

PSHE Curriculum Guides

PSHE (Personal, Social, Health and Economic Education) is taught on five discrete days during each academic year. The normal school timetable is suspended for the day and students are taught on separate topics on each day. This approach allows the students to really immerse themselves in the topics and also allows guest speakers and other activities requiring longer periods of time to be used.

In addition to these days, some PSHE content is also covered within our tutor programme and in Religious Studies lessons.

The table below identifies the learning outcomes for each of the five PSHE days, unless otherwise stated.

Year 7

Topics that will be taught	Learning Outcomes:
<p>Term 1 – Citizenship</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Human Rights • Amnesty International <p>Tutor time session this term focusing on: Drug awareness</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • discuss and reflect on what human rights are • give examples of some of these rights and how in history these human rights have been breached • focus on current breaches of human rights and in particular breaches in human rights during the holocaust. • look at different Amnesty International cases and explore what can be done to avoid breaches in human rights in the future
<p>Term 2 - Living in the Wider World</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Career options • Different types of employment <p>Tutor time session this term focusing on: Health diet</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • identify themselves as a learner and their preferred style of learning • identify their own strengths, interests, skills and qualities as part of their personal review and planning process, including their value to future employability. • learn about Career Options and possible routes/qualifications required for each job sector as well as the benefits of being ambitious and enterprising • learn about different types of work, including employment, self-employment and voluntary work.
<p>Term 3 - Careers</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Relationship between school and careers • Individual skills • Types of careers/jobs • Session with a careers advisor <p>Year group assembly this term focusing on: FGM</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • explore careers in the wider world. • recognise how school prepares them for the future and will identify actions to help them make the most of their time at school • describe themselves and their own strengths and weaknesses • look to recognise the qualities and skills needed for employability and provide evidence for those that they have demonstrated both in and out of school • recognise that career development is a lifelong process • discuss the role in society of a range of jobs and

	recognise that we are more than what we do for a living - focusing on the idea of transferable skills
Term 4 – Relationships The main topics covered on this day include: <ul style="list-style-type: none"> • Bullying • Positive relationships Tutor time session this term focusing on: Eating disorders	Students should be able to: <ul style="list-style-type: none"> • Identify what bullying looks like and learn how to react positively to bullying behaviour • Learn where jokes or “banter” can become bullying behaviour and why others may view this different to themselves.
Term 4 – Health and Wellbeing The main topics covered on this day include: <ul style="list-style-type: none"> • Personal Hygiene • Smoking • Diet/Exercise • Immunisations • Sepsis 	Students should be able to: <ul style="list-style-type: none"> • Explain how to keep healthy and what influences health • Describe the importance of maintaining personal hygiene • Recognise and learn how to manage risk and make safer choices about healthier lifestyles
Term 5 - Tutor time session focusing on: Drug awareness	
Term 6 - Tutor time session focusing on: Mental Wellbeing	

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Reference/Extension Material: PSHE

http://www.pshe-association.org.uk/resources_search_details.aspx?ResourceId=461

<http://www.bbc.co.uk/schools/parents/>

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Topics that will be taught	How students' progress is assessed from term to term
<p>Term 1: Living in the Wider World</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Types of business • Importance of teamwork <p>Tutor time session this term focusing on: Drug awareness</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • Develop an understanding of different types of business and investigate employee's rights • Develop teamwork through working together to develop a product/idea to present in a Dragon's den format
<p>Term 2: Health and Wellbeing</p> <p>The main topics covered on the day include:</p> <ul style="list-style-type: none"> • Body Image • Body growth and change • Puberty • Diet and exercise <p>Tutor time session this term focusing on: Healthy diet</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • explore the meaning of Body image and consider what influences body image • decide what makes a healthy young person • explain the main components required for good health • identify situations that can reduce our sense of well-being • identify support that is available to students if they feel their well-being is compromised
<p>Term 3: Citizenship</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Immigration 	<p>Students should be able to:</p> <ul style="list-style-type: none"> • Understand different types of immigration. • Understand the effect immigration has on communities. • Empathise with how it feels for people to be 'displaced.'
<p>Term 4: Careers</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Stereotypes • Career ambitions 	<ul style="list-style-type: none"> • Explore stereotypes and how these might influence their choice of options or careers. Linked into this they will be identifying the differences between skills and qualities and discussing why people should be employed based upon these two factors. • Explore the rewards of following their own ambitions and dreams, despite any negative attitudes or popular opinions.
<p>Term 4: Relationships</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Types of families • Ways to deal with conflict • Sexual orientation/sexuality • Bereavement <p>Tutor time session this term focusing on: Eating disorders</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • Describe different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect these. • Explain how to negotiate within relationships, recognising that actions have consequences, and when and how to make compromises • To explore problems in a family relationship and ways to resolve them. • To discuss possible ways of avoiding conflict. • To state the difference between sex, gender identity and sexual orientation • To describe the diversity in sexual attraction and developing sexuality • To state the terms associated with sex, gender

	identity and sexual orientation and to understand accepted terminology <ul style="list-style-type: none"> • Discuss bereavement and think about ways to support each other
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Reference/Extension Material: PHSE

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Year 9

Topics that will be taught	How students' progress is assessed from term to term
<p>Term 1: Careers</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Option choices for GCSE's. • Career paths <p>Tutor time session this term focusing on: Drug Awareness</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • learn to identify and evaluate different factors that will influence the option choices that they take. • Identify strengths and the areas that they need to develop in preparation for choosing a suitable career path. • Identify what their lifestyle priorities might be and to consider how a range of factors might influence their career choices.
<p>Term 2: Citizenship</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • The law • Punishments - Prison • Staying safe in the community and online <p>Tutor time session this term focusing on: Healthy diet</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • discuss what happens if you break the law and debate how effective prison is as a sanction, especially for young people • discuss and understand how to stay safe online and in the community
<p>Term 3: Relationships</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Consent • Sex • Contraception • Pregnancy <p>In Religious Studies lessons during this term, students continue to explore the topic of contraception. Different relationships are also discussed including arranged and forced marriage.</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • describe infections that can spread through unprotected sex • explain where to get health information, advice and support • explain methods that protect yourself and others from infection and pregnancy • explain the importance of not having an intimate relationship until ready • describe and explain what it means to give consent in terms of the law • describe the pressures placed on someone to receive peer approval around risky behaviours <p>Delivery will be provided by NHS trained school nurses in support of teaching staff</p>
<p>Term 4: Health and Wellbeing</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • The impact of drugs • County lines <p>Tutor time session this term focusing on: Eating disorders</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • Understand how drugs affect the body and mind • Listen to a presentation from the founder of the charity DrugFAM • Explore the effects county lines have on victim's lives.
<p>Term 4: Living in the Wider World</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Digital world • Online consumers 	<p>Students should be able to:</p> <ul style="list-style-type: none"> • explore different aspects of financial concerns in a digital world. Specifically they will be looking at how online shopping has developed; the positive and negative aspects of buying

<ul style="list-style-type: none"> Sources of income 	<p>something online; the skills you need as a critical consumer; different sources of income and the impact gambling can have on someone's financial situation.</p>
<p>Term 5 - Tutor time session focusing on: Drug Awareness</p>	
<p>Term 6 - Tutor time session focusing on: Mental Wellbeing</p>	
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Year 10

Topics that will be taught	How students' progress is assessed from term to term
<p>Term 1: Health and Wellbeing</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Physical health • Mental health • Sexual health <p>Tutor time session this term focusing on: Drug awareness</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • learn how to take responsibility for their own physical health, including sexual health • develop their confidence in finding support and information about physical health • develop an understanding of mental health and wellbeing; identifying factors that contribute to issues with mental health and increasing confidence in finding support and information about this
<p>Term 2: Relationships</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Discrimination • Tolerance <p>In Religious Studies lessons during this term, students consider different medical ethics issues - including abortion.</p> <p>Tutor time session this term focusing on: Health diet</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • consider and explore different types of discrimination. • become more responsible and be considerate towards others. • reflect on our own values and levels of tolerance. • demonstrate respect for and acceptance of the differences between people, and challenge offensive behaviour, prejudice and discrimination assertively and safely. • study the diversity of ethnic and cultural groups, the power of prejudice, bullying, discrimination and racism, and the need to take the initiative in challenging this and other offensive behaviours and in giving support to victims of abuse.
<p>Term 3: Living in the Wider World</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • Discrimination • Extremism 	<p>Students should be able to:</p> <ul style="list-style-type: none"> • consider the unacceptability of all forms of discrimination, and the need to challenge it in the wider community including the workplace • think critically about extremism and intolerance of all forms • recognise the shared responsibility to protect the community from violent extremism and how to respond to anything that causes anxiety or concern
<p>Term 4: Citizenship</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> • United Nations • Government <p>Tutor time session this term focusing on: Eating disorders</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • Investigate and evaluate different types of government. • Understand the purpose of the UN, learn about its aims.
<p>Term 4: Careers</p> <p>Mock interviews</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • Prepare for an interview with a local employer • Take part in a mock interview

- Receive feedback from their interviewer on performance in interview but also their CV
- Complete interactive sessions on money management - focus on student debt.

Term 5 - Tutor time session focusing on:

Drug Awareness

Term 6 - Tutor time session focusing on:

Mental Wellbeing

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Year 11

Topics that will be taught	How students' progress is assessed from term to term
<p>Term 1: Relationships</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> ● Consent ● Healthy relationships ● Risky/negative relationships ● Sexual assault <p>Tutor time session this term focusing on: Drug awareness</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> ● learn about the concept of consent in a variety of contexts ● develop an understanding of why it is important to respect equality and be a member of a diverse community ● understand how to develop and maintain healthy relationships and how to develop parenting skills ● learn how to recognise and manage their emotions within a range of relationships ● recognise the impact of sharing indecent images ● learn how to deal with risky or negative relationships ● learn what it means to be a victim of sexual assault - whilst exploring the Me Too movement
<p>Term 2: Careers</p> <p>Henley College Taster day</p> <p>Tutor time session this term focusing on: Healthy diet</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> ● attend Henley College to experience 'A day in the life of a 6th form student.' ● have taster lessons in 3 subjects - that they would have selected prior to the day.
<p>Term 3: Health and Wellbeing</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> ● First Aid ● Personal Safety 	<p>Students should be able to:</p> <ul style="list-style-type: none"> ● be able to describe and explain basic first aid techniques ● be able to examine a situation and decide on a sensible course of action ● be encouraged to think critically to find solutions ● to be more aware of personal safety issues and how to avoid potentially dangerous situations
<p>Term 4: Living in the Wider World</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> ● Rights and responsibilities in the workplace ● Finance 	<p>Students should be able to:</p> <ul style="list-style-type: none"> ● Identify the changing patterns of work. ● Learn about their rights and responsibilities at work ● Learn how to recognise and manage factors influencing their financial decisions. ● Understand the difference between credit and debt.
<p>Term 4: Citizenship</p> <p>The main topics covered on this day include:</p> <ul style="list-style-type: none"> ● UK political parties ● Voting systems <p>In the afternoon, pupils will have their last photographs taken of their time at Gillotts School.</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> ● Learn about voting systems in the UK. ● Develop their understanding of a variety of manifesto pledges for the main political parties in the UK ● Deepen their understanding of the impact of an individual vote in a democracy

Tutor time session this term focusing on:

Eating disorders

Term 5 - Tutor time session focusing on:

Drug Awareness

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