

# PSHE AND RSE

In Key Stage 3 the students have one lesson a fortnight of Personal Development. At KS3 Personal Development includes Citizenship and PSHE/ RSE.

In Key Stage 4 Students have one lesson a week of Personal Development. Personal Development Lessons also occur in drop down Careers lessons and in Personal Development days. In KS4 Personal Development includes Citizenship, PSHE/RSE and compulsory Religious Studies.

In both Key stages Personal Development is also delivered in drop down Careers lessons and in Personal Development Days which are carefully planned to include a range of visiting speakers and outside agencies.

### **Vision and Purpose**

PSHE (personal, social, health and economic education) and RSE (relationships and sex education) is delivered through Personal Development lessons. It is also delivered through form time sessions, assemblies, and Personal Development days, often involving outside agencies and visiting speakers.

The aim of PSHE/RSE is to educate and support pupils to be prepared for modern life. This incorporates health education, relationships education and economic wellbeing and careers. Through the PSHE education in school, pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. The PSHE education also helps pupils to achieve their academic potential.

The curriculum is divided into three broad themes - Health and wellbeing, Relationships and Living in the wider world.

## **Our PSHE/RSE Curriculum**

At key stage 3, students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with the transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

At key stage 4, students deepen knowledge and understanding, extend and embed with resilience skills, and further explore attitudes, values and attributes acquired during key stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

Our PSHE/RSE lessons lend themselves to developing a variety of employability skills, particularly those involving working with others such as communication skills, teamwork, negotiation, and valuing diversity and problem solving.

The spiral curriculum is carefully planned alongside Citizenship and RS to meet the specific needs of LSA pupils as they prepare for life beyond school, and to ensure that where there are clear links between curricular areas, topics are addressed in depth with consideration of the relevant wider social, economic, political and moral issues. The team liaise effectively with other departments including the History team to try to ensure that the sequencing of topics benefits the wider understanding of pupils at LSA.