

PSHCE Curriculum Overview

PSHCE helps students acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, PSHCE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. PSHCE education equips pupils to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing.

PSHCE education contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and 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 pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.

PSHCE can help reduce or remove many of the barriers to learning experienced by pupils, significantly improving their capacity to learn and achieve. It makes a significant contribution to pupils' spiritual, moral, social and cultural (SMSC) development, their behaviour and safety and the school's statutory responsibility to promote pupils' wellbeing. In addition, as identified by OFSTED, the learning provided through a comprehensive PSHCE education provision is essential to pupil safeguarding.

The aim for PSHCE education is to provide pupils with: -

- accurate, balanced and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives
- opportunities to develop positive personal attributes such as resilience, self-confidence, self-esteem, and empathy

Key Terms – Identity, Relationships, Healthy Lifestyle, Behaviours, Staying Safe, Diversity, Equality, Rights, Change, Resilience, Career

The PSHCE curriculum encompasses our school ethos and is delivered holistically through subject specific learning as well as cross curricular links and extended enrichment. Due to our bespoke curriculum to meet the needs of all pupils, themes may be taught at different times of the year and may be delivered outside of the suggested key stage.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A 2018-2019	<p>Friends and Relationships</p> <p>All about me</p> <p>Dealing with Stress and Depression</p> <p>Equal Opportunities</p>	<p>Citizenship Rights, Responsibilities and rules</p> <p>Culture, religion and diversity</p> <p>Legal Rights</p> <p>Employer/Employee Rights Pressure Groups The European Union</p>	<p>Social and Moral Dilemmas</p> <p>Stranger Danger</p> <p>Role of Media and Internet and e-safety Importance of free Press</p> <p>Global Interdependence and Sustainable Development</p> <p>Climate change/ recycling</p>	<p>Democracy in Action</p> <p>Britain's Systems of Governments; Parliament the Electoral System Democratic Processes</p> <p>Life Skills/ Money</p>	<p>Keeping Healthy:</p> <p>Eating Dieting Exercise Drinking Personal Hygiene</p>	<p>Work related learning</p> <p>Options at end of Lonsdale and beyond</p> <p>Local Colleges Training Day Centre Process of Application</p>
Cycle B 2019-2020	<p>WRL Week</p> <p>Manage your Emotions/ All About Me</p> <p>Families and relationships</p> <p>Dealing with Loss and Bereavement</p>	<p>Citizenship – what makes a good citizen?</p> <p>The Citizen and The Law</p> <p>The commonwealth and the United Nations</p> <p>Racism and discrimination</p> <p>Culture, religion and diversity</p>	<p>Sex and relationship education</p> <p>Becoming a Parent</p> <p>Consent</p> <p>Online and social media safety</p>	<p>Health Matters</p> <p>Understanding Disability</p> <p>Smoking</p> <p>Drugs</p>	<p>Thinking about Careers</p> <p>Jobs in School Skills Employers need Dream job and Reality; Personal Strengths and weaknesses</p>	<p>Citizenship</p> <p>The Economy Personal Money; Spending and saving Wages and Benefits Luxuries and Essentials</p> <p>Consumer rights and Responsibilities</p>
Cycle C 2020-2021	<p>Emotional and Mental Health</p> <p>Stress, pressure, challenges, bereavement, work-life balance, satisfying leisure time</p>	<p>The Media and Young People</p> <p>World News</p> <p>Celebrities Body Image Pros and Cons</p> <p>Culture, religion and diversity</p>	<p>Personal Finance</p> <p>Budgeting, my money, credit, benefits, debt</p> <p>Keeping Healthy:</p> <ul style="list-style-type: none"> Eating Dieting Exercise Drinking Personal Hygiene 	<p>Looking ahead: The Working World and Employability</p> <p>Jobs</p> <p>Skills, CV, qualities, rights and responsibilities</p>	<p>Sex and Relationship Education</p> <p>Choose a relevant area for your group, e.g. friendship, family, relationships, bullying, puberty, sexual health and relationships, STIs</p>	<p>Sixth-Form Transition and the Future</p> <p>What's Next?</p>

Colour coding:

- Primary
- Secondary *
- Upper School/ post 16 *
- Whole School