



'Learning for Life'

PSHE (Personal, Social, Health & Economic Education) gives pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain.

PSHE can help pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.

At Little Heath School, PSHE is delivered in KS3, 4 and 5 through a mixture of formal lessons, drop down days, assemblies and tutor work. In years 7-9, pupils currently have a 1-hour lesson each week dedicated to PSHE, and this is supplemented in upper KS4 and KS5 through drop down days, assemblies and tutor work. In addition, starting in September 2022, some PSHE lessons will be delivered to year 10 through RE lessons.

PSHE is also the subject through which Relationships and Sex Education is delivered.

For further details regarding our RSE policy, including statutory changes, please see the school website.

We see the principle benefits of PSHE as:

- Safe-guarding pupils (Children Act 2004) and improving their ability to achieve in school
- Empowering pupils by providing impartial, factual information which they need to make informed decisions about health, relationships, finance and careers
- Educating pupils in how to maintain their own physical, mental and emotional wellbeing
- Developing pupils' compassion, empathy and tolerance of others who are different to them
- Improving pupils' teamwork, leadership and communication skills
- Helping pupils keep themselves safe from harm, both on and offline, enjoy their relationships and build confidence in accessing services if they need help and advice
- Creating a sense of community and collective responsibility to improve the world around them through their individual choices



KS3 PSHE Curriculum Overview (Year 7 & 8)

At KS3 we follow the PSHE Association framework to ensure a comprehensive curriculum covering all statutory requirements but also enhancing this with additional topics relevant to our pupils. Our PSHE curriculum topics are separated into 3 themes: Health and Wellbeing, Relationships and Living in the Wider World. This is assessed through a mixture of group projects, written tasks, presentations and pupil self-reflection to demonstrate progress.

The tables below show the topics covered across each year. The items in **RED** are additional events in the school calendar, which will take place during form time or during a drop down day. The tutor work programme enhances and expands upon the below curriculum and is detailed in *ITALICS*.

YEAR 7

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
TOPIC	Transition and Safety	Healthy Relationships	British values and Democracy	Importance of good mental health	Charity	Careers Planets
KEY CONCEPTS	Personal safety, introduction to SMILE team of mentors, problem solving, teamwork, friendship Positive Wellbeing Day: Sessions focusing on Y7s First Term (Head of Year), Wellbeing and Stress, British Values and Keeping Safe in School <i>Settling into Little Heath</i>	Different types of relationships, boundaries, traits of healthy vs unhealthy relationships, communicating assertively, how relationships are portrayed in media vs. reality <i>Anti-bullying and kindness</i>	5 British values, the role of Govt. and the importance of voting Voting systems, Govt. systems and UK political parties Puberty Day: personal hygiene, emotional and physical changes during puberty, FGM + Safeguarding <i>Laws, rules and the police</i>	Dealing with the ups and downs of daily life; mental health as part of overall health; how good mental health is linked with sleep, diet and habits; coping strategies <i>Sport in Mind</i>	What it means to be a good citizen, including role models in our local community The importance of charity and the different ways in which charities help those in need <i>Respect: for ourselves and others</i>	Different career 'planets': what different jobs do people do? Skills, interests, aspirations, introduction to 'Unifrog', career profiles <i>Looking forward to Year 8</i>



YEAR 8

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
TOPIC	Finance	Equality, tolerance and life online	Which way now? Preparing for options choices	Alcohol	Safe online relationships	Emotional wellbeing
KEY CONCEPTS	<p>Understanding key issues around money management including budgeting, spending, debt, online fraud and gambling</p> <p>Reducing risk..</p> <p><i>Critical thinking: how to evaluate sources of information</i></p>	<p>Bullying including online, managing peer pressure, self-esteem, disablist and homophobic language and how these effect people; where to get help</p> <p>Equality day: tackling discrimination</p> <p><i>Sport in Mind</i></p>	<p>Learning strengths, career options and goal setting as part of the GCSE options process</p> <p><i>The role of courts in criminal justice</i></p>	<p>What is a unit? Coping with peer pressure; the short and long term effects of alcohol on body and mind</p> <p><i>First Aid</i></p>	<p>Sharing personal information, cybercrime, consent, 'sending nudes' and risk regarding social media</p> <p><i>Emotional Literacy</i></p>	<p>Mental health and emotional wellbeing, including how the media effects body image; coping strategies</p> <p><i>Graduation and moving on</i></p>



KS4 PSHE Curriculum Overview (Year 9, 10 & 11)

The three themes of Health and Wellbeing, Relationships and Living in the Wider World are built upon in KS4, ensuring that all teaching is sensitive and age appropriate in approach and content.

YEAR 9

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
TOPIC	Careers : options post-16	Drugs, peer influence and County Lines	Respectful relationships	Mental health and stigma	Intimate relationships	IT Skills
KEY CONCEPTS	Transferable skills, pathways post-16, how your online presence appears to future employers and the benefits of volunteering Restart a Heart CPR training Welcome to KS4	Drug classifications, risk and effects of legal and illegal drugs and addiction; the law; Tobacco and vaping Peer pressure, County Lines and gang exploitation PIXL build up: prepare me	Legal status of different long-term relationships, forced marriage, parenthood, healthy relationships, conflict resolution, and relationship changes Globalisation	Key characteristics of common mental health conditions and myth-busting; the language we use to discuss mental health and where to seek help Sport in Mind	Relationships and Sex Education including delaying intimacy, managing peer pressure, consent, contraception, STIs, fertility. 'Losing it' production PIXL build up: being innovative*	Developing capability, creativity and knowledge in computer science; analytical and problem-solving skills; how to protect privacy and identity online PIXL build up: Connect me

YEAR 10

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
KEY CONCEPTS	Build Me: PIXL	Sport in Mind resources (happiness and connection; early signs of mental ill health; how our actions effect our wellbeing; enhancing wellbeing)	Rule of Law: how laws formed, sentencing + youth justice debates	Emotional Literacy	Revision Techniques + dealing with exam stress	Human rights*



YEAR 11

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
KEY CONCEPTS	Writing a CV and preparing for interview	Sport in Mind (the language of mental health and emotions; gambling online and the effects on mental health; alcohol and risk; dependency; enhancing mental health)	PIXL build up: Organise Me (organisational skills, techniques and strategies, organisation in school and home life)	Revision techniques and dealing with stress	Revision time	GCSE Exams



KS5 PSHE Curriculum Overview (Year 12 & 13)

Topic	Covered in	Areas for development
Careers options	Weekly careers bulletin; Careers talks; Careers Fairs; Unifrog work; Year 12 group sessions with Adviza; Labour Market Information posters in classrooms, MOOC programme as part of timetable	
Transition	KS5 induction tutor work Term 1 Year 12; Preparing for life after sixth form tutor work Term 2 year 13	
Mental Health and Emotional Wellbeing	Healthy Marketplace (January), wellbeing periods on timetable, Mental health tutor work term 4 Yr 12; Mental Health Ambassadors	Guest speaker assemblies CWMT, Mental Health Ambassadors: grow this role with regard to the sixth form
Healthy lifestyles including alcohol, drugs, self-checking, sleep, registering for healthcare services	Information on self-checking for cancer in Healthy Marketplace Tutor work on risk and personal safety (Term 3 year 12; term 4 year 13);	Info on how to sign up to Drs/other healthcare providers at Healthy Marketplace event, Trading standards talks
Managing risk and personal safety	Safe drive, stay alive presentation Tutor work on risk and personal safety (Term 3 year 12; term 4 year 13); Gambling workshop with Epic Risk Management)	First Aid qualifications?: Restart a heart in October, Amy Winehouse Foundation talk.
Sexual health and consent	Tutor work on risk and personal safety (Term 3 year 12; term 4 year 13); Sexual health nurses at healthy marketplace	Year 12 + 13 RSE day: external speakers?
Finance	Managing finances tutor work term 6 year 12; Preparing for life after sixth form tutor work Term 2 year 13 includes budgeting.	Workshops organised by Eileen?
Life in the workplace: your rights	Preparing for life after sixth form tutor work Term 2 year 13: your employment rights and responsibilities	
Media literacy and digital resilience	Equality unit Term 2, year 12: media and hate crime.	PREVENT training assembly Other assemblies/workshops on media literacy.