PSHE Curriculum Overview

Links to KS2		PSHE at Lydiard Park Academy will build on the statutory Relationships and Sex education and Health education that pupils have looked at in Key Stage 1 and 2. They will also develop their knowledge and understanding of the Citizenship topics as part of the National Curriculum. In line with many of our primary schools we base our PSHE on three key themes: Relationships, Living in the wider world and Health and Wellbeing. Each Year group will spend one term looking at Careers education. PSHE includes many opportunities to look at SMSC and British Values.					
Intent	**Statement of Intent**	Our Personal, Social, Health and Economic (PSHE) and Careers curriculum has been built with the aim to support the personal development of the 'whole child', by helping them to understand how they are developing emotionally, physically and socially. At the heart of PSHE is the school aim to inspire all pupils to turn their *potential into performance* and to provide them with the knowledge, understanding, attitudes, values and skills they need in order to reach their full potential as individuals and within the community. Pupils are encouraged to make informed decisions about relationships, health, economic wellbeing and future choices. The PSHE curriculum covers the three core topics: Health and Wellbeing, Sex and Relationships and Living in the Wider World. Within these topics pupils will explore British Values and Spiritual, Moral, Social and Cultural (SMSC) issues as well as covering the statutory Relationships and Sex education) and Health education, Citizenship and Careers programme.					
	Timeline	**Term 1 - 7 Weeks**	**Term 2 - 7 Weeks**	**Term 3 - 7 Weeks**	**Term 4 - 6 Weeks**	**Term 5 - 5 Weeks**	**Term 6 - 6 Weeks**
Year 7	**Year Overview**	Year 7 begins by introducing them to the PSHE curriculum. They will cover two Citizenship units, two Health and Wellbeing units which cover the statutory Health content. They will spend a term covering a unit about 'Growing up' and a careers based topic. In the Summer term. All Year 7 will attend a puberty workshop. Year 7 will also have a team building day.					
	SOW	**Starting LPA!**	**Health and Wellbeing How do I look after myself?**	**Living in the wider world Democracy and government**	**Health and Wellbeing Drugs, alcohol and tobacco**	**Relationships (RSE) Growing up**	**Careers**
	Unit Focus	First week at LPA Journey to School Making friends LPA Values Being an LPA citizen	Managing stress Hand washing Sleep Healthy Eating Tracking	What is democracy? The role of a MP Political parties of the UK Financial awareness- Budgeting Internet safety day	Focus- Smoking, The law Intro to drugs Legal drugs Drugs and the law Smoking & Vaping Tracking	Puberty Personal hygiene Periods Relationships Dental hygiene	My skills and strengths
Year 8	**Year Overview**	Year 8 covers three of the Citizenship units and two Health and Wellbeing units covering statutory content. They will finish the year with a careers unit. Year 8 will have an 'anti-bullying day'.					
	SOW	**Living in the wider world How do I manage my money?**	**Health and Wellbeing Looking after me**	**Living in the wider world The justice system**	**Health and Wellbeing Drugs, alcohol and tobacco**	**Living in the wider world Why is equality important?**	**Careers**

		Unit Focus	Money Management Personal finance & debt Budgeting Tax Ethical financial choices/risks	Self esteem Exercise Eating disorders Heathy relationships Tracking Police workshop-Sexting	How are young people stereotyped? Protecting people How do the Police investigate a crime? How are people punished? Internet safety day	Alcohol 1 Alcohol 2 Alcohol 3 Passive smoking/ Vaping Cannabis Tracking	Equality-Protected characteristics Human Rights Refugees/Migration Sexism	Career options and introduction to Careerpilot
	Year 9	**Year Overview**	Year 9 Cover two Citizenship units. A unit on Health and Wellbeing, covering the statutory content. In preparation for GCSEs they will complete a careers unit . In term 5 and 6 they will cover the statutory RSE lessons.					
		SOW	**Living in the wider world Being a good citizen**	**Careers**	**Living in the wider world Local and national government**	**Health and Wellbeing Drugs, alcohol and tobacco**	**Relationships (RSE) Developing healthy relationships**	**Relationships (RSE) Developing healthy relationships**
		Unit Focus	What does it mean to be a British citizen? Religious tolerance Freedom of Speech Mutual Respect Playing an active role in society	Career pilot programme	National Government Local Government Being an active citizen Internet safety day Financial awareness-taxes	Binge drinking Vaping Prescription drugs Class A Drugs Addiction Tracking Police Workshop-exploitation	RSE- Developing healthy relationships Intimate relationships Stages of a relationship Positive and respectful relationships Contraception	Unintended pregnancy Teenage parents STIs AIDs Loss and change in relationships.
	Year 10	**Year Overview**	Year 10 start with a unit on Social influence, before spending two terms looking at keeping healthy. In terms 5 and 6 they will look at RSE issues.					
		SOW	**Living in the wider world Social influence**	**Health and Wellbeing Looking after ourselves and each other**	**Health and Wellbeing Personal safety**	**Careers**	**Relationships (RSE) Respectful relationships**	**Relationships (RSE) Families**
		Unit Focus	Anti-social behaviour Knife crime County lines and gangs Radicalisation Extremism	Staying healthy Mental wellness Alcohol and house parties Saying No to drugs Gambling Tracking	First Aid Health screening Male Health Screening Female Organ donation Internet safety day	Writing CVs and preparing for mock interviews.	Sexual harassment Sexual assault Date rape/spiking Coercive control Staying safe online-pornography	Families Pregnancy options & miscarriage Fertility & Menopause Forced marriage FGM

Year 11	Year Overview	Year 11 will begin with a careers unit on preparing for Post-16 options. They will then cover the age appropriate wellbeing topics. There will then be a final PSHE topic in term 4 which will cover essential life skills. All Year 11s will be invited to attend the 'Safe Drive, Stay Alive' roadshow.					
	SOW	**Careers**	**Health and Wellbeing Exam preparation and managing time**	**Health and Wellbeing Looking after our mental health**	**Life skills**		
	Unit Focus	Post- 16 options	Exam preparation Managing time Revision Tracking Mock exam	Mental health Depression Anxiety Internet safety day Safe Drive, Stay Alive	First Aid Staying safe Getting a mortgage Loans and credit cards How to vote Health screening Students to be emailed to ask if there are any topics they would like to do.		
Impact	Assessment	Self-Assessment	Self-Assessment	Self-Assessment	Self-Assessment	Self-Assessment	Self-Assessment
	Literacy and Numeracy links	Each topic has a list of new key words that pupils are expected to use. Many of the tasks will encourage students to develop their writing skills and there are many reading opportunities embedded. There are some numeracy based tasks within some of the topics.					
	How It Is Used / Skills Set Developed / Outcomes	Many of the skills developed are part of life-long learning. PSHE at Lydiard Park Academy is about enabling pupils to make informed decisions by providing them with opportunities to look at many life issues.					
	Careers in the Curriculum	Each Year group will spend one term on Careers as part of the PSHE curriculum.					