

PSHE Phase One Curriculum

Curriculum Intent:

The PSHE curriculum at Trinity Academy St. Edward's acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. The PSHE curriculum aims to equip young people with a sound understanding of risk and give students the knowledge and skills necessary to make **safe and informed decisions**. The aim of PSHE education is to reduce or **remove many of the barriers** to learning experienced by pupils, significantly improving their capacity to learn and achieve. The PSHE curriculum will make a **significant contribution to pupil's Spiritual, Moral, Social and Cultural (SMSC) development**, their behaviour and safety and the school's statutory responsibility to promote pupil's wellbeing. The PSHE curriculum also challenges young people to be **ambitious** through exploring careers and the wider world of work, as well as through creating links with the community.

Year 7

Overview:

The PSHE curriculum incorporates the understanding of RSE so that children understand how to manage risks and keep themselves safe in regard to relationships. We provide pupils with opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our pupils are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

Content:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Health and Wellbeing Transition	Health and Wellbeing Puberty	Relationships	Living in the wider world	Relationships	Financial Wellbeing

<p>The aim of this unit is to introduce year 7 to the Academy and its values and ethos. Pupils will have a clear understanding of what identity means and how identity and values can shape their future. Pupils are given the skills necessary to develop personal safety strategies, such as road safety and the skills needed to manage an emergency, such as first aid. Pupils will develop an understanding of what mental well-being is and how to protect and care for their mental health and where to seek support in school.</p>	<p>The aim of this unit is ensuring that students have an understanding about how their bodies will be changing at this time in their life. This unit will give both boys and girls will develop knowledge about how their bodies differ and how they can manage these changes. Students will gain knowledge on personal hygiene including dental hygiene and keeping a clean body. They will also learn about how to keep their bodies healthy and impact on mental health.</p>	<p>Students will develop knowledge on how stereotypes based on race, sex, gender and sexual orientation can cause damage. Students will understand that in school and in the wider community they are expected to treat everyone with respect. Students will know about different types of bullying, including homophobic and racist bullying.</p>	<p>This unit will allow our students to develop an understanding of what working life is about. It will give them an insight into what a career is and different types of employment, such as self-employment and voluntary work. The unit will inspire our students to set aspirational goals for the future.</p>	<p>Within this unit students will gain knowledge about what healthy relationships are. They will understand how to identify between a healthy and an unhealthy relationship. They will gain knowledge about the difference between relational conflict and bullying. They will be encouraged to build resilience and given strategies to resolve conflict.</p>	<p>In this unit pupils will gain knowledge about the purpose and positives of being able to budget from a young age. It is important students leave school financially literate, for when they go to college, start an apprenticeship or go to university. The unit also ensures our students understand the risks of using finances in a negative way. Fraud is on the increase globally, therefore we need to ensure our students are aware of what fraud is, how it works and how to protect themselves</p>
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Who to contact about Phase One PSHE:

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