

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.

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.

Year 7

Content:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
My body and me	My body and me	Managing my emotions	Managing my emotions	British Values	Criminal justice

<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. Students explore issues linked to their health such as healthy diets, mental wellbeing, puberty, consent (boundaries in friendships and relationships) and online relationships.</p>	<p>Students will continue to look at issues linked to the body and mind such as eating disorders and personal hygiene. Students will also examine the work of young carers and the concept of equality and disability.</p>	<p>This unit will focus on managing the emotions that come alongside puberty. PSHE national teaching advice recommends that puberty be taught earlier in the school curriculum so this unit will support students managing puberty and changes within the school environment. Students will explore mindfulness, managing stress, resilience and confidence</p>	<p>Students will continue to develop their knowledge of emotional wellbeing by exploring important issues such as cyber-bullying, anger management, positivity and the dangers linked to self-harm.</p>	<p>This unit is a citizenship-based unit focusing on British values which a fundamental part of PSHE, this unit will focus on applying British values to the students real world setting and the more diverse school setting they may find themselves in with the transition to secondary school. Students explore democracy, the rule of law, respect and tolerance.</p>	<p>This unit aims to allow students to experience elements of the criminal justice system whilst helping them learn the legal proceedings in the UK. This continues the theme of looking at British values specifically the rule of law. They will see a fictional crime incident from initial crime-scene to prosecution in this project based topic.</p>
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Year 8

Content:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Public health	Public health	Crime and punishment	Crime and punishment	Rights and respects	Digital footprints

<p>This unit will focus on students taking more responsibility for their own health and wellbeing and will also help student to spot and recognise misinformation online. Students will examine healthy relationships, dental hygiene, vaccines and immunisations, cosmetic surgery, cancer awareness and the benefits of exercise.</p>	<p>Students will continue to explore their responsibility for health by learning first aid skills, considering transplant law and managing change and bereavement.</p>	<p>The theme of responsibility and independence helping students to make correct choices when around negative influences or facing peer pressure. Students will learn why we need laws, crime in the UK, illegal drugs and the law, prescription drugs and tobacco and the law.</p>	<p>Students will examine the CPS system, the role of the police and the courts. They will explore the justice system by examining what happens to young offenders in the UK.</p>	<p>This unit will continue look at responsibility and independence and promoting a better understanding of news on the internet. This unit will focus on creating a better understanding of protected characteristics and how they should be upheld within the school community.</p>	<p>his unit will help continue to build independence for students helping them to understand the internet and how to safeguard against dangers online. Students will examine fake news, sleep and screen time and free speech vs hate speech.</p>
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Who to contact about Phase One PSHE:

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