

KS3 Curriculum overview: PSHCE

Why do we study PSHCE at The Earls High School?

PSHE education helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. From making responsible decisions about alcohol to succeeding in their first job, PSHCE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

Pupils agree that PSHE education is a vital part of their preparation for life, with 92% of those who have been taught the subject believing all young people should receive high-quality PSHE lessons.

What skills and knowledge do we anticipate students will have in this subject before they begin at The Earls High School?

- The fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults
- Some knowledge of the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born
- The characteristics of good physical health and mental wellbeing - that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness)
- The basics surrounding internet safety
- Simple road safety
- Developing confidence and responsibility and making the most of their abilities
- Preparing to play an active role as citizens

What skills and knowledge would we like students to have in this subject at the end of their time at The Earls High School?

To make informed decisions about the reality of the world that surrounds them, in order for them to become responsible citizens who can contribute positively to society.

Year 7 Curriculum Map: PSHCE (19 lessons)

Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
Careers / Transition 5 lessons <ul style="list-style-type: none"> • What is meant by the word achievement, how to utilise people as a resource and to reflect and empathise with others to be successful learners. • Personal qualities and life skills • The main skills needed for the world of work, identify employability skills and practise debating skills. • What 'work' is, the reasons as to why people work, the values of work and to appreciate the impact education can have of work opportunities later in life. • Children who are forced to work against their will, and to campaign for their rights 	Sparks Resilience 5 lessons <ul style="list-style-type: none"> • Mindfulness and the four muscles of resilience. • Emotion control • SPARK <ul style="list-style-type: none"> - Situation - Perception - Autopilot - Reaction - Knowledge 	RSE 2 Lessons <p>Relationships, families, puberty & personal hygiene</p> <ul style="list-style-type: none"> • Key facts about puberty, the changing adolescent body and menstrual wellbeing. • The main changes which take place in males and females, and the implications for emotional and physical health. • About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. • About dental health and the benefits of good oral hygiene and dental flossing, and regular check-ups at the dentist. • Different types of committed, stable relationships. • How these relationships might contribute to human happiness and their importance for bringing up children. • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. • Why marriage is an important relationship choice for many couples and why it must be freely entered into. • The characteristics and legal status of other types of long-term relationships. • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed. 	Internet safety 3 lessons <p>Me, myself and I online</p> <ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. • Online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them. • What to do and where to get support to report material or manage issues online. • The impact of viewing harmful content. • How information and data is generated, collected, shared and used online. 	Citizenship 4 lessons <ul style="list-style-type: none"> • The development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch

Year 8 Curriculum Map: PSHCE (19/20 lessons)

Unit 1	Unit 2	Unit 3	Unit 4
<p>Careers and Finance 8 lessons</p> <ul style="list-style-type: none"> • The differences between different types of banks, etc • Experience of planning or budgeting • Online financial security • The different places they can get financial advice • Philanthropy • CV's and personal statements • Unusual jobs 	<p>RSE 2 lessons</p> <ul style="list-style-type: none"> • Introduction to contraception • Law surrounding Consent including the age of consent • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women. • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. • That they have a choice to delay sex or to enjoy intimacy without sex. • The facts about the full range of contraceptive choices, efficacy and options available. 	<p>Basic First Aid 5 lessons</p> <ul style="list-style-type: none"> • Basic treatment for common injuries. • Life-saving skills, including how to administer CPR. • The purpose of defibrillators and when one might be needed. • The facts and science relating to immunisation and vaccination. • About the science relating to blood, organ and stem cell donation. 	<p>Road safety 4/5 lessons</p> <ul style="list-style-type: none"> • The highway code surrounding their age group • Potential hazards • How to stay safe • Precautions to take

Year 9 Curriculum Map: PSHCE (19/20 lessons)

Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Anti-Social Behaviour and Knife Crime 4 lessons	Prevent / British Values 2 lessons	Sex Education 2 lessons	Careers / Options 3 or 4 lessons	The Planet and the Environment 4 lessons	Mental Health 4 lessons
<ul style="list-style-type: none"> • The laws surrounding weapons and the consequences of carrying a weapon • Police stop and search • To know what a gang is • To identify the pros and cons of why people join gangs • To be able to consider the impact that gangs have on different groups within the community • To know what anti-social behaviour is an • To be able to consider the lasting impact of Anti-Social behaviour on the victims 	<ul style="list-style-type: none"> • A knowledge and understanding of extremism • A knowledge and understanding of Stereotyping • A knowledge and understanding of 'Britishness' and Diversity 	<ul style="list-style-type: none"> • All forms of contraception - including practical condom demonstrations • The facts around pregnancy including miscarriage • A reminder about consent and respectful relationships • The ideas surrounding the myth, 'It won't happen to me' 	<ul style="list-style-type: none"> • Personal Statement writing • Planning ahead and networking • Employability skills • A changing job market • What GCSE options might be best and why. 	<ul style="list-style-type: none"> • What is the impact of human life on Planet Earth? • Extinction Rebellion – are they good or bad? • What can we do as responsible citizens to help? 	<ul style="list-style-type: none"> • Types of mental ill health (e.g. anxiety and depression). • The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image, how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online. • Eating disorders