

PSHE/SMSC– CURRICULUM INTENT

ASPIRE – CHALLENGE – ACHIEVE

PSHE/SMSC education is a school subject through which students develop the knowledge, cultural capital, skills and attributes they need to keep themselves healthy and safe. The aim is also to prepare students for life and work in modern Britain. Our students grow up in a complex and ever changing world and are exposed to an increasing range of influences. The PSHE/SMSC education helps students to develop the knowledge, life skills and attributes they need to manage many of the critical opportunities, challenges and responsibilities they will face as they grow up and in adulthood.




Personal, Social, Health and Economic Education (PSHE) and Social, Moral, Spiritual and Cultural (SMSC) are central to the Trust’s ethos. As a Trust we are dedicated to supporting students in their development and underpinning learning in the classroom, school, and in the wider community. As a Trust we encourage students to think about personal and social values, to become aware of and involved in the life and concerns of their community and society and so develop their capacity to be active, effective and responsible future citizens that interact through mutual respect. We want to develop the qualities and attributes students need to thrive as individuals, family members and well respected members of society. To support this links to British Values and to SMSC are enshrined throughout Trust’s curriculum.

Through PSHE/SMSC we want to equip students with the knowledge, understanding, life skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives. We want to encourage them to be enterprising and support them in making effective transitions, positive learning, career choices, and in achieving economic wellbeing and discuss and clarify their own values and attitudes. These opportunities come from the material learnt in lessons and extended with a range of approved visitors that come into school on our PSHE days. Our PSHE days aim to allow students the opportunities to visit places of different faiths to enhance their cultural awareness.

One of our key aims as a Trust is that PSHE/SMSC education contributes to personal development through positive mental and physical wellbeing. We aim to help students to build their confidence, resilience and self-esteem, to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help students to form and maintain good and healthy relationships, develop the essential skills for future employability and better enjoy and manage their lives. An effective PSHE/SMSC programme can tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged students.

PSHE/SMSC– CURRICULUM MAP

The PSHE/SMSC is linked between three core themes.

- Health and wellbeing 
- Living in the wider world 
- Relationships 

Key = Matching colours denote links between topics either in content or skills across Key Stages

7	Transitioning into secondary school.	Staying Safe	Physical Health and wellbeing	Diversity	Environmental issues	Careers			
8	Staying Safe	Emotional Wellbeing	Being healthy	World Issues	Human Rights	Careers			
9+10	Substance Abuse	Ethical Debates	Spirituality and world culture	Careers	Self Image	Relationships	Healthy Body, Healthy Mind	Politics	Current Affairs
9+10	E-Safety	Financial Management	Inspirational Stories	Law and order	Diversity, radicalisation and Equality	RSE(Relationships and Sex Education)	British Values	Life Saving Skills	Current Affairs
11	Mental Wellbeing	Revision Techniques	Intervention	Intervention	Intervention	Intervention	GCSE Exams		

PSHE Days themes

	Day One	Day Two	Day Three
7	<p style="text-align: center;">Careers Parliament Structure Financial Management Road and rail Safety Awareness</p>	<p style="text-align: center;">Peterborough Mosque and Cathedral Trip</p>	<p style="text-align: center;">Diversity Day</p>
8	<p style="text-align: center;">CPR AND DEFIB Rail Safety Awareness Skin Cancer Risk and Preventions Financial Management The importance of vaccinations and immunisations</p>	<p style="text-align: center;">Multi- Agency Day covering: Fire Safety, Internet Safety, Alcohol Awareness, Anti-Social Behaviour and Healthy Relationships</p>	<p style="text-align: center;">Careers Day</p>
9	<p style="text-align: center;">RSE (Relationships and Sex Education) Consent Contraceptives STIS Relationships Decisions in relationships</p>	<p style="text-align: center;">Prison Me No Way including: Law and order, Alcohol Awareness, Anti-Social Behaviour and Healthy Relationships, First Aid.</p>	<p style="text-align: center;">Careers Nuclear weapons awareness Hate Awareness Workshop</p>
10	<p style="text-align: center;">Careers Day</p>	<p style="text-align: center;">Radicalisation Knife Crime CPR and DEFIB Prescription Drug Awareness Dangers of alcohol on the young</p>	<p style="text-align: center;">Teenage Cancer Trust Teenage Pregnancy Gambling Addiction Financial Management Sexting and Revenge Porn</p>
11	<p style="text-align: center;">Mental Wellbeing Workshop Relationship and Sex Education workshop about consent Intervention</p>	<p style="text-align: center;">Mental Wellbeing Workshop Relationship and Sex Education workshop about Contraceptives Intervention</p>	<p style="text-align: center;">GCSE Exams</p>

+ Year 11 4 separate PSHE visitors throughout the year

11	<p style="text-align: center;">RSE workshop about risky behaviour</p>	<p style="text-align: center;">Drug Awareness</p>	<p style="text-align: center;">Alcohol Awareness</p>	<p style="text-align: center;">Young Passenger Awareness</p>
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	Health and wellbeing	Relationships	Living in the wider world
Year 7	<p>Transition and safety Transition to secondary school and personal safety in and outside school.</p> <p>Staying safe Learning First Aid.</p> <p>Physical health and wellbeing Learning healthy routines such as sleep and dental and influences on health and puberty.</p>	<p>Transition and safety Looking a positive and negative relationships with friends, peer pressure and bullying.</p> <p>Physical health and wellbeing Examining healthy and unhealthy relationships with family and friends.</p> <p>Diversity Relationships with different religions, gender identity.</p>	<p>Staying safe Developing awareness of hazards on the road and holiday, bike safety and stranger danger.</p> <p>Diversity Diversity, prejudice and British Values. Equality of opportunity in careers and life choices, and different types and patterns of work.</p> <p>Environmental Issues The dangers of plastic, climate change and endangered animals.</p> <p>Careers Developing skills and career aspirations. Linked to PSHE DAY 1 Careers fair.</p>
Year 8	<p>Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies</p> <p>Body health Alcohol, smoking and drug misuse and pressures relating to drug use. Includes examining how body health is linked to cancer.</p>	<p>World Issues Raising the awareness of FGM and forced marriage.</p> <p>Human Rights Exploring relationships with other countries in the United Nations.</p>	<p>Staying Safe Online safety, dangers of grooming, online gaming, road safety, peer pressure, media reliability and knife crime.</p> <p>World Issues Examining the issues across the world including, radicalisation, FGM, forced marriage, slavery and migration and refugees.</p> <p>Human Rights Awareness of Human Rights across the world, Fair Trade, child slavery the importance of charities and volunteering.</p> <p>Careers Life choices, volunteering and different types and patterns of work. Linked to PSHE day 3</p>
Year 9 +10 Year 1	<p>Inspirational People Exploring individuals who have shown</p>	<p>Relationships and sex education Examining fertility, consent,</p>	<p>E-safety Online safety, digital scams, the law related to the internet, trolling,</p>

	<p>resilience, student reflect against themselves.</p> <p>First Aid What to do for a minor injury, severe injury, how to administer CPR and what to do for anaphylactic shock.</p>	<p>contraception, the risks of STIs, and impact of the social media and pornography.</p> <p>Diversity, equality and radicalisation. Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p> <p>British Values What are British Values, how is Britain diverse, how to show tolerance.</p>	<p>media reliability, gambling hooks, digital footprints and how data is shared.</p> <p>Financial Management The impact of financial decisions, debt, savings, pensions, gambling and the cost of running a house and a car.</p> <p>Law and order Gaining an awareness of the British Law and the crimes that are a national issue such as knife and acid attacks.</p> <p>Diversity, equality and radicalisation. Who are extremists, the impact of social media and how to report and stay safe.</p> <p>British Values What is democracy and liberty?</p> <p>Current Affairs Analysing the year's local, national world issues.</p>
<p>Year 9 +10 Year 2</p>	<p>Substance Abuse Alcohol, energy drinks vaping, prescription drugs, solvents, addictions, and pressures from peers.</p> <p>Self Image Exploring gender identity, OCD also examining the influence of media and social media and mental and physical health including.</p>	<p>Spirituality and world culture Exploring relationships with different cultures and religions across the world including; paganism and tribal spirituality.</p> <p>Relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes, different families and parental responsibilities, marriage and unhealthy and changing relationships.</p>	<p>Ethical debates Exploring the debates around: Animals, capital punishment, genetic engineering, blood and organ transfusion, euthanasia and refugees.</p> <p>Spirituality and world culture Exploring relationships with different cultures and religions across the world including world leaders.</p> <p>Careers Employability and online presence, CVs, application processes, and skills for further education, employment and career progression. Linked to</p>

			<p>PSHE days 1+2.</p> <p>Current Affairs Analysing the year's local, national world issues.</p>
<p>Year 11</p>	<p>Mental health and wellbeing The importance of good mental health in the run up to exams including ; stress management, safeguarding health, resilience, healthy and unhealthy coping strategies,</p>		<p>Revision techniques Learning a variety of different revision techniques and exploring strengths and goal setting.</p>