



PSHCE

Personal Social Health Citizenship and Economic Studies



“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.” Damian Hinds

Whilst we believe that aspects of PSHCE are an integral part of school life, the explicit teaching of this curriculum aims to provide students with the information and understanding they need to be prepared for their teenage years and for their lives beyond school. At the heart of this curriculum are the school values: Ambition, Bravery and Kindness – which have been selected to provide the core principle and foundation for each area of PSHCE:

Living in the Wider World – Ambition

Health and Well-Being – Bravery

Relationships - Kindness

These values and PSHCE curriculum aim to support students to develop the knowledge and awareness to be safe, happy and engaged within society. Integral to this is a developing understanding of positive relationships and the celebration of differences both in school and the wider world. Students will understand where to go for support on key issues to keep themselves safe and well.

In Year 9 all students will continue to have one lesson a fortnight, and three Life Ready Days during Year 9. An outline of this programme showing the content for Year 9, 10 and 11 can be found on the school website, in the subjects/PSHCE section, with information about the consultation with parents/carers following during our initial planning stages.

**Overview of
Personal Social Health Citizenship and Economic Education and
ABK Values: Ambition, Bravery, Kindness overview**

		9	10	11
<u>Autumn Term 1</u>	Health Wellbeing: Bravery	Transition to KS4 Mental Wellbeing – developing personal toolkit.	Mental Wellbeing – developing personal toolkit.	Mental Wellbeing – developing personal toolkit.
<u>Autumn Term 2</u>	Relationships and Sex Education: Kindness	Sexual Relationships	Healthy sexual relationships	Healthy & Unhealthy sexual relationships
<u>Spring Term 1</u>	Living in the Wider World: Ambition	Skills for Work	Financial Future.	Employability
<u>Spring Term 2</u>	Health and Wellbeing: Bravery	Basic first aid. Physical health and fitness.	Drugs, alcohol and tobacco	Managing wellbeing during exams.
<u>Summer Term 1</u>	Relationships and Sex Education: Kindness	Online Safety	Relationship Breakdown	Revision and Health and Wellbeing at exam time.
<u>Summer Term 2</u>	Living in the Wider World: Ambition	Future Careers and Skills for Work.	Citizenship	