

STURMINSTER NEWTON HIGH SCHOOL PERSONAL, SOCIAL AND HEALTH EDUCATION PROGRAMME YEARS 7-11

Sturminster Newton High School's PSHE programme has been created to ensure that the core themes, recommended by the PSHE Association and the new DFE compulsory (from sept 2020) Sex and RSE are covered during Key Stages 3 and 4 and are extended into ks5. The three core themes are Health and Wellbeing, Relationship and Sex education and Living in the Wider World (Economic wellbeing, careers and the world of work). The PSHE Association's guidance booklet "PSHE Association Programme of Study" (4th Edition 2020) recommends that these themes have broad overlap and flexibility to enable schools to produce schemes of work which are relevant to their own students and their experiences. SNHS will be following 6 core themes.

Theme 1 – Rights, Responsibilities and British Values

Theme 2 – Celebrating Diversity and Equality

Theme 3 – Relationship and Sex Education

Theme 4 – Stayin Safe Online and Offline

Theme 5 – Health and Wellbeing

Theme 6 – Life Beyond School (Careers)

The national curriculum framework states that all schools should make provision for PSHE education, drawing on good practice. In order to help schools to meet this objective, our programme of study identifies the key concepts, skills and attributes that are developed through PSHE education. These help schools to fulfil their statutory responsibility to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life, as set out in Section 78 of the Education Act 2002, and their statutory safeguarding responsibilities, in line with the statutory guidance that schools 'should ensure children are taught about safeguarding, including online, through teaching and learning opportunities, as part of providing a broad and balanced curriculum'.

Starting in Year 7, Sturminster Newton High School students will undertake a programme of study which consists of six modules each year. All students will be provided with a workbook to enable them to record and reflect on discussions within PSHE lessons and to assess their own knowledge and understanding, guided by their teachers.

Whilst there is no specific framework for assessment for PSHE, student progress can be measured against their own starting point, based on the development of their level of understanding of each topic.

PSHE 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. A critical component of PSHE education is providing opportunities for children and young people to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future.

PSHE 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.

PSHE education can help schools to reduce or remove many of the barriers to learning experienced by pupils, significantly improving their capacity to learn and achieve. The PSHE education programme 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 the learning provided through a comprehensive PSHE education provision is essential to safeguarding pupils, as Ofsted has set out.

The aim for PSHE 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

The outline of the programme of study can be seen below.

STURMINSTER NEWTON HIGH SCHOOL PERSONAL, SOCIAL AND HEALTH EDUCATION PROGRAMME YEARS 7-11



OVERVIEW OF TOPICS TAUGHT – ORDER MAY VARY

TERM 1.1			
Subject	Y Group	Key themes Studied	Homework Topic
<u>CITIZENSHIP</u>	Year 7	<input type="checkbox"/> Identity <input type="checkbox"/> Citizenship <input type="checkbox"/> Nationalities	Identity Collage & Bunting
<u>PSHE</u>	Year 8	<input type="checkbox"/> LGBT <input type="checkbox"/> Gender Issues <input type="checkbox"/> Trans Issues	Deliver a speech on a famous LGBT Role Model
<u>CITIZENSHIP</u>	Year 9	<input type="checkbox"/> Terrorism <input type="checkbox"/> Extremism <input type="checkbox"/> Fake News <input type="checkbox"/> Media	Creating a newspaper
<u>CITIZENSHIP</u>	Year 10	<input type="checkbox"/> British Values <input type="checkbox"/> Human Rights <input type="checkbox"/> LGBT	
<u>CAREERS & ENTERPRISE</u>	Year 11	<input type="checkbox"/> Careers <input type="checkbox"/> CV Writing <input type="checkbox"/> Interviews <input type="checkbox"/> Personal Statements	

TERM 1.2			
Subject	Y Group	Key themes Studied	Homework Topic
<u>PSHE</u>	Year 7	<input type="checkbox"/> Puberty <input type="checkbox"/> Body Development <input type="checkbox"/> Periods <input type="checkbox"/> Emotions	Create a puberty Magazine
<u>CITIZENSHIP</u>	Year 8	<input type="checkbox"/> Law <input type="checkbox"/> Rights <input type="checkbox"/> Society <input type="checkbox"/> Community	Set up a new community on an island
<u>PSHE</u>	Year 9	<input type="checkbox"/> Consent <input type="checkbox"/> FGM <input type="checkbox"/> Contraception <input type="checkbox"/> Sexual Health	Design a new Reality TV show Love Island
<u>CITIZENSHIP</u>	Year 10	<input type="checkbox"/> Emotional Wellbeing <input type="checkbox"/> Mental Health <input type="checkbox"/> Child Abuse <input type="checkbox"/> Self Harm	
<u>CAREERS & ENTERPRISE</u>	Year 11	<input type="checkbox"/> Parenthood <input type="checkbox"/> Pregnancy <input type="checkbox"/> Love and Abuse <input type="checkbox"/> Cancers <input type="checkbox"/> Organ Donation & Medical Ethics	

Spring TERM 2.1			
Subject	Y Group	Key themes Studied	Homework Topic
<u>CITIZENSHIP</u>	Year 7	<input type="checkbox"/> Voting <input type="checkbox"/> General Elections <input type="checkbox"/> Democracy <input type="checkbox"/> Making Laws	Setting up a political party
<u>PSHE</u>	Year 8	<input type="checkbox"/> Self Esteem <input type="checkbox"/> Body Image <input type="checkbox"/> Budgeting & Finance <input type="checkbox"/> Careers	Best day of my life project
<u>PSHE</u>	Year 9	<input type="checkbox"/> Cannabis <input type="checkbox"/> Illegal Drugs <input type="checkbox"/> Drug Addiction <input type="checkbox"/> Volatile Substance Abuse	War on Drugs strategy
<u>PSHE</u>	Year 10	<input type="checkbox"/> Sexting <input type="checkbox"/> Porn <input type="checkbox"/> Sexual Abuse & Rape <input type="checkbox"/> Domestic Violence	
<u>PSHE</u>	Year 11	<input type="checkbox"/> Contraception <input type="checkbox"/> Cancer <input type="checkbox"/> STIs and STD's <input type="checkbox"/> Sexual Health	

OVERVIEW OF TOPICS TAUGHT – ORDER MAY VARY

TERM 2.2

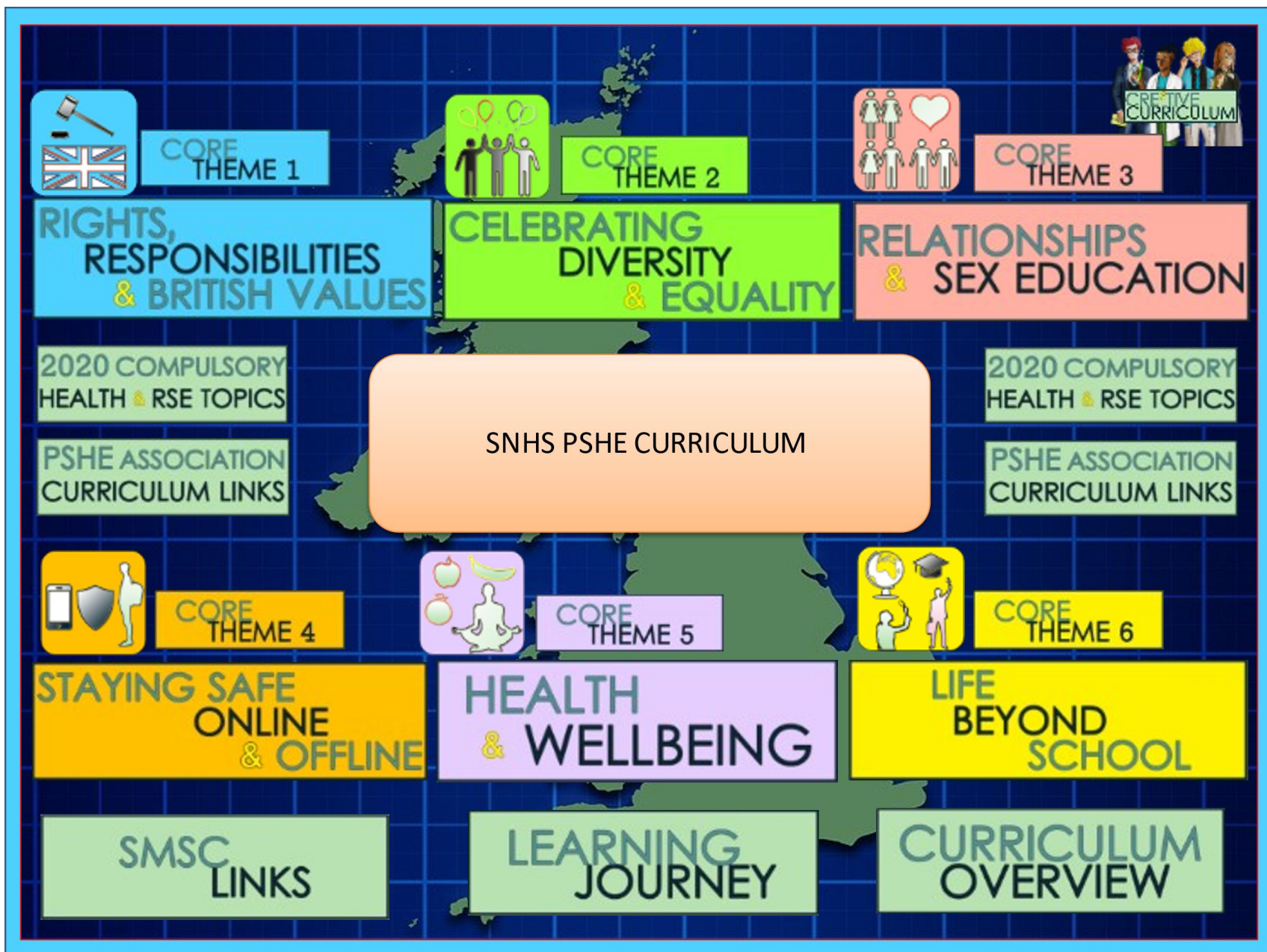
Subject	Y Group	Key themes Studied	Homework Topic
CITIZENSHIP	Year 7	<input type="checkbox"/> Drugs <input type="checkbox"/> Gangs <input type="checkbox"/> Knife Crime <input type="checkbox"/> Peer Pressure	Designing a mobile safety App
PSHE	Year 8	<input type="checkbox"/> LGBT + Gender <input type="checkbox"/> Love <input type="checkbox"/> Consent <input type="checkbox"/> Relationships <input type="checkbox"/> Periods	Body image and the media – celebrity fake lifestyles
CAREERS & ENTERPRISE	Year 9	<input type="checkbox"/> Picking Options <input type="checkbox"/> First Aid <input type="checkbox"/> Conflict Management <input type="checkbox"/> Budgeting	Fairtrade Project
PSHE	Year 10	<input type="checkbox"/> Consumer Rights <input type="checkbox"/> Employment Rights <input type="checkbox"/> Social Media <input type="checkbox"/> Personal Finance	
PSHE	Year 11	<input type="checkbox"/> Drugs <input type="checkbox"/> Festivals <input type="checkbox"/> Sexualisation of the Media	

Summer TERM 3.1

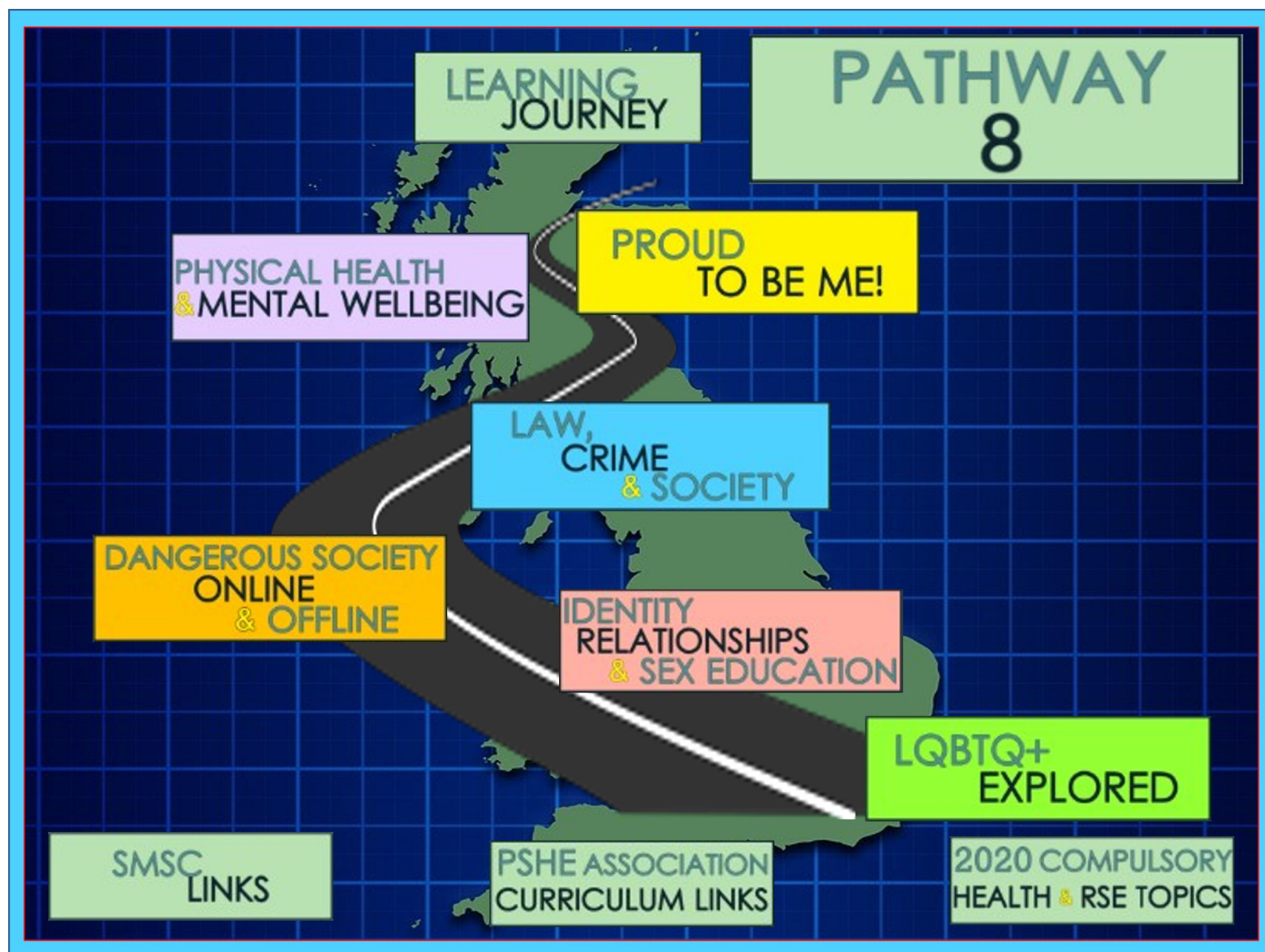
Subject	Y Group	Key themes Studied	Homework Topic
CAREERS & ENTERPRISE	Year 7	<input type="checkbox"/> Communities <input type="checkbox"/> Sleep <input type="checkbox"/> Team Work <input type="checkbox"/> Skills & Qualities	Creating a boardgame
PSHE	Year 8	<input type="checkbox"/> County Lines (Gangs) <input type="checkbox"/> Drugs <input type="checkbox"/> Online Safety <input type="checkbox"/> Alcohol	Teaching a lesson on different types of safety
PSHE	Year 9	<input type="checkbox"/> Contraception <input type="checkbox"/> HIV and AIDS <input type="checkbox"/> STI's and STD's <input type="checkbox"/> Risky Activities in relationships	Stopping teenage pregnancy in the UK
CITIZENSHIP	Year 10	<input type="checkbox"/> Honour Based Violence <input type="checkbox"/> Gambling <input type="checkbox"/> Modern Day Slavery <input type="checkbox"/> Knife Crime	
PSHE	Year 11		

TERM 3.2

Subject	Y Group	Key themes Studied	Homework Topic
PSHE	Year 7	<input type="checkbox"/> Consent <input type="checkbox"/> Friendships <input type="checkbox"/> Toxic Masculinity <input type="checkbox"/> Positivity	Making a Time Capsule
PSHE	Year 8	<input type="checkbox"/> Health & Wellbeing <input type="checkbox"/> Child Abuse <input type="checkbox"/> Stress Management <input type="checkbox"/> Healthy eating	Launching a leisure centre
PSHE	Year 9	<input type="checkbox"/> Media & Airbrushing <input type="checkbox"/> Grief & loss <input type="checkbox"/> Cancer Prevention <input type="checkbox"/> Body Confidence	School Health & Wellbeing Idea
CITIZENSHIP	Year 10	<input type="checkbox"/> Brexit <input type="checkbox"/> Fair Trade <input type="checkbox"/> Women's Rights <input type="checkbox"/> AID <input type="checkbox"/> Peace & Conflict	
	Year 11		







LEARNING
JOURNEY

PATHWAY 9

SEX,
THE LAW
& CONSENT

COMBATTING
EXTREMISM
& TERRORISM

LEGAL
& ILLEGAL
DRUGS

CONTRACEPTION
& STI'S

ESSENTIAL
LIFE
SKILLS

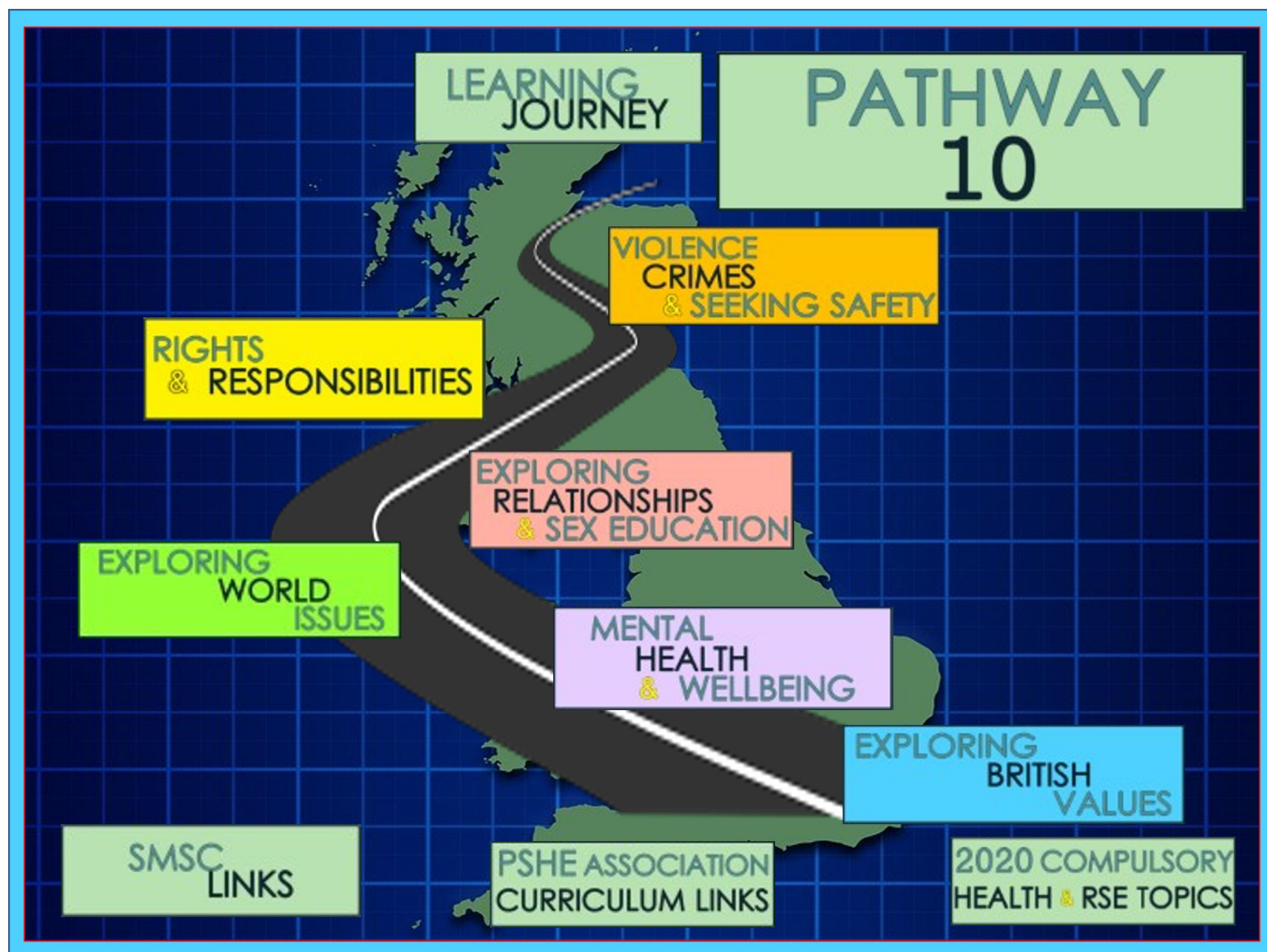
BODY
CONFIDENCE

SMSC
LINKS

PSHE ASSOCIATION
CURRICULUM LINKS

2020 COMPULSORY
HEALTH & RSE TOPICS





LEARNING
JOURNEY

PATHWAY 11

YOUR FUTURE
& BEYOND

STAYING
SAFE

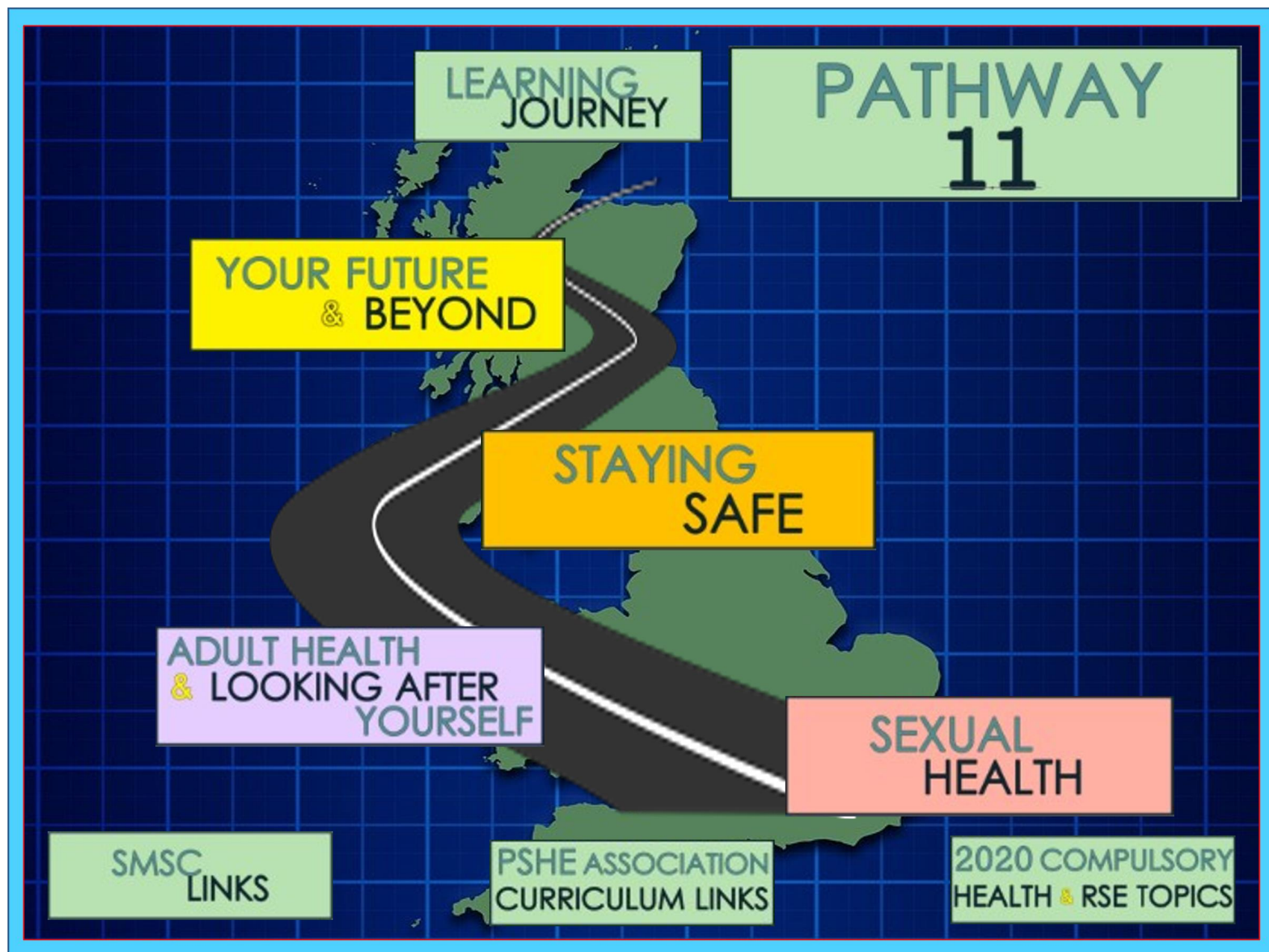
ADULT HEALTH
& LOOKING AFTER
YOURSELF

SEXUAL
HEALTH

SMSC
LINKS

PSHE ASSOCIATION
CURRICULUM LINKS

2020 COMPULSORY
HEALTH & RSE TOPICS



CORE THEME 1

RIGHTS, RESPONSIBILITIES & BRITISH VALUES

PATHWAY
7

POLITICS,
PARLIAMENT
& ME



LAW,
CRIME
& SOCIETY

PATHWAY
8

COMBATTING
EXTREMISM
& TERRORISM

PATHWAY
9

EXPLORING
BRITISH
VALUES

PATHWAY
10

SMSC
LINKS

PSHE ASSOCIATION
CURRICULUM LINKS

2020 COMPULSORY
HEALTH & RSE TOPICS

CORE THEME 2

CELEBRATING DIVERSITY & EQUALITY

PATHWAY
7

CELEBRATING DIFFERENCES



PATHWAY
8

LGBTQ+ EXPLORED

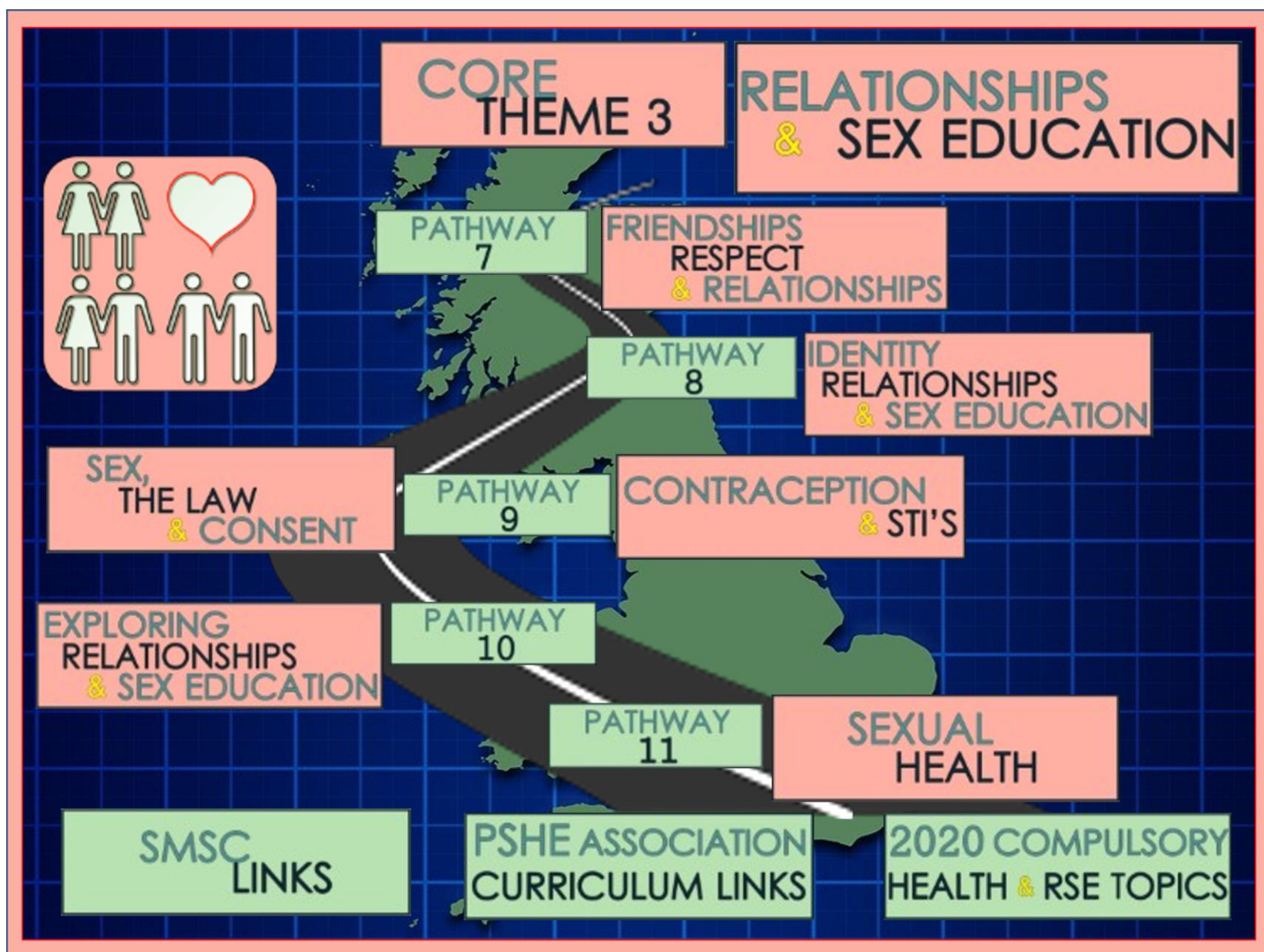
PATHWAY
10

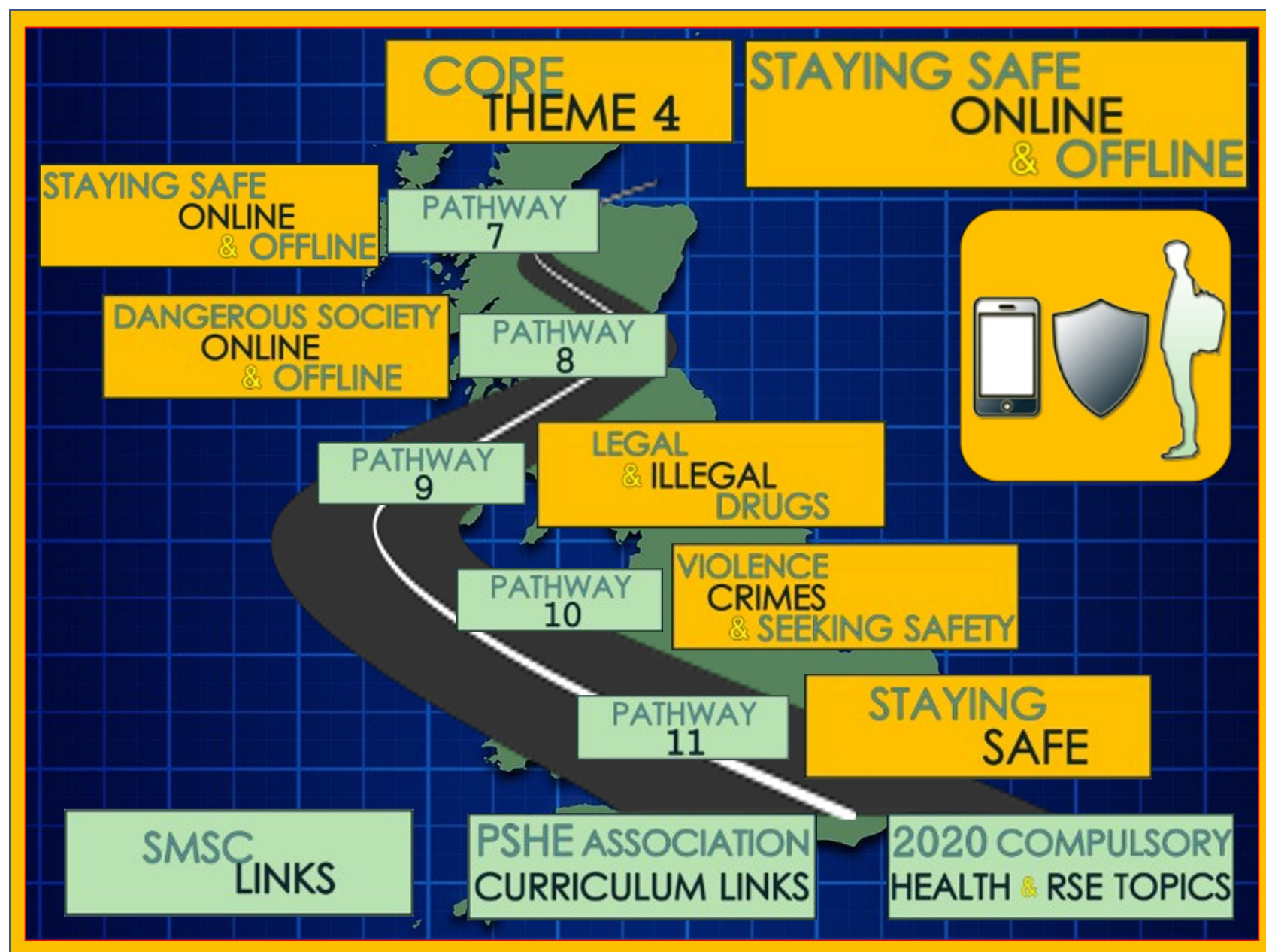
EXPLORING WORLD ISSUES

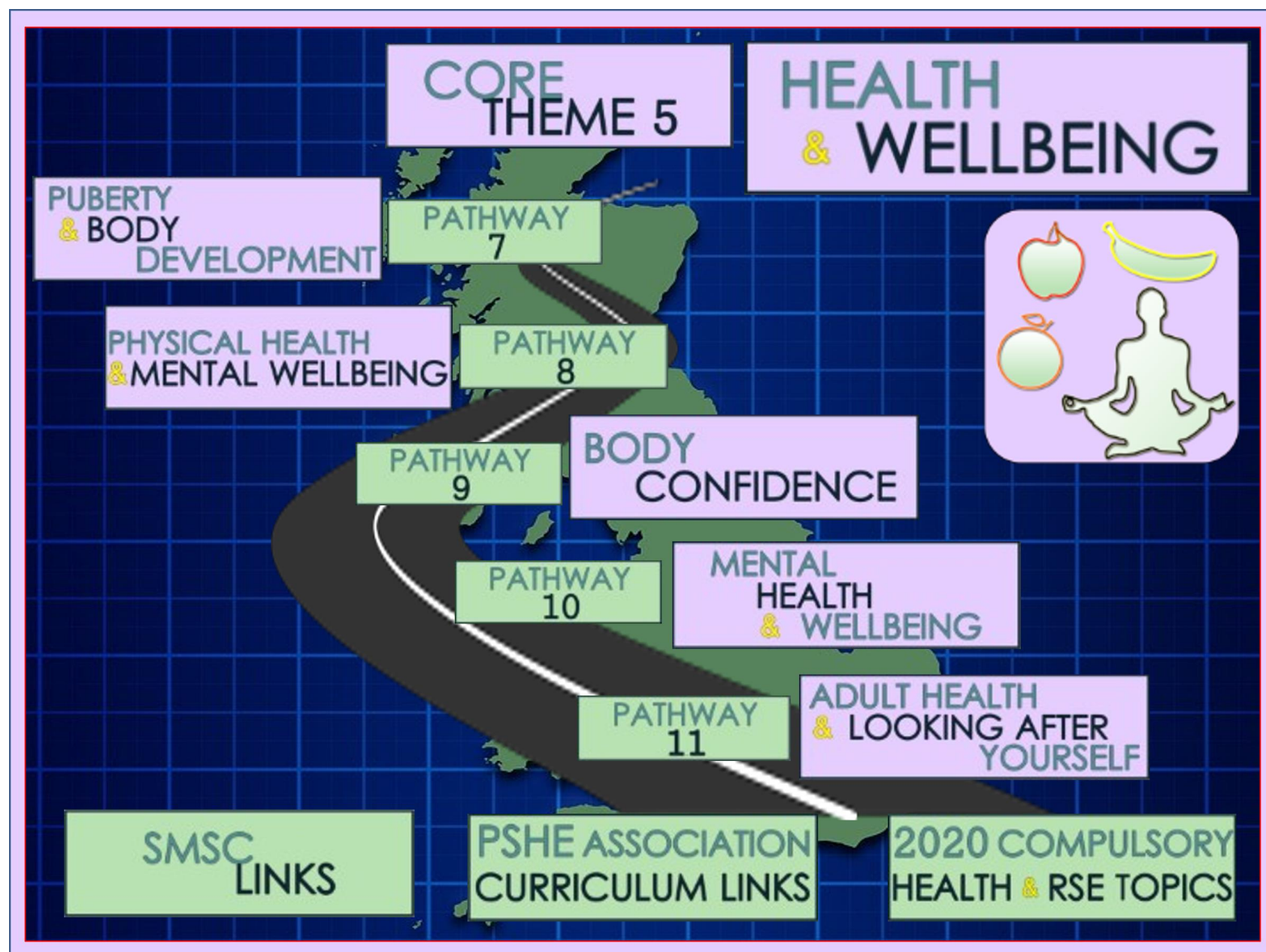
SMSC
LINKS

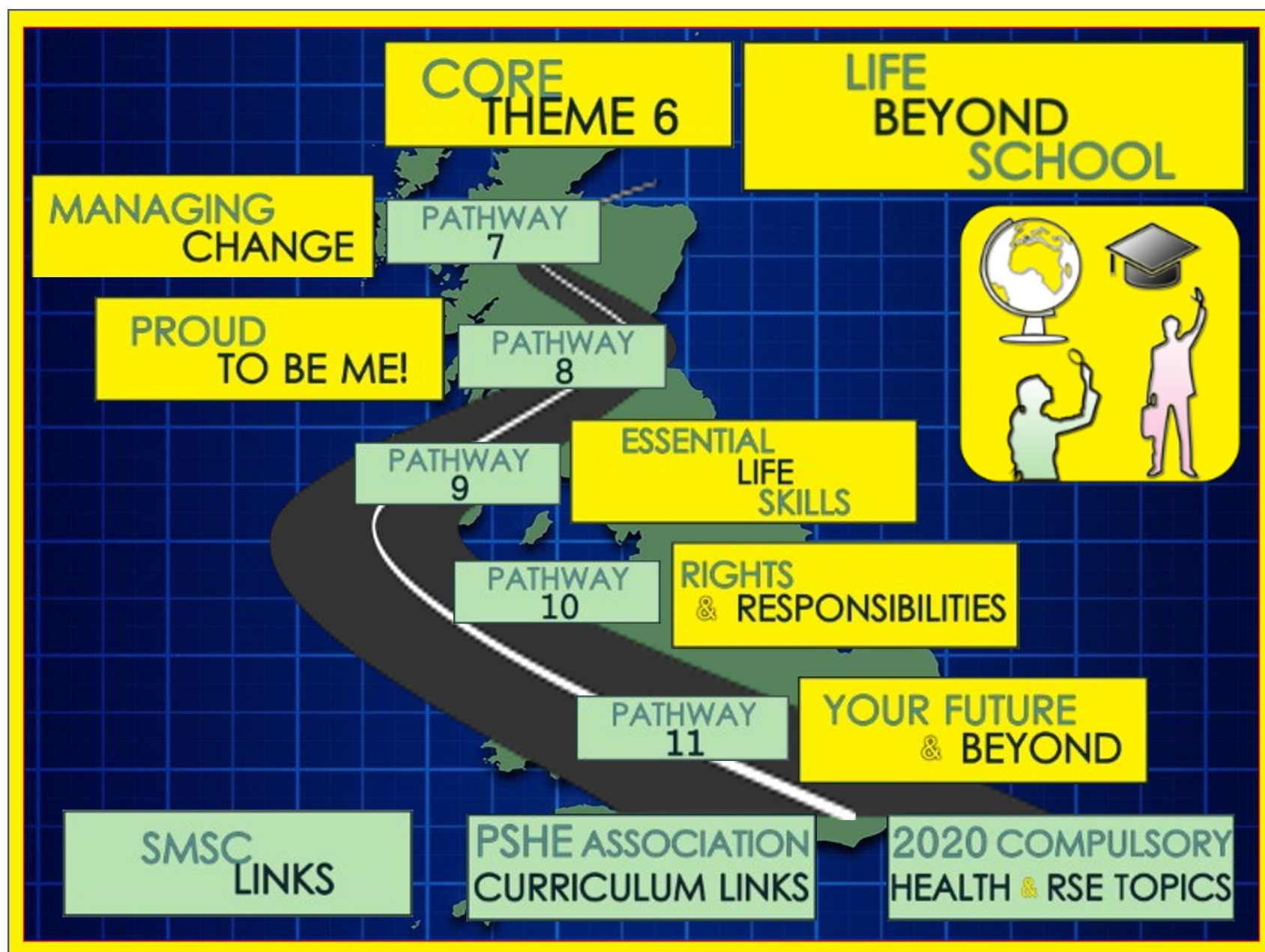
PSHE ASSOCIATION
CURRICULUM LINKS

2020 COMPULSORY
HEALTH & RSE TOPICS









**Year 7 Curriculum Overview
PSHE**

HALF TERM	Subject	THEME	UNIT TITLE
TERM 1.1	<u>CITIZENSHIP</u>	Celebrating Diversity & Equality	Celebrating Differences
TERM 1.2	<u>PSHE</u>	Health & Wellbeing	Puberty & Body Development
TERM 2.1	<u>CITIZENSHIP</u>	Rights, Responsibilities & British Values	Politics, Parliament & Me
TERM 2.2	<u>PSHE</u>	Staying Safe Online & Offline	Staying Safe online & Offline
TERM 3.1	<u>CAREERS & ENTERPRISE</u>	Life Beyond School	Managing Change
TERM 3.2	<u>PSHE</u>	Relationships & Sex Education	Friendships, respect & Relationships

Year 8 Curriculum Overview
PSHE

HALF TERM	Subject	THEME	UNIT TITLE
TERM 1.1	<u>CITIZENSHIP</u>	Celebrating Diversity & Equality	LGBTQ+ Explored
TERM 1.2	<u>PSHE</u>	Rights, Responsibilities & British Values	Law, Crime & Society
TERM 2.1	<u>CITIZENSHIP</u>	Life Beyond School	Proud to be Me!
TERM 2.2	<u>PSHE</u>	Relationships & Sex Education	Identity, Relationships & Sex Education
TERM 3.1	<u>CAREERS & ENTERPRISE</u>	Staying Safe Online & Offline	Dangerous Society Online & Offline
TERM 3.2	<u>PSHE</u>	Health & Wellbeing	Physical Health & Mental Wellbeing

Year 9 Curriculum Overview
PSHE

HALF TERM	Subject	THEME	UNIT TITLE
TERM 1.1	<u>CITIZENSHIP</u>	Rights, Responsibilities & British Values	Combatting Extremism & Terrorism
TERM 1.2	<u>PSHE</u>	Relationships & Sex Education	Sex, The law and Consent
TERM 2.1	<u>PSHE</u>	Staying Safe Online & Offline	Legal & Illegal Drugs
TERM 2.2	<u>CAREERS & ENTERPRISE</u>	Life Beyond School	Essential Life Skills
TERM 3.1	<u>PSHE</u>	Relationships & Sex Education	Contraception and STI's
TERM 3.2	<u>PSHE</u>	Health & Wellbeing	Body Confidence

Year 10 Curriculum Overview
PSHE

HALF TERM	Subject	THEME	UNIT TITLE
TERM 1.1	<u>CITIZENSHIP</u>	Rights, Responsibilities & British Values	Exploring British Values
TERM 1.2	<u>CAREERS & ENTERPRISE</u>	Life Beyond School	Rights and Responsibilities
TERM 2.1	<u>PSHE</u>	Relationships & Sex Education	Exploring Relationships & Sex Education
TERM 2.2	<u>PSHE</u>	Staying Safe Online and Offline	Violence, crime and Seeking Safety
TERM 3.1	<u>CITIZENSHIP</u>	Celebrating Diversity & Equality	Exploring World Issues
TERM 3.2	<u>PSHE</u>	Health & wellbeing	Mental Health & Wellbeing

Year 11 Curriculum Overview
PSHE

HALF TERM	Subject	THEME	UNIT TITLE
TERM 1.1	<u>CAREERS & ENTERPR</u>	Life Beyond School	Your Future & Beyond
TERM 1.2	<u>PSHE</u>	Relationships & Sex Education	Sexual Health
TERM 2.1	<u>PSHE</u>	Online & Offline Safety	Staying Safe
TERM 2.2	<u>PSHE</u>	Health & Wellbeing	Adult Health and Looking after yourself
TERM 3.1			REVISION FOR GCSE EXAMS
TERM 3.2			