sexual orientation about forming new partnerships and developing relationships about the law in relation to consent that the legal and moral duty is with the seeker of consent how to effectively communicate about consent in relationships about the risks of 'sexting' and how to manage requests or pressure to send an image about basic forms of contraception, e.g. condom and pill 	
3	RSE	Discrimination	<ul style="list-style-type: none"> how to manage influences on beliefs and decisions how to develop self-worth and confidence about gender identity, transphobia and gender-based discrimination how to recognise and challenge homophobia and biphobia What the LGBTQ+ community how to recognise and challenge racism and religious discrimination 	
4	LITWW	Community and careers	<ul style="list-style-type: none"> about equality of opportunity in life and work how to challenge stereotypes and discrimination in relation to work and pay about employment, self-employment and voluntary work how to set aspirational goals for future careers and challenge expectations that limit choices 	
5	LITWW	Digital literacy/Online Safety	<ul style="list-style-type: none"> how to use social networking sites safely how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation how to respond and seek support in cases of online grooming how to recognise biased or misleading information online how to critically assess different media source how to distinguish between content which is publicly and privately shared about age restrictions when accessing different forms of media and how to make responsible decisions how to protect financial security online how to assess and manage risks in relation to gambling and chance-based transactions 	
6	H&W	Drugs and alcohol	<ul style="list-style-type: none"> about medicinal and recreational drugs about the over-consumption of energy drinks about the relationship between habit and dependence how to use over the counter and prescription medications safely how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes/vaps how to manage influences in relation to substance use 	

Year 9- PSHE, CITIZENSHIP and RSE CURRICULUM MAP

Term	Core Theme:	Topic:	Skills: Critical thinking, Independent/Group investigation, Communication, Empathy, Morals, Compassion, Courage. Knowledge:	Assessment:
1	LITWW	Setting goals	<ul style="list-style-type: none"> about transferable skills, abilities and interests how to demonstrate strengths* about different types of employment and career pathways how to manage feelings relating to future employment how to work towards aspirations and set meaningful, realistic goals for the future about GCSE and post-16 options and skills for decision making To explore Revision techniques 	Personal Reflection, Informal Assessment and Self-Assessment
2	H&W	Healthy lifestyle	<ul style="list-style-type: none"> about balancing school, leisure, exercise and sleep how to make informed healthy eating choices how to manage influences on body image/ Self Harm to take increased responsibility for physical health, including testing for cancers understanding the importance of sleep being safe in the sun 	
3	RSE	Respectful relationships/ Human Rights	<ul style="list-style-type: none"> about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering about positive relationships in the home and ways to reduce homelessness amongst young people about conflict and its causes in different contexts, e.g. with family and friends conflict resolution strategies how to manage relationship and family changes, including relationship breakdown, separation and divorce how to access support services To understand what Peer on Peer abuse is and the damage that Banter can cause. 	
4	RSE	Intimate relationships	<ul style="list-style-type: none"> about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex about myths and misconceptions relating to consent about the continuous right to withdraw consent and capacity to consent about STIs, effective use of condoms and negotiating safer sex about the consequences of unprotected sex, including pregnancy how the portrayal of relationships in the media and pornography might affect expectations how to assess and manage risks of sending, sharing or passing on sexual images & Understanding Harmful Sexual Behaviours (HSB) how to secure personal information online 	
5	H&W	Peer influence, Alcohol use and gangs	<ul style="list-style-type: none"> how to distinguish between healthy and unhealthy friendships how to assess risk and manage influences, including online about 'group think' and how it affects behaviour how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively to manage risk in relation to gangs and CCE and CSE. about the legal and physical risks of carrying a knife about legal and health risks in relation to drug and alcohol use, including addiction and dependence Peer on Peer abuse about the impact of drugs and alcohol on individuals, personal safety, families and wider communities how alcohol affect decision making how to keep self and others safe in situations that involve substance use how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime exit strategies for pressurised or dangerous situations how to seek help for substance use and addiction 	
6	LITWW	Employability skills	<ul style="list-style-type: none"> about young people's employment rights and responsibilities skills for enterprise and employability how to give and act upon constructive feedback how to manage their 'personal brand' online habits and strategies to support progress how to identify and access support for concerns relating to life online 	

Year 10- PSHE, CITIZENSHIP and RSE CURRICULUM MAP

Term	Core Theme:	Topic:	Skills: Critical thinking, Independent/Group investigation, Communication, Empathy, Morals, Compassion, Courage. Knowledge:	Assessment:
1	LITWW	Communities, safety & Identity	<ul style="list-style-type: none"> to consolidate first aid and life-saving skills to evaluate and manage the opportunities and risks of establishing and conducting relationships online how to behave legally, ethically and responsibly online, including in online aspects of relationships how to identify risky and emergency situations, including online; how and when to seek help about the importance of seeking help and giving accurate information, even in cases where there may be legal consequences for those involved 	<p>Personal Reflection, Informal Assessment and Self-Assessment</p>
2	H&W	Risk and Safety- Addressing Radicalisation and extremism.	<ul style="list-style-type: none"> about communities, inclusion, respect and belonging about the Equality Act, diversity and values about how social media may distort, mis-represent or target information in order to influence beliefs and opinions how to manage conflicting views and misleading information how to safely challenge discrimination, including online how to recognise and respond to extremism and radicalisation 	
3	H&W	Positive Mental Health	<ul style="list-style-type: none"> how to manage challenges during adolescence how to reframe negative thinking strategies to promote mental health and emotional wellbeing about the signs of emotional or mental ill-health how to access support and treatment about the portrayal of mental health in the media how to challenge stigma, stereotypes and misinformation 	
4	LITWW	Citizenship and History	<ul style="list-style-type: none"> how our fundamental British values are important in society how our law system works how our history has help chape the current climate how our parliament works how to assess and evaluate the behaviours and influence of role models how personal values influence decisions and behaviour in all aspects of life about the challenges and opportunities transition to adulthood brings strategies to promote personal safety in new and independent settings, including online 	
5	LITWW	Online Wellbeing	<ul style="list-style-type: none"> how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling strategies for managing influences related to gambling, including online about the relationship between gambling and debt about the law and illegal financial activities, including fraud and cybercrime how to manage risk in relation to online activities and footprints activities 	
6	RSE	Safe sex and Contraception, Pornography	<ul style="list-style-type: none"> about relationship values and the role of pleasure in relationships about myths, assumptions, misconceptions and social norms about sex, gender and relationships about the opportunities and risks of forming and conducting relationships online how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support how to recognise and challenge victim blaming about asexuality, abstinence and celibacy 	

Year 11- PSHE, CITIZENSHIP and RSE CURRICULUM MAP

Term	Core Theme:	Topic:	Skills: Critical thinking, Independent/Group investigation, Communication, Empathy, Morals, Compassion, Courage. Knowledge:	Assessment:
1	H&W	Personal Safety and Responsibilities	<ul style="list-style-type: none"> • how to challenge injustice and respect animal rights. • about rights, roles and responsibilities in a diverse society and how to respect and advocate for them • how to manage the influence of gender and sexual norms and stereotyping • How to practise personal safety and awareness in the wider world 	Personal Reflection, Informal Assessment and Self-Assessment
2	LITWW	Application processes/ Writing CVs	<ul style="list-style-type: none"> • how to use feedback constructively when planning for the future • how to set and achieve SMART targets • effective revision techniques and strategies • about options post-16 and career pathways • about application processes, including writing CVs, personal statements and interview technique • how to maximise employability, including managing online presence and taking opportunities to broaden experience • about rights, responsibilities and challenges in relation to working part time whilst studying 	
3	LITWW	Revision Timetables and Revision tips	<ul style="list-style-type: none"> • how to plan and maintain a successful revision timetable • how to develop ways to revise the suits them as learners • how to manage stress and anxiety linking to exam stress • how to remain healthy around the exam period • how to maintain a future first approach to exams 	
4	H&W	Managing Stress and Anxiety	<ul style="list-style-type: none"> • how to balance ambition and unrealistic expectations • how to develop self-efficacy, including motivation, perseverance and resilience • how to maintain a healthy self-concept • about the nature, causes and effects of stress • stress management strategies, including maintaining healthy sleep habits • about positive and safe ways to create content online and the opportunities this offers • how to balance time online 	
5		EXAMS	EXAMS	
6		EXAMS	EXAMS	

Key:	H&W= Health and Wellbeing	LITWW= Living in the Wider World	RSE= Relationship and Sex Education
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PSHE, Citizenship and RSE Curriculum- Whole School Structure

KS3: 1 x fortnightly session (Approx. 3/4 sessions per term)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7 HOY Worships: Self-esteem	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid. Bike, Road Safety and water safety.	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries Bullying and Child on Child abuse.	Health and puberty Healthy routines, Healthy eating, influences on health, puberty, and FGM.	Diversity/ British Values Diversity, prejudice, and bullying. British Values.	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8 HOY Worships: British Values	Emotional wellbeing Mental health and emotional wellbeing, Positive Mindsets, Managing own behaviour.	Identity and relationships Gender identity, Body image, consent, 'sexting', and an introduction to contraception	Discrimination and Pressure Discrimination in all its forms, including racism, disability, discrimination, LGBTQ+, Bully and Child on Child abuse.	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Online Safety and the Everyday Online Safety, Grooming, Prejudice. The public sector.	Drugs and Crime awareness Drug misuse and pressures relating to drug use. Crime and the Law.
Year 9 HOY Worships: Respect	Setting goals Learning independent strengths, career options and goal setting as part of the GCSE options process. Revision techniques	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, wellbeing and first aid. Sun safe. Checking for cancers and illnesses. (External Support)	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes Child on Child abuse/ Banter	Relationships and sex education including consent, contraception, the risks of STIs, and Harmful Sexual Behaviours (HSB) (External Support)	Child on Child influence, Alcohol use and gangs Knife Crime Bullying assertiveness, Alcohol misuse, and gang exploitation. CCS and CSE	Employability skills Employability and online presence- what are employers looking for? Intimate relationships Revision

KS4: 1 x Termly Focus Afternoons (2-hour sessions)						
Year 10 HOY Worship: Mental Wellbeing	Communities & Identity Living in Britain, diversity, hate crimes, gender and transgender.	Risk and Safety- Addressing Radicalisation and extremism. Extremism, Radicalisation, FGM	Positive Mental Health Anxiety, depression, Mental illnesses. Positive Mindsets, Self Help	Citizenship and History Britain's Government and Voting	Online Wellbeing Digital footprints, Online Gaming and Gambling	Safe sex and Contraception, Pornography Sexual Harassment, Different forms of Abuse, exploitation, Sexual Health & Pregnancy
Year 11 HOY Worship: Future Focus	Personal Safety Responsibilities Sustainability, Animal rights, Diversity and Personal safety.	Application processes/ Writing CVs skills for further education, employment and career progression	Revision Timetables and Revision tips	Managing Stress and Anxiety	EXAMS	EXAMS
Year 12 HOY worships: Life in all its fullness	Mindfulness Community values VESPA Critical thinking in the world of work and achievement Positive mental attitude Multiculturalism Understanding tolerance British Values Study skills	Employability Skills CV writing & covering letters Interview Skills Communication Teamwork Inter-personal skills Application processes Unifrog and UCAS	Drugs & Alcohol education Social Awareness Health and wellbeing Hazard awareness Different classes of drugs Physical and mental effects Personal safety Alcohol	Healthy Relationships Gender values and LGBTQ+ Coercive control Healthy relationships and boundaries Physical relationships and safety Boundaries Respect and tolerance	Future planning and next steps UCAS and applying to university or apprenticeships	Building Resilience Economic education Overdrafts Credit cards and loans Student finance Managing money Budgeting

Key:	H&W= Health and Wellbeing	LITWW= Living in the Wider World	RSE= Relationship and Sex Education	Mix of all areas
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