

Curriculum Overview – PSHE

Introduction

This document **outlines the curriculum and key considerations** including:

- Aims and purpose
- Alignment with the whole school provision and curriculum intent
- A summary programme of study which includes sequencing of taught content

We use the National Curriculum as our statutory foundation and broadly share its principles and aims including:

- ‘To provide pupils with an introduction to the essential knowledge that they need to be educated citizens. To introduce pupils to the best that has been thought and said; and help engender an appreciation of human creativity and achievement’.
- To prepare students to be confident in themselves, to have a fulfilled and successful life beyond our school – one where they contribute positively to society.
- Our statutory curriculum is just one element in the education of every child. There is time and space in the school day and in each week, term and year to range beyond statutory specifications.
- Provision of a framework of core knowledge around which teachers can develop exciting and stimulating lessons to promote the development of pupils’ knowledge, understanding and skills as part of the wider school curriculum.
- The wider school curriculum includes an extensive range of opportunities and activities that are routinely available to students, are inclusive and reflect our diverse community.

Numeracy and literacy

Teachers should take opportunities to develop pupils’ mathematical fluency, spoken language, reading, writing and vocabulary within their specific discipline and in line with the expectations laid out in our school curriculum statement.

Purpose of study

Personal, Social, Health and Economic (PSHE) Education focuses on strengthening the knowledge, skills and connections to keep children and young people healthy and safe and to prepare them for life and work. Our goal is to equip our learners with the knowledge, understanding, attitudes and practical skills to live healthily, safely, productively and responsibly.

PSHE at Wolfreton School is a high impact course that enables students to reach their full potential by developing knowledge, skills and attributes necessary to thrive within society and as global citizens. PSHE provides students with the capacity to make responsible decisions and manage many of the most critical challenges and opportunities life can present. PSHE provides a platform that gives every student the opportunity to be safe and successful within the ever-changing landscapes of today's society. PSHE not only support students' health, relationships and well-being, but also their academic attainment.

Wolfreton Curriculum Intent

Our PSHE curriculum is underpinned by our Intent statement:

Learn it. Live it.

PSHE Curriculum Aims

In PSHE, we want our students to be curious, empathetic, self-aware and opinionated. We therefore strive to provide an enriching, engaging and empowering curriculum using a variety of resources and materials to explore a range of issues and ideas. Our PSHE curriculum covers careers, healthy relationships, physical and mental health, money management, online and offline safety, British Values, substances, study skills, and current affairs.

Wolfreton School's PSHE curriculum aims to ensure that all pupils:

- Develop empathy and understanding of how the world around us works
- Develop responsible decision-making skills and self-management
- Develop transferable skills such as analytical thinking, problem solving, teamwork and communication strategies.
- Are equipped with the appropriate knowledge, tools, strategies and skills they need for life beyond school.

Building on prior learning

The KS3 curriculum builds on the knowledge acquired at feeder primary schools and the three core PSHE themes of **Health and Wellbeing**, **Relationships** and **Living in the Wider World**. This is implemented across six core themes to imbed the core PSHE principles: Health and Wellbeing, Relationships and Sex Education (RSE), Life Beyond School, Rights and British Values, Celebrating Differences and Staying Safe Online and Offline.

CORE THEME 1: Health and Wellbeing	CORE THEME 2: Relationships and Sex Education (RSE)	CORE THEME 3: Life Beyond School
<ul style="list-style-type: none"> • Physical and mental health • Growing up and puberty • Body image • Diseases 	<ul style="list-style-type: none"> • Consent and boundaries • Respectful relationships • Physical development and changes • Contraception and sexual health 	<ul style="list-style-type: none"> • Progression and careers • Financial education • Employability & enterprise • Exam stress and anxiety
CORE THEME 4: Rights and British Values	CORE THEME 5: Celebrating Differences	CORE THEME 6: Staying Safe Online and Offline
<ul style="list-style-type: none"> • Rights and responsibilities • Politics, democracy and parliament • Radicalisation, extremism and terrorism • Mutual respect, tolerance, and individual liberty 	<ul style="list-style-type: none"> • Identity and equality • Prejudice and discrimination • Multicultural Britain • Stereotypes 	<ul style="list-style-type: none"> • Online behaviours - safety and dangers • Online grooming and cyberbullying • Drugs - Substance misuse and addiction • Gangs and criminal behaviour

At Key Stage 3, students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills that will equip them for the opportunities and challenges of life. Students learn to manage relationships, their online lives, and the increasing influence of peers and the media.

At Key Stage 4, students deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during Key Stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

Assessment in PSHE

Our primary focus within PSHE assessment is to uphold a formative and reflective approach that supports the personal development of each individual student. To effectively assess students' personal qualities, knowledge and understanding we implement a multifaceted assessment approach. Students are assessed through a variety of methods to capture the broad range of learning opportunities that takes place. Strategies include:

- Self-assessment
- Peer assessment feedback
- Teacher observation & assessment
- Discussion/debate-based tasks
- Written reflections
- End of topic quizzes (measuring progress through time)
- Student Voice

This holistic approach ensures that assessment in PSHE remains meaningful, developmentally appropriate, inclusive and focuses on the real-life application of key knowledge, values and life skills.

Curriculum Sequencing

Key Stage 3: Year 7 – Long Term Planning

	Autumn term	Spring term	Summer term
Knowledge	<p>Half term 1 – Core Theme 5</p> <ul style="list-style-type: none"> • Introduction to PSHE • Who am I? (Identity) • Self-Awareness • New Beginnings • Building Resilience <p>Half term 2 – Core Theme 4</p> <ul style="list-style-type: none"> • Introduction to British Values • Multicultural Britain • Democracy • Tolerance • Rule of Law • Individual Liberty • Mutual Respect 	<p>Half Term 3 – Core Theme 2</p> <ul style="list-style-type: none"> • Healthy and Respectful Relationships • Friendships – What makes a good friend? • Pressure, influence and toxic friendships • Bullying and cyberbullying (prevention) • Avoiding dangerous relationships and setting Boundaries <p>Half Term 4 – Core Theme 3</p> <ul style="list-style-type: none"> • Why is education important? • What is meant by success? • What is a Career? • Settling goals for the future • Creating the life, you want • Employability skills 	<p>Half Term 5 – Core Theme 6</p> <ul style="list-style-type: none"> • Digital Footprint • Cyberbullying • Online influences • Online Grooming • Staying Safe Online <p>Half Term 6 – Core Theme 1</p> <ul style="list-style-type: none"> • Personal Hygiene • Introduction to Puberty • Physical and Emotional Changes • Growing Up • Self-Esteem and Body Image
Vocabulary	<p>Half Term 1 Personal, Social, Health, Economic, Identity, Family, Influence, Diverse, Immigration, Emigration, protected characteristics, Success, Organisation, Stress management, Resilience, mental toughness, Recovery, Strength, Optimistic, Routine</p> <p>Half Term 2 Citizenship, Stereotype, Multicultural, Britain, Democracy, Tolerance, Rule of Law, Individual</p>	<p>Half Term 3 Relationship, Consent, Boundaries, Capacity, Phubbing, Exploit, Manipulation, Protected Characteristics, Safe, Physical, Verbal, Emotional, Positive, Healthy, Toxic, Dangerous, isolation, Bullying, Cyberbullying, Domestic Abuse, Paedophile</p> <p>Half Term 4 Career, Education, Future, Employment, Job, Opportunities, GCSE, 6th Form, Options, Success,</p>	<p>Half Term 5 Esafety, Social Media, Communication, Reputations, Technology, Mobile Phones, Tablets, Messaging, Internet, Websites, Cyberbullying, Grooming, Network, Pornography, Content, Conduct, Contact, Social/mental Wellbeing, Negativity, Positivity, Digital Footprint, Cookies, GPS, Tracking, Prevention, Tagging, Sexting, Nudes, Banter Phishing, Fraud, Ransomware, Spam, Scams, Dark Web, Open Web, County</p>

	Liberty, Mutual Respect, Chartist, Magna Carta, Suffragette, Xenophobia, Racism, Extreme Nationalism, Prejudice, Discrimination, Protected characteristics, Parliament, Law, Rules, Bill, Act, Commons, Lords, Politics, Parliament, Dictatorship, Democracy, Government, Election, Ballot, Constituency, Coalition, Cabinet, Advocacy, Monarchy, Dictatorship	Prospects, Planning, Confidence, Apprenticeship, College, Training, Entrepreneur, Budget, Economy, Ambition, Aspiration, Inspiration, Post 16 choices	Lines, Grooming, Online Predators, Identity Theft, Addiction, Half Term 6 Personal, Hormones, Adolescence, Testosterone, Oestrogen, Menstrual, Ovulation, Urethra, Uterus, Egg, Ovary, Body image, airbrushing, Hygienic, Puberty, Changes, Emotions, Periods, PMS, Cycle
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Key Stage 3: Year 8 – Long Term Planning

	Autumn Term	Autumn term	Spring term	Summer term
Knowledge	Half Term 1 – Core Theme 6 <ul style="list-style-type: none"> • Introduction to Rights/ Responsibilities • Consent • Issues with Gender & Sexuality • Introduction to Drugs 	Half Term 2 – Core Theme 2 <ul style="list-style-type: none"> • Introduction to Sex and relationships • Healthy Respectful Relationships • Break ups • STIs/HIV • Contraception • Consent • LGBTQA+ 	Half Term 3/4 – Core Theme 1 <ul style="list-style-type: none"> • Mental Health and Emotional Wellbeing • Healthy Mind • Depression and Anxiety • Bereavements • Resilience • Mind Training 	Half Term 5/6 – Core Theme 3 <ul style="list-style-type: none"> • Introduction to Money Management • Rights and Responsibilities • Budgeting • Cost of Living • Understanding Debt • Gambling • Ethical Spending • Protecting your Finances • Mortgage vs Rent
Vocabulary	Half Term 1 Rights, Responsibility, respect, illegal, legal, discrimination, harassment, Consent, age of consent, non-consensual, non-consensual sex, coercion, verbal consent, withdrawn consent, rape, gender, sexuality, asexual, androgyny, biological sex, bisexual, cisgender, heterosexual, homosexual, intersex, pansexual, transgender, transexual, prejudice,	Half Term 2 STI, STD, Bacterial, Viral, Parasitic, Gonorrhoea, Chlamydia, Syphilis, HIV, HPV, Promiscuous, IUD, IUS, Diaphragm, Patch, Injection, Suptess, Thrush, Diaphragm, Vasectomy, Hysterectomy, Anti-Viral, Infection, Resolution, Inclusivity, Consent, Unconditional, Compassion, Humility, Oestrogen, Cervix, Uterus, Contraception, Asexual, Pansexual, Bisexual,	Half Term 3/4 Mindset, Emotion, Choices, Self-esteem, Confidence, Healthy, Positivity, Wellbeing, Self-Care loop, Actions, Growth/Fixed mindset, Neglect, Childline, Spectrum, Stigma, Tolerance, Anxiety, Depression, Trauma, Bereavement, Self-Harm, Self-Sensitivity, Suicide, Tragedy, Isolation, Cognitive Behavioural Therapy, Boundaries, Triggers,	Half Term 5/6 Investments, Financial Competence, Financial Investment, Expenditure, Capability, Spending, Budget, savings, Sustainable, Cost, Debt, income, Salary, Wage, Tax, Expenses, Gambling, percentage, probability, prediction, pressure, peer pressure, anxiety, depression, isolation, stress, suicidal thoughts, overdraft, Rent, Mortgage, Insurance, Bills, Cost of living, Repayments, Ethical, Fairtrade, interest

	homophobia, transphobia, drugs, alcohol, MDMA, Ecstasy, Nitrous Oxide, Ketamine, Vallium, nicotine, cannabis, anxiety, depression, insomnia, palpitations, tremor, nausea	Queer, Heterosexual, Homosexual, Demisexual, Homophobic	Loneliness, Greif, Resilience, Routines, Cycle, Stress	rates, Deductions, PAYE, bank loans, student loans, payday loans, buy now pay later, repayment, Financial risk, money 'savvy'
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Key Stage 3: Year 9 – Long Term Planning

	Autumn term	Spring term	Summer term
Knowledge	Half Term 1/2 – Core Theme 6 <ul style="list-style-type: none"> • Substance Abuse • Alcohol • Smoking/Vaping • Illegal Highs • Ethics of Drug Use • Energy Drinks • Drug Laws • Antisocial behaviour/Gangs 	Half Term 3/4 - Core Theme 1/2 <ul style="list-style-type: none"> • Masculinity and Misogyny • Deepfakes + AI • Mobile Phones + Sexting • Abuse + Sexual Harassment • Coercive + Controlling Relationships • Domestic Abuse/Violence • LGBTQA+ Relationships • Homophobia • Transphobia 	Half Term 5 – Core Theme 3 <ul style="list-style-type: none"> • Raising Aspirations • Decision Making • Employability Skills • Social Media • Smashing Stereotypes • STEM • CV Writing/Personal Statements • LMI Half Term 6 – Core Theme 4 <ul style="list-style-type: none"> • Criminal Justice System • Radicalisation • Religious Extremism • Prevent
Vocabulary	Half Term 1/2 Addiction, Experimental, Recreational, Dependent, Prescription, Cannabis, Marijuana, THC, CBD, Intoxicating, Possession, Psychoactive Substances, Psychoactive, Hallucinogenic, LSD, MDMA, Cocaine, Crystal Meth, Amphetamines, Ketamine, Trafficking, Drug Mules, Psychoactive Substances, Chronic Effects. Alcohol, Ethanol, Nicotine, Nausea, Caffeine, County Lines, Modern Slavery, Exploitation, Dependence, Intoxication,	Half Term 3/4 Masculinity, Manosphere, Misogyny, Incels, Alpha Males, Equality, Deepfakes, Malicious, Artificial Intelligence, Consent, Sexual Assault, Sexual Abuse, Rape, Age of Consent, Independence, Consensual, Intimacy, Celibacy, Abstaining, Stalking, Harassment, Acceptance, Trauma, Depression, Airbrushing, Photoshop, Insecurity, Foundation, Body Neutrality, Self-Esteem,	Half Term 5 Future, Success, Competition, Social media A Level, T Level, BTEC, Apprenticeship, STEM, Stereotypes, Curriculum Vitae, Qualifications, Referees, Qualities, University, Achievements, Applications Half Term 6 Reciprocity, Retribution, Rehabilitation, Reparation, Denunciation, Incapacitation,

	Withdrawal, Impairment, Psychosis, Anonymous, Harassment	Butterfly Effect, Validation, Prejudice, Homophobia, Biphobia, Transphobia	Deterrence, Extremism, Terrorism, Counter Narrative, Radicalisation, National Front, Propaganda, Radicalisation, Ideologies, Pre-radical, Indoctrination, Counter Terrorism, Intervention, Zionism, Antizionist, Antisemitic, Persecution, Prejudice, Xenophobia, Biphobia, Tolerance, Culture, Sovereignty, Diversity, Multiculturalism, Stereotyping, Heritage, Liberty, Persona, Coerce, Manipulate, Blackmail
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Key Stage 4 Year 10 – Long Term Planning

	Autumn term	Spring term	Summer term
Knowledge	<p>Half Term 1 – Core Theme 5</p> <ul style="list-style-type: none"> • What is diversity? • Diversity in Britain (British Values) • Racism • Radicalisation • Extremism <p>Half Term 2 – Core Theme 2</p> <ul style="list-style-type: none"> • Sex • Positive Relationships • Unhealthy Relationships, Domestic Violence and Rape • Teenage Pregnancy and Abortion • Parenting • Pornography (Myths vs Reality) 	<p>Half Term 4 – Core Theme 1</p> <ul style="list-style-type: none"> • Role Models • Leadership • Addiction • Self-harm/Suicide • Eating Disorder 	<p>Half Term 5 – Core Theme 3</p> <ul style="list-style-type: none"> • Introduction to Work Experience • Career Journey • Post 16 Pathways • Health and Safety • Employability passport/skills • Preparation • Reflection and Evaluation <p>Half Term 6 – Core Theme 5</p> <ul style="list-style-type: none"> • Marriage • Forced Marriage • The Family • The Elderly
Vocabulary	<p>Half Term 1</p> <p>Diversity, Inclusion, Race, Disabilities, LGBTQ, Gender, Society, Community, Immigration, Emigration, Asylum, Cohesion, Tolerance, Population, Racism, Laws, Cultures, Radicalisation,</p>	<p>Half Term 4</p> <p>Leadership, role model, characteristics, teamwork, value, empowerment, Charity, Volunteer, Addiction, Psychological, Physical, Behavioural, Withdrawal, Detoxification,</p>	<p>Half Term 5</p> <p>Health and Safety, Employability Skills, Organisation, Employers, Post 16 Pathways, Career, Education, Future, Employment, Job, Opportunities, GCSE, 6th Form, Options, Success, Prospects, Planning, Confidence, Apprenticeship,</p>

	Extremism, Rule of Law, Individual Liberty, Democracy, Mutual Respect Half Term 2/3 Private, Addiction, Illegality, Sexting, Consent, Pornography, Indecent, Stealthing, Non-consensual, Influencers, Sexualisation, Abortion, Adoption, Surrogacy, Insemination, Fertility, Fertilisation, Trimester, Embryo, IVF	Rehabilitation, Legal, Illegal, Bulimia, Obesity, Anorexia, Disorder, Symptoms, Prevention	College, Training, Entrepreneur, Ambition, Aspiration, Inspiration, Half Term 6 Relationships, Marriage, Arranged marriages, Forced Marriages, Rape, Consent, Coercion, Divorce, Companionship, Commitment, Cohabitation, Civil Partnership, Shari'ah Law, Honour, Equality, Dishonour,
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Key Stage 4: Year 11 – Long Term Planning

	Autumn term	Spring term	Summer term
Knowledge	Half Term 1/2 – Core Theme 6 <ul style="list-style-type: none"> • Live Streaming • Virtual Reality • Online Gaming and Gambling • Gangs, Antisocial behaviour and Knife Crime • Drugs, Festivals and Parties • County Lines • Cosmetics and Aesthetics 	Half Term 3/4 – Core Theme 2 <ul style="list-style-type: none"> • Sexual Assault and Harassment • Domestic Abuse • Pornography • Pornography vs Real Life • FGM Laws • FGM Campaign • HIV/AIDS 	Half Term 5 – Core Theme 3 <ul style="list-style-type: none"> • Payment Methods • Budgeting • Borrowing Money • Inflation • Currency • Exchange Rates Half Term 6 – Core Theme 5 <ul style="list-style-type: none"> • Business Ethics • Global Conflicts • Global Inequalities • Religion in the UK • Religion in the Media • Environmental Ethics
Vocabulary	Filtered, Vloggers, Streaming, Selfie, Contextual, Targeted, Advertisements, Pop-Ups, Augmented Reality, Virtual Reality, Immersive Technology, Cyberstalking, Exclusion, Exposure, Perpetrator,	Half Term 3/4 Equality Act 2010, Freedom, Honour, Equality, Respect, Relationships, Unhealthy, Abusive, Coercion, Gas-Lighting, Impaired Judgment	Half Term 5 Credit Cards, Store credit, Direct Debits, Gift Vouchers, Bank Transfer, Cheque, Budget, Savings, Debt, Salary, Expenditure, Loans, Loan

	<p>Aesthetic, Botox, Hallucinogenic, Stimulants, Spiking, Date Rape, Sedatives, Tranquilisers Depressants, Euphoria, Nausea, Disassociation, Experimental, Recreational, Opioids, Inhalants, Rehabilitation</p>	<p>Consent, Emotion, Contraception, Negotiation, Flirting, Infatuation, Authenticity, Mutilation, Infertility, Tahor, Sunna, Violation, Porn, Revenge Porn, Victim, Rape, Sexual assault, Laws, Extreme/Child Pornography, Sexting, Fiction, FGM, Vulva, Clitoris, Urethra, Illegal, Breast Ironing, Forced Marriages</p>	<p>Sharks, Repayments, Interest, Mortgage, Student Loans, Overdrafts, Inflation, Exchange Rate</p> <p>Half Term 6 Ethics, Business, Sustainable, Consumers, Unethical, War, Genocide, Ethnic, Cleansing, Aggression, Terrorism, Equality, Inequality, Zakat, Tzedakah, Social Media, Technology, Stewardship, Anthropocentric</p>
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